

2018

# Exercises for Frame Football



Association of Paediatric Chartered  
Physiotherapists

## **Introduction**

*The game of Frame Football has spread rapidly since 2014. Identifying a gap in provision, in February 2014 Cerebral Palsy (CP) Sport undertook extensive research around the concept of Frame/Walker Football to support people who use a walking aid such as a frame or crutches to participate in a format of football which is tailored to their needs. In June 2014 CP Sport held a Frame/Walker Development Day at the Football Association's National Football Centre at St George's Park.*

*CP Sport has integrated Frame Football into its National Football Development Programme of KickStartclubs and Kick-Off events, working to establish hubs of Frame Football activity across England & Wales.*

*The Frame Football Development Group was formed with representatives from Cerebral Palsy Sport, The Football Association, the Association of Paediatric Chartered Physiotherapists and Quest88 in September 2015. Developed by Cerebral Palsy Sport, the new body was created to bring together a uniform Frame Football programme. In August 2017 the Frame Football foundation joined the group, supporting the growth of the game, raising its profile and supporting the overall development of the new format of football.*

*The Frame Football Development Group is the coordinating body for Frame Football in England and Wales. Its objectives are to ensure that Frame Football is practised consistently, safe and player focused, thereby enabling every person to fulfil their potential. (CP Sport 2016)*

New research released in November 2017 by Cerebral Palsy Sport highlights the importance of their adapted sports programme in supporting people with cerebral palsy to be more active. The results confirm that adapting sports by modifying rules and equipment can enable and encourage more people to take part and enjoy sport and physical activity. The report is titled [CP Sport: showing the benefits of adapted sports](#).

***The child, young person or athlete is referred to as CYP throughout.***

- ▶ The APCP have reviewed exercises commonly used by football teams and have adapted these exercises to be used by frame football athletes.
- ▶ The exercises need adaptation in order to make them accessible to a wide range of athletes who have difficulties with their mobility, coordination and balance. They aim to help individuals participate (ICF 2007).
- ▶ The exercises aim to build global strength, balance and coordination. Physically fit children have improved cognitive processing (Hillman *et al* 2005).
- ▶ Research suggests that stretching alone is not effective at reducing injury in sport (Shrier 1999).

## **Before you start- for coaches**

- Encourage the parents/carers to seek advice from the CYP's physiotherapist and medical team before beginning these exercises.
- What level of support does the frame need to offer, does it need anti-reverse wheels, all terrain wheels, will the club be able to lend/provide a frame? Check with the athlete's parents about how much the support is needed? Encourage them to discuss with their physiotherapist.
- Enquire if the CYP had had any recent injuries/ interventions that would limit their ability to play.
- Has the CYP any medical conditions that would limit their ability to participate in physical activity?
- Has the CYP got shin pads? These are recommended to limit injury when frames collide.
- Discuss with parents if the CYP uses foot splints, usually they will need to wear these for football. The CYP's parents and physiotherapist will be able to advise further on this.

## **Before you start- for physiotherapists**

- Physiotherapists who work with CYP with conditions that affect their movement, balance and coordination, can help advise on the exercises shown and the further adaptation of these for CYP with different levels of ability.
- Physiotherapists who are working pitch side need a qualification in pitch side first aid or the football club needs a trained first aider present to ensure any acute injuries are managed correctly.
- Physiotherapists should advise any coaches they are working with on their own personal skills and training and how they can best support the club.

## Begin with a warm-up



### Jogging

Gentle jog to warm up

Try and stand tall with knees apart when running

Start slowly and gradually, then a bit faster

### Hip abduction walk

Walk with the frame stopping every three steps to circle knee out towards the side of the frame.



### Hip adduction walk

Walk with the frame stopping every three steps to circle knee in towards the middle of the frame.



## Balance exercises



### High Fives

Stand facing a partner

Stand up tall with heels down and knees as straight as possible

High five your partner, using opposite hands

Swap and use other hands



### Single leg balance

Stand in the frame

Lift up one foot and practice standing on one leg, knee straight, stand tall

This can be made harder by holding on with only one hand

## Standing practice

Stand in the frame on both legs

Practice throwing the ball with either one hand, or both if you can manage it

If working in a group, throw the ball to each other





## Ball exercises

1. Hold on to the frame, place one foot on the ball

Practice rolling the ball forwards and backwards

Repeat with the other foot



2. Hold on to the frame, place one foot on the ball

Practice rolling the ball side to side

Repeat with other foot



3. Place your foot flat on the ball

Roll the ball forwards until just your heel is still on the ball, toes pointing to the ceiling

Hold for five seconds then roll the ball back

## Squats



Stand in the frame with your legs shoulder width apart

Make sure your feet are pointing forwards

Hold onto the frame and slowly bend your knees until you look like you are sitting on a chair

Then straighten your legs and push up tall

Try and keep your knees facing forwards, over your toes

## Lunges

1. Stand with one leg in front of the other and your legs shoulder width apart

Holding onto the frame, lean forward onto the front leg

Try and keep the back leg straight, with the heel down and foot pointing forwards



2. Holding onto the frame, now bend the back knee down towards the ground

Keep the front knee bent and pointing forwards over your toes

Straighten the back knee and push up tall

## Jumping exercises



### Two footed jump

Stand with your legs shoulder width apart

Hold onto your frame

Pushing down on the frame, jump up as if you were trying to do a header

Don't jump too high and be careful to jump up straight, not backwards, as this could be dangerous if your frame tips



### Hopping

Hold onto your frame

Hop from one leg onto the other, side to side

## Leg lifts

Stand towards the front of your frame

Legs shoulder width apart

Keeping your leg straight, lift it backwards behind you

Repeat with the other leg



## Plank



Lay on your front

Place your elbows directly under your shoulders

Push up onto your arms and your toes  
If this is too difficult, keep your knees on the ground and push your body up from the floor

Try lifting one leg upwards

## Side plank

Lay on your side supporting yourself with one forearm and your feet

If this is difficult keep your knees on the floor

Push your body up from the floor

Repeat on other side



## Running exercises

Distances will need to be adjusted depending on the ability of the CYP's participating and can be gradually increased as they are able.

**Zig zags-** place cones in a zig zag pattern on the ground, encourage running between the cones, to practice changing direction.

**Stop and turn-** encourage running with the frame up to a cone quickly, stop and turn round, then run back. When stopping make sure they plant their feet to balance before turning the frame round.

## References

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