

# **Football & Joe**

## **An extract from his blog**

**Joe is part of Teeside Powerchair Football Team**

**This is his blog: Football and Joe**

- o Powerchair football**
- o Teeside Team**
  - o 9 years**
  - o Goalkeeper**



### **Rules:**

- Kick in's, goal kicks, corner kicks**
  - Two on one rule**
- 4 a side, as many subs as you want**
  - 40 min match**

**Travel around UK and Europe and coached for a while. Enjoy the competition and team spirit. It has allowed me to meet people and make new friends. Helps to concentrate my mind and offers new experiences.**

**Supports my social skills.**