

FOOTBALL GROUP INTERVENTION FOR CHILDREN AND YOUNG PEOPLE WITH DEVELOPMENTAL COORDINATION DISORDER (DCD) IN NEWHAM, HACKNEY AND TOWER HAMLETS

LOUISINNE NICOFRANNE PURPURA, ALEX BURROWS & LAURA SNAPE (OCCUPATIONAL THERAPISTS)

INTRODUCTION

DEVELOPMENTAL COORDINATION DISORDER (DCD)



is a common disorder affecting **gross and/or fine motor co-ordination** in children and adults. Individuals may vary in how their difficulties present and these may change over time depending on environmental demands and life experiences.

The Occupational Therapy Teams of **Hackney, Newham and Tower Hamlets**, in partnership with **Leyton Orient Football Club** under their **Premier League Kicks Programme**, have worked collaboratively to deliver the **1st football group session for children with DCD**.



METHODOLOGY

INCLUSION CRITERIA

AGES 8 TO 11

DIAGNOSIS OF DCD / AWAITING

ABLE TO FOLLOW VERBAL INSTRUCTIONS



GOALS

CLIENT CENTRED

Football coaches used the principles of **The Cognitive Orientation to daily Occupational Performance** under the supervision of **Occupational Therapists**.

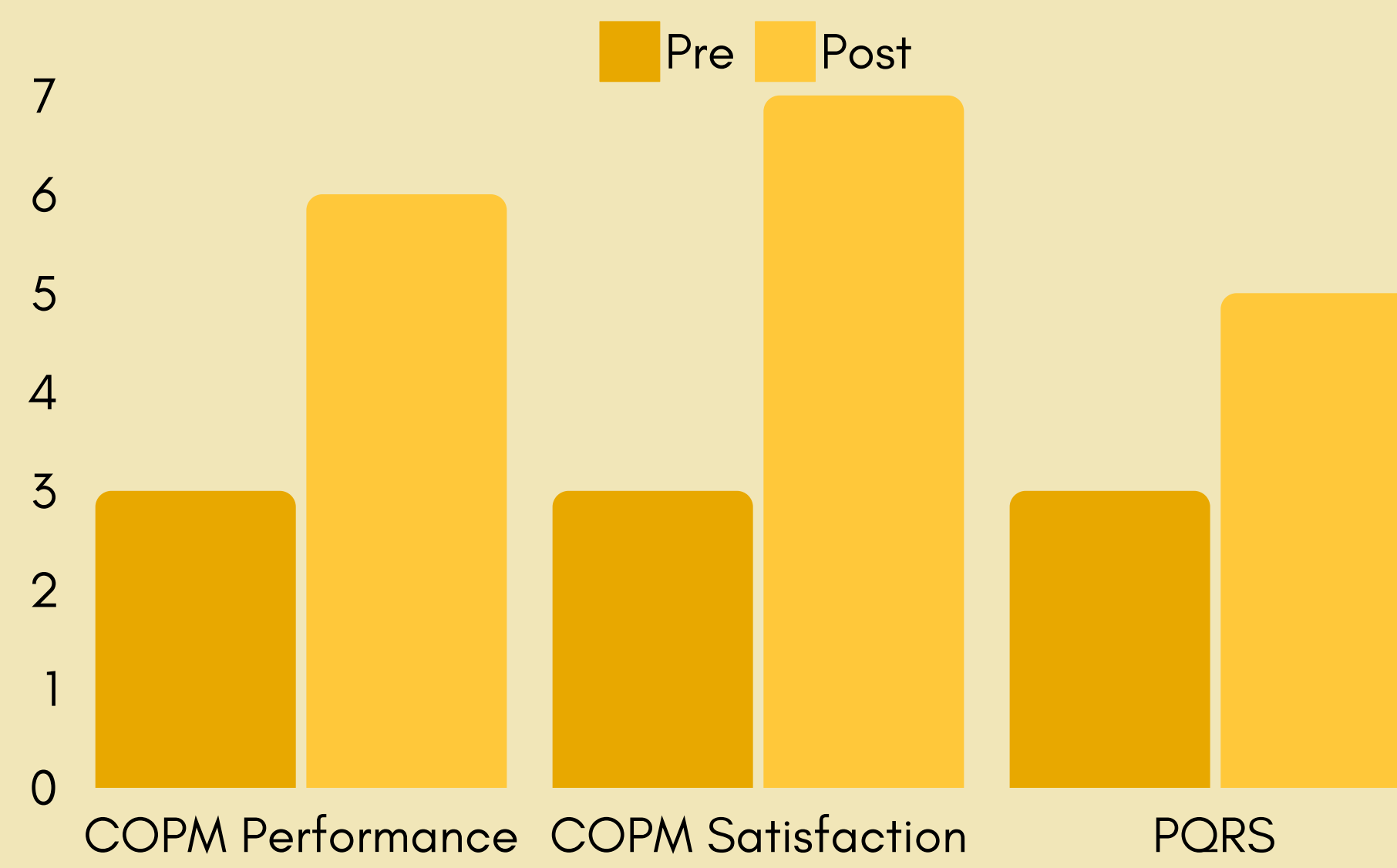
META-COGNITIVE

ENABLES SKILL ACQUISITION

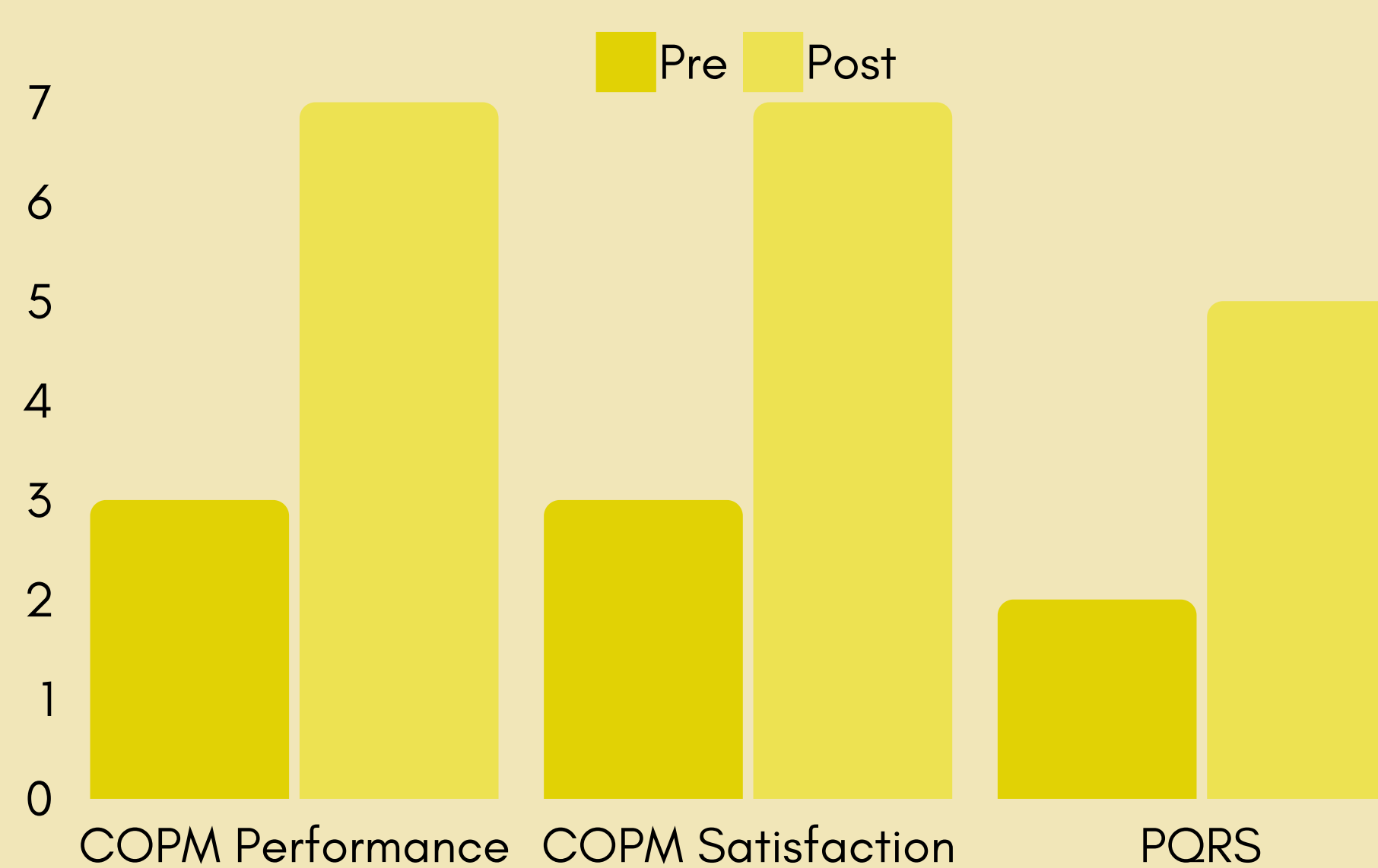
OUTCOME MEASURES

CANADIAN OCCUPATIONAL PERFORMANCE MEASURE (COPM) to assess client outcomes in the areas of self-care, productivity and leisure

PERFORMANCE QUALITY RATING SCALE (PQRS) to rate a client's performance on a client-selected activity according to a set scoring system



GOAL - TO BE ABLE TO DRIBBLE A BALL



GOAL - TO PASS THE BALL

Outcome Measure Form (based from Canadian Occupational Performance Measure: COPM and Performance Quality Rating Scale: PQRS)

Let's work together on:

GOAL 1: _____

GOAL 2: _____

PARENT / CARER'S MEASURE:

	PRE-GROUP MEASURE	POST-GROUP MEASURE
GOAL 1:	Performance: _____	Performance: _____
	Satisfaction: _____	Satisfaction: _____
GOAL 2:	Performance: _____	Performance: _____
	Satisfaction: _____	Satisfaction: _____

THERAPIST'S MEASURE:

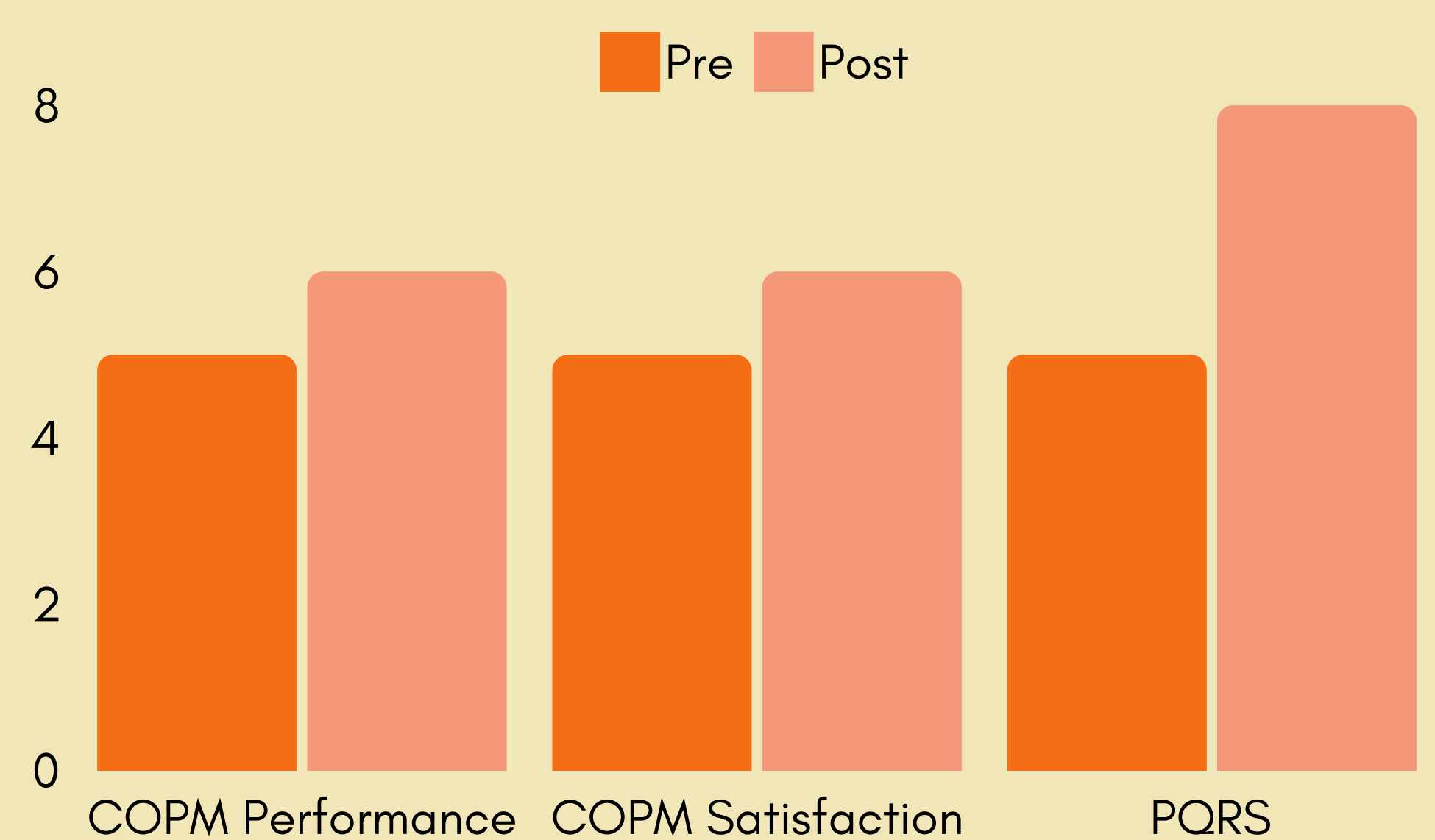
	PRE-GROUP MEASURE	POST-GROUP MEASURE
GOAL 1:	Score: _____	Score: _____
GOAL 2:	Score: _____	Score: _____

CHILD'S MEASURE (POST-GROUP MEASURE):

	😊	😞
Has your confidence in playing football improved?		
Have you learned anything new?		
Did you find the group enjoyable?		

Tell us more about your experience (child and / or parent):

RESULTS



GOAL - TO SHOOT AT THE GOAL ON TARGET

CHILDREN

I can tell my experience was very good and it helped with my football skills

I had lots of fun dribbling and kicking a ball

FEEDBACK

PARENTS

He really enjoyed it and helped him learn new skills in a low pressured environment

My child made new friends and gained confidence in playing football

The group has definitely helped with his confidence

It has helped my child socialize and build confidence around new people

MOVING ON

From the first cohort of children in November 2023, the group sessions are set to run every term with different cohorts until July 2024.

The next series of sessions are set to resume by the next academic year.

The Occupational Therapists will be constantly reviewing the structure of the group sessions to further tailor the intervention with the learning experiences and feedback gained from children, young people and families with DCD.



References:

- Anderson et al. (2018) Implementing the cognitive orientation to daily occupational performance (CO-OP) approach in a group format with children living with motor coordination difficulties. Australian Occupational Therapy Journal, 65, 295-296
- Blank R et al. (2019) International clinical practice recommendations on the definition, diagnosis, assessment, intervention and psychosocial aspects of developmental coordination disorder. Developmental Medicine and Child Neurology, 61, 245 - 260
- Smits - Engelsman et al. (2012) Efficacy of interventions to improve motor performance in children with developmental coordination disorder: a combined systematic review and meta-analysis. Developmental Medicine and Child Neurology, 55, 230