Walking Football Introduction.

**Walking football, (soccer)** is a variation of association football that is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for any other reason, they are not able to play the traditional game and is suitable for men and women.

The sport can be played both indoors and outdoors. Walking football was devised, during 2011, by Chesterfield FC Community Trust. Coverage of a session on Sky Sports News and a documentary aired on Sky Sports Football UK in October 2017, led to several other clubs taking up this version.

Though based on association football, the key difference in the rules, from standard football, is that if a player runs then they concede a free kick to the other side. This restriction, together with a ban on slide tackles, is aimed both at avoiding injuries and facilitating the playing of the sport by those who are physically disadvantaged.

The manner in which the sport is played promotes fitness whilst producing the least stress on the body. It also helps participants maintain an active lifestyle, which is why our club was formed, to keep active.

Crucially, the ball must never be kicked above hip height. The size of the pitch can vary to suit different locations. The length should be from 20 to 40 yards and the width between 15 and 30 yards.

KLAC play at the Keilor Netball and Basketball stadium on **Wednesday** afternoons, aim to arrive at 12.45 to sign in and **pay $2**, then we will warm up properly and go through various drills, the most important point is not to stop the ball by placing your foot on it. This can lead to loss of balance and a fall, which at our ages we do not need. Sessions generally end by 2pm.

You do not have to play a game with both the warm up and warm down a good workout and of course we need supporters.

Convener: Kelvin Bennett

Assistant: Georgina Hall

12/07/21

The walking football group had a record turnout of 14 participants on the 31st of March 2021 (see photo in the photos tab). Walking football is held at the Keilor Basketball Stadium on Wednesdays from 1pm-2pm, rain hail or shine, with our coach Billy.

We exercise for most of the one-hour session which includes using the ball

for drills. Then the session is finished with a 10-15 min fun game of walking

football. Resumption of the activity was on April 21st, 2021.