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Benefits of Playing Schools' Football



Improves cognitive, social, emotional & intellectual skills



Provides opportunities to develop positive relationships



Activity improves brain function



Positive impact on pupil behaviour & truancy



Helps children to feel that they are part of a team



Can enhance academic achievement



Teaches respect



Encourages teamwork



Enhances positive decision making



Improves communication skills



Improves problem solving



Reduces anxiety & stress



Helps build resilience



Reduces obesity



Provides a sense of pride to represent their school

English Schools' FA

National Schools' Cup Competitions



What entering our competitions really means to **your** school



ESFA Mission

Through the medium of association football, the English Schools' FA will support young people, who are in education to develop:

- Self-discipline, loyalty and resilience
- Respect for those around them
- Positive decision making
- A healthy lifestyle and physical skills
- A love and understanding of the game through enjoyment and achievement



About the English Schools' FA

The English Schools' FA (ESFA) is the National Governing Body for Schools' Football in England.

Established in 1904, the ESFA now runs over 40 National Schools' & Colleges' cup competitions for boys and girls, as well as County and District Association representative teams. The ESFA also runs two highly successful International squads for U18 boys and U15 girls.

The ESFA's ethos is based on that of an educational establishment. We provide opportunities for players to progress and develop within football and education in England and reward those that choose to remain in further education with opportunities to continue to play at high levels.

Our National Cup Competitions

Your school will be taking part in this year's National Cup competitions, which consist of a number of knock out rounds leading, ultimately, to our National Finals, which usually take place between the months of March and May. These competitions are very much at the heart of what the ESFA has to offer and create thousands of opportunities for children to play grassroots football at a National level.

The different levels of competition we provide means that we offer chances for pupils with a range of abilities to represent their school on the football pitch – but we don't feel that the National Cup experience should stop here. We know that football translates across a broad range of subjects within schools and we hope that you can encourage pupils within the school to support your young footballers on their National Cup journey.

We are always looking for contributions to our website in the form of match reports submitted by students and teachers alike, for videos of chants and football songs created by music departments to add to our YouTube channel and for photos and messages of support from pupils, classes, teachers and parents that we can share on Twitter and Instagram – each team has their own journey and we love to know about it!

Show Your Support

We know it can be difficult to support extra-curricular activities within schools and that funding, in particular, can be a barrier. However, we want to ensure that achievements of pupils within National competitions, particularly when they make it through several knock out competition rounds to quarter, semi and national finals are celebrated as much as possible.

Some Suggestions

It's always great to see schools sending press releases to local media, updating them on the school's footballing achievements. You can always contact us if you would like quotes or to use our logo, too.

As we already mentioned, there are lots of ways to get the rest of the school behind your footballers

- Write and perform football songs and chants
- Write match reports and send them to us to share
- Take photos and videos of matches and supporters and share them with us

National Finals

If your team is lucky enough to make it to a final or if they have previously, you will know what an exciting occasion we create for them to celebrate this huge success. All finals are played at EFL or Premier League stadiums across England and are truly a memorable experience for those players involved – however it's really the atmosphere that makes the occasion.

We hope by painting a picture of the schools' football season for senior teaching staff and Headteachers that it may help encourage larger supporting crowds at National Finals – this isn't just for the schools of finalists either – National Finals are the perfect opportunity to inspire pupils ahead of the next season!

Some schools have fundraised to send several coaches of students to support their teams in finals and others have found sponsorship through parents to cover costs of travel. It makes such an incredible difference to the event on the day – we've had supporters make and bring along scarves in their team colours, bring along school mascots and even bring the school band!

..... www.esfa.co.uk

