Coaching the Female Athlete

Helpful Hints for Success
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- WPSL Head Coach for Little Rock Rangers
- NPSL Coach for Little Rock Rangers
- Region III ODP Boys Staff
- US Soccer A, Goalkeeper, National Youth Licenses, Referee, Instructor Staff
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- Over 25 years of coaching youth, club, High School, College, WPSL, NPSL
- Former College Professor in Exercise and Sports Science Dept.
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Athletes Are All the Same

• Female vs. Male
• Young vs. Old
• Cultural Backgrounds
• Expectations from Family
• Athlete is an Athlete
Challenges of Females

• How was your day?
  – Time to catch up is at the beginning of training
  – Let the chatter go during warm-ups, time limit

• Social Environment
  – Balance of Life and Soccer

• Communication ON vs OFF the field
  – Player to player
  – Coach to player
  – Cross the line to the field
More Challenges of Females

• Competitive “Tomboy”
  – Know the score
  – Compete against everyone

• Sugar and Spice vs B!^@&
  – Balance the days
  – Know your team
Yes, More Challenges

• Level of Confidence
  – Want to have success, fear to fail
  – Individual vs Team

• Approval of Coaches
  – Want to know you care
  – Want to know you are invested
  – Voice, interpretation from self and team matters
Keeping Females in the Game

• Level of Competition
  – Challenge to improve and excel

• Students of the Game
  – Watch games, play FIFA

• Volunteer hours
  – Team time, give back

• Referee and coach as youth

• Career Path in sports
Be the Change...

FA considerations
For increasing female participation in football

- Advertise in places where girls go i.e. coffee shops/on the back of toilet doors
- Use colourful bibs - make sure they are clean and smell nice
- Play indoors through the winter, outdoors in the summer
- Allow girls time to check phones/in incorporate a Twitter break
Making an Impact as Female

• Role Models
• Visual of Next Step
• Guidance to Move on
• Players for Life
• BE THE ONE
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