

# LET GIRLS PLAY!

## Top Tips for inspiring girls to play at your club

With that historic European victory, the Lionesses are inspiring a whole new generation of girls to play football. So how can you welcome girls into your club and make it a great experience? Here are a few ideas for you...

### 1. CREATE A WELCOME

Help every girl feel at ease – perhaps buddy them up with an existing player for the first sessions. Prepare an arrival activity, or have a 'social corner' where girls can bond. Remember everyone's name, perhaps the team they support or school they go to.

### 2. KNOW EVERY PLAYER

Learn about their previous playing background so you can pitch the right session level. Make sessions fun but challenging, providing progression at the right times for those that need it. Differentiation and personalisation will encourage every girl to return to your next session.

### 3. KEEP IT POSITIVE

Ensure those delivering the sessions are prepped and ready to bring the positivity! Bring in more coaches and relevant volunteers where required to help encourage, support and inspire every girl at every opportunity. Having female role models present is inspiring for young players. Consider using older players if you have them at your club to help out.

### 4. ATTRACT MORE PLAYERS

Use inspiring imagery and messages to engage girls on social media and through posters around your club. Provide key information like times, venue, age groups and contact details. Answer why girls should come, beyond just for football.

### 5. MAKE IT SAFE

Ensure you have all the relevant safeguarding and welfare processes in place. Encourage girls to have a voice. Make it clear to everyone who they can talk to if they ever have a problem.

## 6. PLAYER VOICE

Understand why players have come to your club so you can decide what activities you do with them. Ask them what they want to do and what they enjoy and shape your sessions round this. Get the players to take on leadership roles within your session, such as creating games, or refereeing matches, to help them develop these skills too.

## 7. REMOVE THE BARRIERS

Provide easy access to hygiene products, so girls don't have to ask for them. Always offer a safe space for girls to change. Improve players comfort and confidence by allowing them to wear what they want, or selecting club kit that is suitable for females.

## WHERE NEXT?

Find safeguarding information and helpful templates and resources:

[Safeguarding - Rules & Regulations](#)

Run an FA girls football programme:

[Play Women & Girls' Football](#)

Find coaching sessions on

The FA's boot room: [Sessions](#)

Discover more top tips on including females at your club:

[Female Football Toolkit supported by Barclays](#)

Discuss successes and challenges with other clubs via the Online Community:

[The England Football Community](#)

