



2025 FOOTBALL 4 SCHOOLS HANDBOOK



Be Safe:
Protecting Your Digital World

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PROGRAM OVERVIEW

At the core of the Football for Schools (F4S) Program lies a transformative vision: soccer serves not just as a game but as a vehicle driving towards the profound life lessons embedded within each play. Launched by FIFA in collaboration with UNESCO, this ambitious initiative targets the education, development, and empowerment of around 700 million children globally.

F4S seamlessly integrates football activities into education, breaking down barriers and making the sport accessible to both genders. The program's essence is the cultivation of life skills that extend far beyond the soccer field, aligning with the United Nations' Sustainable Development Goals.

The F4S Program seeks to achieve the following key outcomes:



Empower learners with valuable life skills and competencies



Empower and provide **coach-educators** training to **deliver** sport and life-skill activities



Build the capacity of stakeholders to deliver training in life-skills through football



Strengthen cooperation between stakeholders to enable partnerships, alliances, and intersectional collaboration



PROGRAM OVERVIEW (CONTINUED)

4 MONTH PROGRAM / 2-4+ TEAMS PER SCHOOL / 24+ SCHOOLS

Regional Matches

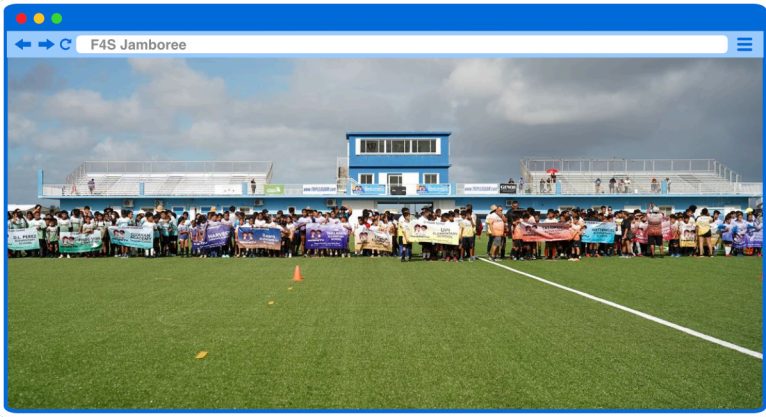
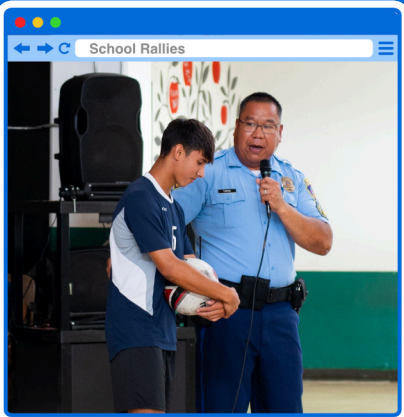
Teams from participating schools compete with each other. Team#1 can be a combination of 5th/4th Graders. In 2025, there is an option for schools to have an additional team of 3rd/4th Graders to make up a Team#2.
(Schools can only have Team#2 if they have a Team#1 participating)

School Rallies

Guam Police Department, Guam Airport Police, and the Guam National Team visit each school to spread campaign message and prepare schools for the F4S Jamboree

F4S Jamboree

Participating schools compete in 4v4 format at the Guam Football Association National Training Center



FOOTBALL FOR SCHOOLS HISTORY AT GFA

The Football for Schools Program at the Guam Football Association (GFA) has undergone remarkable growth and development since its inception. Over the years, our commitment to promoting football as an educational tool has resonated with an increasing number of schools on Guam.



In 2022, Football for Schools Program witnessed the enthusiastic participation of 16 schools. This engagement marked the program's initial strides in integrating football as a valuable educational tool within the school curriculum. This cohort paved the way for subsequent years of growth and expansion, solidifying the program's place as a dynamic and impactful component of the education and well-being of Guam's students.

In 2023, Football for Schools grew with 24 participating schools, showcasing its popularity and positive impact on student development. The surge affirmed football's effectiveness as an educational tool, emphasizing teamwork and health. Notably, GFA collaborated with Marvel Studios, bringing the Spiderman stunt double to Guam for a "Say No to Bullying" campaign during school rallies. This innovative initiative marked a significant step in addressing social issues, setting the stage for continued aspirations and enhanced programs in the future.



In 2024, our focus for Football for Schools was to prioritize quality over quantity, refining the structure of the program to enhance the developmental experience for our young athletes. That year, we had 24 participating schools with over 450 students involved in the program. Our campaign highlighted the importance of Respect, teaching kids how to show respect to each other and themselves. The main focus of the program in 2024 was on instilling good morals and guiding students to make better choices, ultimately becoming better individuals within their communities. This approach highlighted our commitment to enriching the environment that nurtures both the athletic and personal growth of participants, creating a more impactful and memorable program for all involved.



What's NEW in 2025?

CAMPAIGN ALIGNMENT

Building on our successful initiatives from previous years, we have aligned our campaign with the Guam Department of Education's Student Learning Results: Respectful, Responsible, and Ready for Life.

In 2025, we are committed to enhancing the Football for Schools program by making it more relatable for our young athletes: This year's campaign is "Be Safe: Protecting Your Digital World". Recognizing the growing influence of technology in our lives, school visits will allow speakers to address internet safety and cyber-bullying to empower students with the knowledge and tools they need to navigate the digital world safely and responsibly.

NEW TEAM STRUCTURE

We have also introduced a new structure to accommodate the high interest in our program. Many schools reported large turnouts for tryouts, with over 50 kids participating but only a limited number being able to join due to team size restrictions.

Now, there will be an option for schools to add additional teams exclusively for 3rd and 4th-grade students which allows schools to field separate boys' and girls' teams for both 5th graders and 3rd and 4th graders. The younger teams will compete in their own division, ensuring fair competition and more opportunities for participation.

CONTINUOUS PROGRAM DEVELOPMENT

By making these adjustments, we aim to create a more inclusive and enriching experience for all students involved. Our continued focus on developing both the athletic and personal growth of our participants underscores our commitment to fostering a supportive and positive environment in which our young athletes can thrive.



PROGRAM BENEFITS



Participating in our program offers a range of benefits that extend far beyond the realm of sports, enhancing the overall educational experience for schools. Schools will be provided with an equipment subsidy generously provided by Federation International Football Association (FIFA). This subsidy ensures that schools have access to adequate sports equipment, promoting not only athletic development but also prioritizing the safety and well-being of participating students.

The following equipment will be provided:

- Whistles for coaches
- Bibs
- Cones
- Soccer balls
- Portable goals for new schools

Beyond the tangible benefits, our program actively engages with the community to create a holistic learning environment. School rallies serve as dynamic platforms for interaction and collaboration with various groups and organizations.

Our partnering organizations include the following:

- Guam Police Department
- Airport Police
- Guam Behavioral Health and Wellness Center

Various organizations contribute unique insights during our rallies, addressing vital topics relevant to students' well-being. The Guam Police Department emphasizes drug safety, highlighting the importance of informed choices. Simultaneously, Guam Behavioral Mental Health Awareness focuses on mental health, fostering awareness among students. By integrating sports with these discussions, our program aims to shape students into responsible, well-rounded individuals for success both in sports and life.

KEY LESSONS

The F4S Program is guided by a results-based management framework and theory of change, which assumes that developing intrapersonal, interpersonal and cognitive skills amongst learners, in addition to producing gains in knowledge and positive attitudes, will help them to develop life skills and competencies. If this is done within an enabling, inclusive and caring environment that promotes individual learning and development, along with a combination of football and life skills, the program has the potential to contribute to individual and community change and consequently to the identified Sustainable Development Goals.

PERSONAL UNDERSTANDING

Fosters the development of essential intrapersonal skills such as self-confidence, self-awareness, critical thinking, and decision-making. Encourages a growth mindset, empowering learners to understand and manage their thoughts and emotions.

RELATIONSHIPS

Promotes the cultivation of strong interpersonal skills, including assertiveness, empathy, effective communication, peer support, and relationship-building. Emphasizes the importance of positive connections with others.

HEALTH & WELLBEING

Focuses on the holistic health of individuals, encompassing physical activity, mental health promotion, healthy decision-making, risk assessment, nutrition, hygiene, and personal safety. Aims to establish lifelong habits for overall well-being.

SOCIAL COHESION

Brings diverse groups of people together through football, fostering unity and understanding. Acts as a platform to bridge societal divides, promoting inclusivity and a sense of community.

COACHING PROGRAM

The coaching program within Football for Schools (F4S) plays a pivotal role in achieving the program's objectives of empowering learners with life skills and fostering positive development. Coaches, referred to as coach-educators, are essential agents of change, guiding participants through structured sessions that integrate football and life skills. This section provides an overview of the coaching program, outlining key responsibilities, session components, and the support structure in place for coach-educators.

NEW FREE F4S COACHING COURSE

This upcoming F4S Program, we will also be offering an exclusive F4S Coaching Course on **Saturday January 4, 2025** for Coach-Educators. If you're interested, please visit guamfa.com/gfa-programs/football-in-schools/forms/ to register before published deadline.

ROLES AND RESPONSIBILITIES OF COACH EDUCATORS

- 1. Session Planning**
Designing engaging and age-appropriate sessions that align with the curriculum and desired life skill outcomes.
- 2. Facilitation**
Leading sessions, ensuring a positive and inclusive environment for all participants to learn and grow.
- 3. Life Skill Integration**
Connecting football activities with targeted life skills, promoting holistic development.
- 4. Feedback and Reflection**
Encouraging participant feedback, fostering reflection on both football skills and life lessons.
- 5. Adherence to Program Structure**
Following the designated opening circle, warm-up, skill development, game application, and closing circle components of each session.

Session Components

Each coaching session is structured to maximize the impact on participants. The components include:

Opening Circle

- Gather players in a standing circle.
- Introduce the session's objectives and intended football and life-skill outcomes.
- Encourage participants to reflect briefly on the upcoming life skill.

Warm-up

- Conduct a football activity to mobilize and prepare players physically and mentally for the session.

Skill Development

- Deliver a practice that allows each player to work on the selected football skill while emphasizing the corresponding life skill.

Game Application

- Set up a football game that provides players with the opportunity to practice the selected skill in a game situation

Closing Circle

- Gathers players around in a circle, asks them for feedback, then to reflect on the life-skill and make connections to life outside of football



CURRICULUM

The Football for Schools curriculum is thoughtfully designed to cater to various age groups, ensuring that participants receive age-appropriate instruction and engage in activities that promote both football skills and valuable life lessons. The curriculum is structured around key themes and covers a range of sessions tailored to the developmental stages of participants.

The curriculum is categorized into three age groups: 4-7, 8-11, and 12-14. Each age group has unique session names and topics, addressing the specific needs and interests of participants.

AGES 4 - 7

- Asking for Help
- Good Communication
- Good Friends
- No Bullying
- Same and Different
- Positive Role Models
- Everyone Can Play
- Healthy Living
- My Goals
- Helping Hands

AGES 8 - 11

- Improve with Practice
- I am Stressed
- Let's Stop Bullying
- Everyone Can Play
- Causes of Conflict
- Equal Opportunity
- Taking Responsibility
- Fighting Infections
- Communicating Well
- My Personal Strengths

AGES 12 - 14

- Sharing Your Opinion
- Managing Change
- My Values
- Dangers of Smoking
- Problem-Solving
- Positive Role Models
- Right to Vote
- Mental Health
- Resolving Conflict
- Assessing Risk

Some sessions may include dedicated life lesson workshops, providing a deeper exploration of specific life skills. These workshops facilitate open discussions, activities, and reflections, enhancing the participants' understanding of the connections between football, life skills, and personal development.

The curriculum and activities within F4S aim not only to nurture football talent but also to empower participants with skills and values that extend beyond the pitch, contributing to their holistic growth and well-being.



HOW TO USE THE FOOTBALL FOR SCHOOLS APP

We highly encourage coach-educators to take advantage of the F4S app. This guide will walk you through the steps to effectively use the app as a coach-educator to enhance your coaching sessions and ensure a seamless experience for both you and the participants.

* The app can be downloaded on IOS and Android devices.



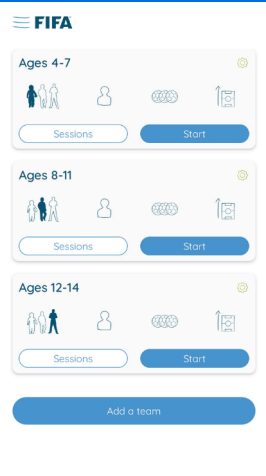
Scan to Download

DASHBOARD

Upon registering/logging into the app, you'll be met with the option to add a team. From there, you'll be asked to

1. Name the team
2. Select the age of players in your team
3. Identify the number of girls and boys are in your team
4. Identify the amount of soccer balls you'll be using
5. Identify the size of the field you'll be practicing on

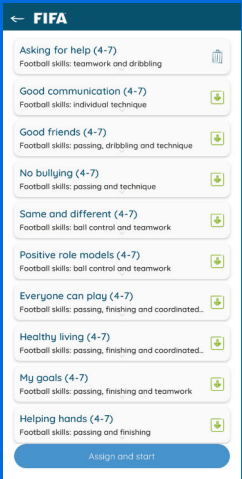
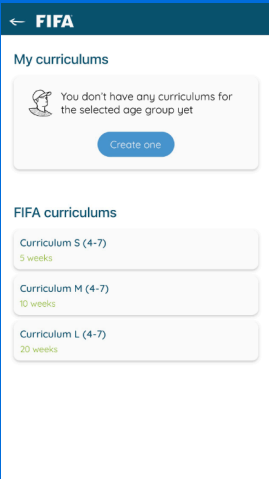
Once you select the options for your team, they will be listed on the dashboard and you'll be prompted to view sessions or start a pre-set curriculum. We suggest to follow the pre-set curriculum for an easier experience.



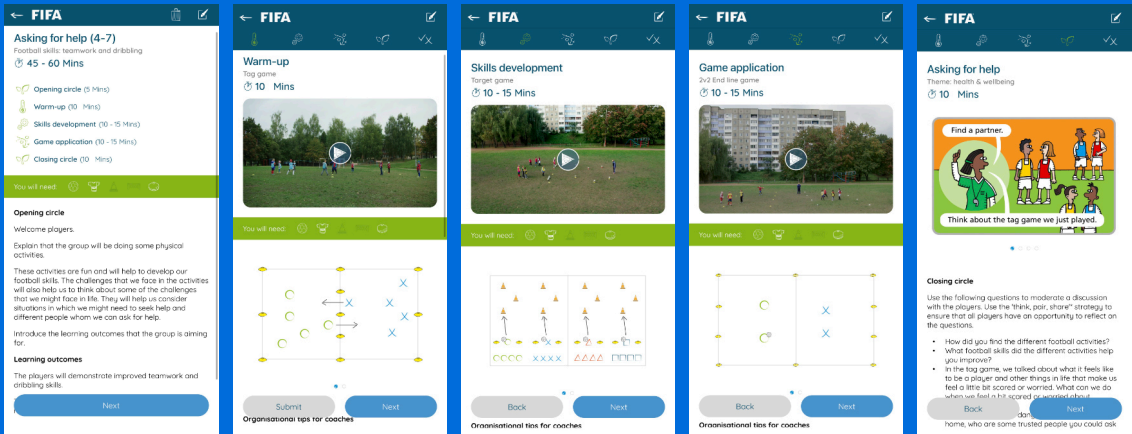
CURRICULUM

You'll either be prompted to make your own curriculum or choose a pre-set curriculum with a set amount of weeks. The set amount of time for this year's F4S is 10 weeks. We recommend following the curriculum for that amount of time.

Once you select the appropriate curriculum, the app will provide you a list of lessons and a description of what the lesson is about. Each session will run for about 45-60 minutes.



SESSIONS



Let's take a look at a session: You can see it lists the amount of time necessary for the session as well as how long each session component should take. Following that, it lists out the necessary items needed for the session.

The app also provides a guide for a script for you to follow for the players. As you continue using the app, you'll find it also provides video tutorials for the activities in for the session and a visual aid to help put the activity together. You'll start with an opening circle, a warm-up, and a game application.

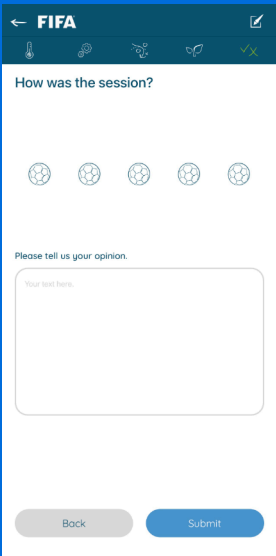
Finally, the session closes off with a closing circle where the life lesson will be addressed and you'll be able to touch base of what the players learned during the session. This is where you can ask the players what they thought of the session, what they learned, how they can apply it to the classroom and at home, etc.

RATING

This is the final and most important step in using the F4S app. After each session, you'll be prompted to rate your session and provide an opinion of what you thought of the session. It's important that FIFA sees this response as it lets them know that we're following their guidelines and are actively applying the learning outcomes for the players.

The response should detail any successes or trouble during the session. You can also use this as an opportunity to evaluate yourself and how you can improve or what went well.

Now that we finished the app guide, let's get started on how to get your school involved in the program.



CHECKLIST

This checklist will ensure that schools have turned in all the necessary documents needed to participate in the Football For Schools Program:

1. DOCUMENTATION

*Visit guamfa.com/gfa-programs/football-in-schools/forms/ for Forms/published deadlines.

☐ Participating Schools Agreement

Turn in the [Participating Schools Agreement](#) to confirm your participation in the program before published deadline.

☐ Player Registration

To register a player, parent(s)/guardian(s) must submit a [Player Registration Form](#) digitally

Note: Each school will have a custom F4S Player Registration form. Please fill out the the form for your child's respective school.

2. COACH-EDUCATORS

☐ Recruit coach educators

Ensure the recruitment of qualified and enthusiastic coach-educators.

☐ Sign up for the FREE F4S Coaching Course

This upcoming F4S Program, GFA is offering an exclusive [F4S Coaching Course](#) on **Saturday January 4, 2025** for Coach-Educators. If you're interested, please register below before published deadline.

☐ Schedule training sessions

Organize training sessions for coach-educators on the F4S program, app usage, and coaching techniques.

3. PROGRAM IMPLEMENTATION

☐ App Utilization

Verify that coach-educators are using the F4S app for session planning, tracking, & feedback.

☐ Life Lesson Workshops

Ensure that the life lesson workshops are integrated into relevant sessions.

☐ School visits & rallies

Schools must allow a day for GFA to host home rallies to recognize teams.

4. COMMUNICATION & FEEDBACK

☐ Feedback Submission

Coach-educators are encouraged to report feedback on the F4S app and also submit their reports and attendance tracking to GFA.

5. POST PROGRAM EVALUATION

☐ Post Evaluation

Coach-educators are required to track their teams and turn their reports into the school and GFA by the end of the program. The evaluation should consist of: attendance rates, successes, challenges, or any information the coach-educator deems worth mentioning.

6. EVENT ATTENDANCE

☐ Regionals

Teams are required to play in their respective regionals listed in the calendar at GFA Headquarters. Failure to attend will result in a forfeit match and the other team wins by default.

☐ F4S Jamboree(s)

• **Team #2 F4S Jamboree**
(3rd & 4th grade students ONLY)
26 April 2025, 8AM
[Guam Football Association HQ](#)

• **Team #1 F4S Jamboree**
(3rd- 5th grade students)
3 May 2025, 8AM
[Guam Football Association HQ](#)

FORMS

Below are forms for the school admin, coach-educators and parents/legal guardians of the student players to ensure the participation of the school and students.

All forms must be turned in digitally. Visit the [GFA Website](#) to access form links.

PARTICIPATING SCHOOL AGREEMENT

To register a school team, school admin and coach-educators must submit the following forms digitally before published deadlines.

2025 F4S Participating School Agreement

This Participating Schools Agreement is entered into between (Insert School Name Below) and the Guam Football Association regarding the participation of the school in the Football for Schools (F4S) program.

School Information

Name of School *

Please Select

FREE F4S COACHING COURSE

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Football 4 Schools
Coach Workshop
Registration Form

PLAYER REGISTRATION

To register a player, parent(s)/guardian(s) must submit the following forms digitally before published deadlines.

Note: Each school will have a custom F4S Player Registration form. Please fill out the the form for your child's respective school.

2025 F4S Player Registration Form

This form must be filled out by respective Players' Parent(s)/or Guardian(s).

This 2025 F4S Player Registration Form is **ONLY** for **Adacao Elementary School** **Players/Participants**. All submissions will be made available for school's Administrations, Coach Educator(s), and the Guam Football Association.

Next

DEADLINES & DATES

*All changes and updates to schedule will be made available The [GFA Website](#)

29
NOV
FRI

DEADLINE TO COMMIT

Participating School Agreements will be due this day

04
JAN
SAT

FREE F4S COACHING COURSE

Deadline to Register: December 17, 2024
[F4S Coaching Course Registration Form](#)

06
JAN
MON

PROGRAM START

Program Start and official start date for practices (Schools have an option to practice before this date)

07
MAR
FRI

PLAYER REGISTRATION DEADLINE

Parent(s)/Guardian(s) must submit [Player Registration](#) forms by this day

18
MAR
TUE

1ST ROUND OF REGIONALS

First group of teams to compete against each other

20
MAR
THUR

2ND ROUND OF REGIONALS

Second group of teams to compete against each other

25
MAR
TUE

3RD ROUND OF REGIONALS

Third group of teams to compete against each other

27
MAR
THUR

4TH ROUND OF REGIONALS

Fourth group of teams to compete against each other

07-11
APR
MON-FRI

SCHOOL VISITS

School rallies hosted by GFA and Collaborators

26
APR
SAT

1ST WEEKEND OF JAMBOREE

Jamboree Day for 3rd & 4th grade teams

03
MAY
SAT

2ND WEEKEND OF JAMBOREE

Jamboree Day for 3rd-5th grade teams

*Disclaimer: Schedule is subject to change

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For more information, please visit our website at
<https://guamfa.com/gfa-programs/football-in-schools/information/>