



Football Social Progression plan

Skills developed through the social activity:

- **Physical Fitness** – Regular participation improves cardiovascular health, stamina, agility and coordination.
- **Teamwork** – Pupils must work together, understand roles and support teammates to succeed in small-sided games.
- **Communication** – Players develop verbal and non-verbal communication skills through calling for the ball, organising defence and encouraging teammates.
- **Decision Making** – Football requires quick decisions under pressure, such as passing, shooting or positioning.
- **Problem-Solving** – Pupils adapt to different opponents, tactics and game situations.
- **Leadership** – Opportunities arise for pupils to lead teams, organise play and motivate others.
- **Emotional Intelligence** – Pupils learn to manage emotions, show sportsmanship, handle competition and respond positively to success and setbacks.
- **Confidence** – Regular play helps pupils build self-belief and resilience through skill development and match experience.

Students will be provided with a safe, structured environment to engage in football socials. Sessions will take place every Wednesday and Friday, focusing on small-sided games to maximise involvement, touches of the ball and engagement. Pupils will rotate teams regularly, encouraging social interaction, inclusivity and the development of new friendships. The social is open to pupils from Year 8 to Year 11, allowing pupils from different year groups to mix and build positive relationships.

Termly plan

Autumn Focus:

Teamwork, Communication, Decision Making and Confidence.

Introduction to rules, safety expectations, and fair play. Pupils take part in small-sided games focusing on basic passing, movement, and positioning.

Pupils develop an understanding of attacking and defending roles within a team.

Emphasis on communication and spatial awareness.

Introduce simple tactics such as pressing, width, and support play during games.

Pupils begin to take on leadership roles, such as captains or referees, developing responsibility and confidence.

Focus on sportsmanship, managing emotions, and respectful competition. Pupils reflect on performance and teamwork.

Spring Focus:

Decision Making, Problem-Solving, Teamwork and Leadership.

Pupils build on tactical understanding, applying strategies during competitive small-sided games.

Introduce conditioned games (e.g. limited touches, overloads) to challenge decision-making under pressure.

Pupils adapt tactics based on opposition strengths and weaknesses.

Increased emphasis on leadership, with pupils organising teams, positions, and substitutions.

Pupils demonstrate improved resilience, problem-solving, and cooperation during more competitive matches.

Summer Focus:

Physical Fitness, Communication, Emotional Intelligence and Teamwork.

Pupils participate in fast-paced, competitive small-sided games to improve fitness and match sharpness.

Encourage creative play, risk-taking, and confident decision-making in attacking situations.

Pupils work collaboratively to set team goals and strategies for games.

Focus on self-reflection, peer feedback, and recognising individual and team improvement.

End-of-term matches celebrate progress, teamwork, and enjoyment of football, reinforcing positive attitudes toward physical activity.