

Topic	Explanation
Country, city	Belgium – Marke Bulgaria - Plovdiv
Name	Football
Aim	Development football skills and physical fitness components
Duration of the lessons	20 – 45 min.
Expertise, experience of trainer	experience as a physical education teacher or coach
Age group	from 6 to 18 years of age
Rules	According FIFA rules and integrated football
Set of movements	Running with the ball, dribbling, receiving, passing, shooting, heading, tackling, goalkeeping
Equipment	Hardware: Special clothing: Any other material: Pop-Up Soccer Goals 4'; referee whistle;
Required space	A suitable indoor or outdoor area
Inclusive experience	Any inclusive experience will be useful

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	x	use pictures and communication boards	Controlling the ball, dribbling, passing, shooting, tackling, goalkeeping	x
Reduced hearing	x	Physical demonstration of a skill; speak clearly, minimize background noises	x	x
Visual impairments • Low vision	Some adapted rules or equipment to slow down the game; smaller sized of the court Integrated football	Assist the student through various activities if needed; use bright lighting and use a ball that contrasts well with background	Running with the ball, receiving, passing, shooting, tackling, goalkeeping	Use bigger, softer balls; use sensory football ball
• Reduced vision	Smaller size of the court; use rules of Integrated football	Do the activities with peer help; use bright lighting and use a ball that contrasts well with background	Running with the ball, receiving, passing, shooting, tackling, goalkeeping	bigger, softer balls; use sensory football ball
No vision	-	-	-	-
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Adapt playing area; Increase goal size;	Do the activities with peer help;	Controlling the ball, dribbling, passing, shooting, tackling,	Reduce field size; Increase goal size;
Reduced mobility (use of lower limbs and no use of upper limbs)	Rules football 5x5	Do the activities with peer help;	Running with the ball, dribbling, receiving, passing, shooting, heading, tackling,	Decrease size of field; Increase goal size;
Reduced mobility (no use of lower limbs and no use of upper limbs)	-	-	refereeing practice with peers	-
Wheelchair users (use of upper limbs)	-	Do the practice with physical assistance;	refereeing practice	referee whistle and flag;
Wheelchair users (no use of upper limbs)	-	-	refereeing practice with peer	-
Communication impairment Speech impairments	Integrated football, rules football 5x5 and 7x7	Demonstrate skills simply and dramatically	controlling with the ball, dribbling, receiving, passing, shooting, tackling, goalkeeping	Normal and bigger and softer balls
Learning impairment • Mild	Integrated football, rules football 5x5 and 7x7	Use short sentences. Demonstrate clearly and concisely Use more clearly images	dribbling, receiving, passing, shooting, tackling, goalkeeping	Normal and bigger, brighter, and softer balls
• Moderate	Integrated football, rules football 5x5	Speak clearly slowly with normal tone;	dribbling, receiving, passing, shooting, tackling,	Normal and bigger, brighter, and softer balls
• Severe	Adapted rules from Integrated football and football 5x5	Demonstrate skills simply; speak clearly and slowly	passing, kicking,	bigger, brighter, and softer balls
Complex impairments • Add groups	Simplify rules where is possible	Use short sentences. Use images and symbols; one-on-one instruction;	passing, kicking,	Adapted ball (bigger,softer e.t.) Smaller playing space.

