



# SportRCT Case Study

## Getting children more active – Rhondda District Football League Mini and Juniors

The Rhondda District Football League (RDFL) Committee came to us for help to establish weekly mini and junior football festivals for their twelve clubs. There were no structured weekly games within the Rhondda, with clubs organising adhoc friendlies against each other, or travelling out of the area. The RDFL wanted to offer local children the opportunity to play regular football, without having to travel out of the area. The weekly festivals would also help the league to ensure that clubs were adhering to the FAW guidance for small-sided games. We worked with the league committee and the Council's parks team to identify local facilities that were suitable for all clubs. In partnership with the FAW we were also able to support the RDFL with equipment, to support the new festivals.

From September 2023, weekly festivals were organised for Under 6's, 7's, 8's and 9's from the twelve clubs across the Rhondda. The new format has given teams and their players a structured weekly routine, and all children are playing more football. The clubs have loved playing regularly against local teams, and the children have developed friendships with players from other clubs. As well as the physical benefits of playing football, coaches have noticed their players' social skills and confidence improve.

Mini football in the Rhondda is now far more accessible and the league has seen a growth in player registration as a result. Next season the league plan to introduce more weekly festivals for the Under 10 and Under 11 age groups.



*"I enjoy playing football. I have made friends from outside of my school and it's given me confidence to go and make new friends."*

*"I enjoying playing with my friends and competing against other teams to better myself."*

