

Frame users - Support card

No two frame users experience cerebral palsy the same way, it can affect different parts of the body and people can experience difficulties with breathing, movement, posture, balance and pain.

Get to know the person to understand their motivations, how the condition affects them and what support they might need.

What do we mean by frame users?

Frame users have restricted mobility and use a frame or kaye walker to aid walking. Typically frame users will have cerebral palsy (CP) which is a lifelong condition arising from damage to the motor areas of the brain.

Football pathways

Frame football is an adapted format of football designed for players who use a frame or walker. Frame footballers can also play in pan-disability football.

General characteristics

- Some people with CP may be more likely to have epilepsy than their non-disabled peers. It's important to establish how they manage their seizures and what procedures you should follow.
- Some people with CP may have a speech impairment. You should not automatically assume the player has a learning disability.
- Short term memory loss alongside hearing and visual impairments can also be associated conditions.
- Some frame users may have difficulty in coordinating and integrating basic movement patterns – they may be prone to accidents and injuries because they have difficulty with balance and coordination.
- Some players with CP have more frequent dehydration, muscle cramps and exhaustion.
- Participants may have a slower reaction time and restrictions when moving on command, so be aware of all individual needs.

Coaching considerations

- Take things slowly and start with simple activities. Consider toe taps and basics to build from.
- Avoid low crossbar goals due to height players are at – adopt a no entry area near to the goal if low crossbars are in use.
- Frame football is ideally suited to being played indoor on flat smooth surfaces to allow for better movement of the frame but can be played on grass and artificial surfaces as well
- Be aware that players with CP can fatigue quickly – this can affect a player's ability to and desire to play, so build in water breaks.
- When including in pan-disability sessions, ensure safety when frame footballers are challenging to win the ball.
- Prioritise non-contact activities when including frame players, e.g. pairs and relay type activities where you can involve skills and shooting.
- Be patient, understand players may struggle with their foot control and are comfortable in using one foot. Therefore, encourage players slowly and positively.



Don't forget the golden nugget – Make sure your environment is always a safe and welcoming place to be!

How do I use STEP to adapt my session to include frame players?



Space – Think about the surface. A hard surface will mean the ball rolls faster and is easier to move the frame on, whereas a softer surface may slow the ball down and provide a more cushioned surface.



Task – Allow for regular breaks and use skill based and relay activities to build confidence.



Equipment – Use flat markers as opposed to cones to aid movement of the frame wheels. Allow players to use the front wheels of the frame to help control the ball. Use a futsal or slightly deflated ball to reduce bounce and aid control.



Players – Provide appropriate opposition and match ups based on age and ability.

Step top tip:

Remember: STEP is a tool to help you coach, NOT a list of things you have to do. In order to use STEP effectively, it's essential you get to know your players so you can use the right modification at the right time to aid their development.

Additional resources

- England Football Website: Disability Section
- Disability Football Introduction Course
- CP Sport Website
- What is Frame Football Video
- UK Coaching: Coaching People Cerebral Palsy Guidance
- Frame Football Skills Cards
- Frame Football: Football Your Way Resources
- Warm up exercises for Frame Football