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

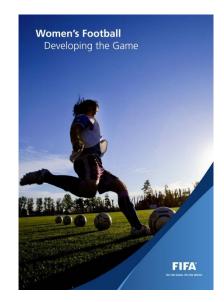
WF competitions in place but not consistent (i.e. no girls)

• WF well developed, organised and (near to) professional competitions

FIFA®

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



FIFA®

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[™]





Chapter 1: History, Development and Future (cont.)

FIFA[®] For the Game. For the <u>World</u>.

.... an outlook to Canada 2015



Chapter 2: Women's Football National Development Plan

 <u>Challenges</u> in administrative, structural and promotional terms

<u>Examples</u>

Implementation <u>guidelines</u>



For the Game. For the World

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 <u>small-sided games</u>
- How to make training enjoyable?
- <u>Transition</u> from smallsided 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



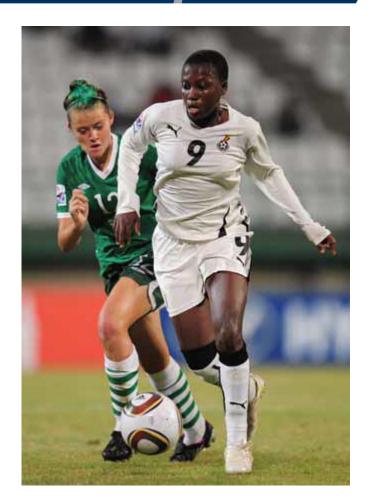
- Issues in and analysis of high level football
- Trends in the game and the player of tomorrow
- Technical, tactical, physical and mental aspects
- The match and its observation/analysis – Impact for the training





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)





Chapter 8: Physical Preparation



- 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

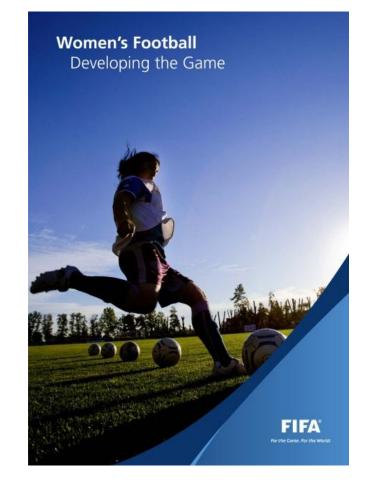




Conclusions



- 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



DVD – Women's Football Goalkeeping

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



