

THINGS TO CONSIDER WITH FEMALE ONLY TEAMS

Why are female only football teams beneficial?

- ▶ Being in an all-female environment allows young girls to be themselves because they are more comfortable
- ▶ Girls will be more confident in their actions, more willing to try new things and more willing to make mistakes and try again
- ▶ Girls are less afraid to give constructive feedback in a more comfortable environment
- ▶ Having all female environments allows female leaders and mentors to also feel more comfortable, similar to players

Rather than a straight 'how to guide' or checklist for setting up female only teams, below are a number of considerations to take into account when setting up teams. This is because every individual club situation is different, as well as the needs and wants of your players.

Coach

- ▶ The coach is crucial when setting up a female team. For more characteristics of a good coach for females, please see the coaches section (beginning on page 50) however it is very beneficial if the coach is also a female (particularly for younger females), because of the comfort levels felt in a 100% female environment

Facilities

- ▶ Facilities need to be female friendly (e.g. change rooms, bathrooms)
- ▶ Facilities also need to be equally accessible for females as they are to males and making sure that female teams feel valued equally to male/mixed teams is a big value add to the culture of female football at your club

Club

- ▶ The club needs to promote that it is a female friendly environment, with a strong culture that values male and female participation equally. This involves marketing and promotion to targeted female audiences and the wider community so that the good work done in developing female teams doesn't go unnoticed and you are able to intake new players each year
- ▶ The club also needs a dedicated committee or volunteer position, aimed specifically at maintaining awareness around the club of the female side of the game until it is integrated into the general club mechanisms

Players

- ▶ For female only football teams, your club will also need players. As mentioned, this involves promoting to targeted female audiences (schools, siblings of existing players, current players) that there is the option to play female only football within your club
- ▶ You can promote this through social media, flyers, visits to schools/events or any other form of marketing

Competition

- ▶ Although you might have female only football teams, your club and teams still need a female only football competition to play in. If your competition administrator/association doesn't currently offer female only competitions, they may be open to the idea which means that your club would have to work with other clubs in your area to put forward a proposal for female only competitions

FFA are currently working with Member federations and competition administrators to highlight the importance of making female only competitions available to as many clubs and teams as possible.

Flexibility

- ▶ It's important that when setting up the opportunities for female teams, you recognise that not all female

football players have the same motivations and needs. This requires a flexible approach to offer different types of football, as well as accepting that everyone has different expectations of commitment levels

- ▶ It's also important to realise that not every player will be at the same level, whether that is physically, technically, psychologically or socially and that you try and have the capacity to group players by ability level and personal preference as well as age

There will of course be times when boys and girls are integrated in to the same team or program (either by choice or by necessity) and below are some

recommendations on how to integrate the two:

- ▶ Consider individual needs and emotions, not just boys and girls
- ▶ Position girls and boys in leadership roles where appropriate
- ▶ Maintain a safe space
- ▶ Limit sensitive discussions
- ▶ Be mindful about ability and mixed-gender physical activity
- ▶ Conduct follow up discussions to gauge feedback and effectiveness



We try to be flexible with our female football based on not just time/offering but also on skill levels, experience and any other contributing factors.
– Women's Football Survey Respondent