LESSON 7

Transport Gender-specific Issues through Football Sessions
Football Session 3 - Dealing with Gender-specific Physical Characteristics - Checklist

WARM UP
25 MINUTES
- 1 Ball for every player
- 10 Cones
- Bibs for half the players

MAIN PART
45 MINUTES
- 1/2 Pitch
- 1 Ball for every player
- 5 Cones
- Bibs for half the players
- 1 Goal

CONCLUSION
20 MINUTES
- 25m per Pitch
- 2-3 Balls for every pitch
- 5 Cones for every pitch
- Bibs for half the players
- 2 Goals for every pitch
**WARM UP**

25 MINUTES

**PHASE 1**

**A**

**B**

"Criss-Cross"
- Half the players line up on the one line, the other half lines up on the opposite line (A).
- Each player has a ball.
- On command all of them run to the opposite side, taking care not to hit any of the other players.

**Variations**
- All players line up along the lines of all four sides of the pitch (B).
- Each player has a ball.
- On command all of them dribble to the opposite side.
- In this exercise the players have to be very alert not to collide with any of their team-mates. They are coming from all sides: front, the right and the left side.
- Give them different exercises with the ball while dribble from side to side: swinging between both feet etc.
- Every line / side is given a number (1 - 4). On command: (1 + 2 or 1 + 2 + 4) these two teams dribble to the other side. You can start a competition: which "team" / side reaches the other side first (first one ⇒ one point).
- + two commands: first one: number and second one: direction (1 + 3 and after a second left or right).
- Right means left and left means right (the opposite!)
- You really have to be focused!
- Instead of giving them a number, give them a name of famous female / male players!
**Passing the gate / border**
- Half the players line up in one field, the other half lines up in the opposite field.
- Each player has a ball.
- On command all players run to the opposite side, taking care not to hit any of the other players.
- "Ladies first!"
- Initially the exercise will be easy, e.g. dribbling only with the stronger foot. Then the difficulty will be increased, e.g. dribbling with the weaker foot or swinging between both feet.
- You have to orientate not to hit anyone!

**Variations**
- Start a competition! TEAM MESSI vs. TEAM MARTA.
- Which team gets to the other first. The last player reaching the field counts.
- Every player gets a number (1 - 6 in both fields):
  - On command (one number, two numbers, three numbers etc.) the players with the called number try to reach the field on the other side, the team how reaches the field first wins.
**MAIN PART**

25 MINUTES

**PHASE 1**

“Control and Speed”
- Divide into 2 teams.
- Set up cones for players to dribble in between.
- 1 player from each team dribbles through the cones as quick as they can and pass to the next player after the last cone.

**Tip**

This exercise works in teams with players being older than 12 years.
In U12 teams individual differences are greater than gender differences.

Observe the different tempos between male and female players. Explain the difference using other sports as well, i.e. The fastest male in the world is faster than the fastest female in the world.

Make players aware of the differences between individuals of the same sex even in boys only teams.
**PHASE 2**

**Shooting-Contest**
- The players start from the starting-cone and dribble towards the goal.
- Boys have to shoot from their shooting-zone (16m) and girls from a lower distance (12m). You have to adapt the distance on the training-level of your group.
- Always train your weaker foot as well.
- Start a contest: girls against boys!

**PHASE 3**

**Speed-Contest**
- Boys have to start from a higher goal-distance.
- When the coach passes the ball in front of the goal, both players can start to run for the ball. The one who reaches the ball first can shoot on goal.

**Variations**
- Vary in the starting position:
  - from standing position
  - from squatting position
  - lying face down
  - lying face up etc.
CONCLUSION

20 MINUTES

GAME

5-on-5 + 1 female impartial player
- 2 teams - each with a goal + goalkeeper
- The female player plays in the team which has the ball.

Generally, a 30mx40m pitch is used. This time, however, a smaller pitch will be made chosen to strengthen the female players.

Often the female player have a better technique but they can’t compete with the boys because of their lower strength and athelitics.

COOLING DOWN

Gender-specific and appropriate whole-body-workout

Boys are stronger than girls. That’s why you have to challenge boys in another way than girls. Therefore, here are three progressions of specific muscles workouts.

**Strengthening the chest - Push-Ups - First level**
- Take the starting-position as shown on the photo (Kneel down and support yourself on slightly bent arms). Place your hands on the floor and straighten your arms. Lean only on your hands legs.
- Bond your arms and lower your body (upper part) until your head is a couple of inches from the floor.
- Then straighten your arms until you are in the starting position.
- Try to use the full range of movement - not only half way!
- Don’t do it too fast!
**Strengthening the chest - Push-Ups - Second level**
- Take the same starting-position as in the first exercise, but move your legs up/off the floor.
- Then, start to move your chest down to the floor again.

**Strengthening the chest - Push-Ups - Third level**
- Take the push-up starting-position: Place your hands on the floor and straighten your arms. Lean only on your hands and toes, while keeping your body in a straight line.
- Bend your arms and lower your body until your head is a couple of inches from the floor.
- Then straighten your arms until you are in the starting position.
- Girls: 10 repetitions.
- Boys: 15 repetitions.
- Team-Competition: GIRLS against BOYS - as many as you can do + add the repetitions

**Strengthening the whole body and abdominals - Bridge**

A - Static position

B - Dynamic position
- The picture shows the starting-position.
- Then try to walk with your legs alternately.
- The toes have to leave the ground!