



Understanding the needs of girls in football:
For coaches and educators of girls aged
between 9 & 14 years.

Our Aim

By increasing understanding amongst coaches, educators, parents, and players, we intend to improve the confidence and emotional well-being of female football players which will lead to long-term participation.



Women in Sport (2022) Reframing Sport for Teenage Girls: Tackling Teenage Disengagement



70% of girls become inactive during their period, which can become a long-term habit and lead to disengagement from the sport. Girls between the ages of 9 and 13 years are adjusting to changing bodies, expectations, and managing periods which can be irregular and anxiety-provoking when they first start. Meeting the specific needs of girls at this stage of development is vital for long-term engagement.