Women’s Football Teaching Material
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- Teaching Manual “Developing the Game”
- DVD “Women’s Football Coaching”
- DVD “Goalkeeping”
Philosophy:
For all Member Associations:

- WF not existent or only played on an internal basis

- WF competitions in place but not consistent (i.e. no girls)

- WF well developed, organised and (near to) professional competitions
Objectives and Content

- More than a coaching manual
- Describes history, development and future
- Gives recommendations for the structure of Women’s Football in a member associations
Objectives and content (cont.)

• Specifies the establishment of a Women’s Football National Development Plan

• Gives ideas on how to launch Women’s Football

• Grassroots development programmes
Objectives and content (cont.)

- Co-operation with stakeholders (government, NGOs, private sector)
- All kinds of training games
- Physical preparation
- Goalkeeping
Chapter 1: History, Development and Future

• ... the development of Women’s Football over recent years

• ... its potential for future progress

• ... the outstanding success of the FIFA Women’s World Cup Germany 2011™
…. an outlook to
Canada 2015
Chapter 2: Women’s Football
National Development Plan

- **Challenges in administrative, structural and promotional terms**
- **Examples**
- **Implementation guidelines**
Chapter 3: How to launch Women’s Football

- For MAs where Women’s Football does not exist
- Suggestion of – how to launch Women’s Football
- Mixed football
- Examples for the launching of a Women’s Football competition
Chapter 4: From Play to Training

- Advantages and benefits of small-sided games

- How to make training enjoyable?

- Transition from small-sided games to 11-a-side football
Chapter 5: Organisation and Planning of Training

- The work of the coach
- Coaching methodology
- Planning
- The training week
- Reflections on recovery and regeneration
Chapter 6: Football Challenges

• Issues in and analysis of high level football

• Trends in the game and the player of tomorrow

• Technical, tactical, physical and mental aspects

• The match and its observation/analysis – Impact for the training
Chapter 7: Training Games

• A practical resource for the coach

• How to motivate players for trainings sessions (related to the game)

• Selection of training games for the coach (to choose depending on specific needs)
• Theoretical foundation and practical exercises for the physical preparation of the player

• **IMPORTANT:** It is recommended to seek assistance of specialists in the field of physical condition and education
Chapter 9: The Goalkeeper

- The modern goalkeeper
- Specific factors of training and coaching
- Practical examples and exercises
Conclusions

• A manual to assist all involved in the development of Women’s Football

• Guidelines (but not the only truth) for all aspects of Women’s Football developments

• DVD with coaching exercises
a) WWC Analysis (Goalkeepers)

b) Training exercises, always related to the game

c) Interviews with four top female goalkeepers on her careers, experience, recommendations and future