

# Women's Football Teaching Material

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# Women's Football Teaching material

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- Teaching Manual  
"Developing the Game"
- DVD "Women's Football  
Coaching"
- DVD "Goalkeeping"



# Women's Football Teaching Manual – “Developing the game”

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## 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

# Women's Football Teaching Manual – “Developing the game”

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## 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**



# Women's Football Teaching Manual – “Developing the game”

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## 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



# Women's Football Teaching Manual – “Developing the game”

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## Objectives and content (cont.)

- **Co-operation with stakeholders (government, NGOs, private sector)**
- **All kinds of training games**
- **Physical preparation**
- **Goalkeeping**



- ... 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

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- Challenges in administrative, structural and promotional terms
- Examples
- Implementation guidelines



# Chapter 3: How to launch Women's Football

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- 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

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- 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

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- **The work of the coach**
- **Coaching methodology**
- **Planning**
- **The training week**
- **Reflections on recovery and regeneration**



# Chapter 6: Football Challenges

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- 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

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- **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

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- 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

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





- **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

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- 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**

