

GIRLS FOOTBALL

UITC ARE RUNNING GIRLS ONLY FOOTBALL SESSIONS AIMED TO HELP GIRLS DEVELOP BETTER **AGILITY, BALANCE AND CO-ORDINATION** MAKING THEM AN ALL-ROUND BETTER ATHLETE.

Fun activities will help improve the player's ability to work part of a team, solve problems, make decisions, whilst building confidence in physical activity.

Girls and Women's football is becoming increasingly popular with over 150,000 females playing affiliated football in England and over one million girls playing some form of football.

WOULD YOU LIKE TO HAVE A GO AT FOOTBALL?

FANCY MEETING SOME NEW FRIENDS?

Football is in the top ten sports for females and is the most popular team sport.

Sessions will be led by FA qualified coaches who have undergone a CRB Check, Safeguarding Children Workshop and First Aid and are trained to coach young children.

OUR SPONSORS



GIRLS FOOTBALL SESSION DETAILS

Ages: 8-11 Years

Monday's

6:00pm-7:30pm

Venue: Gleed Boys School,
Spalding

Cost: £2.50

Ages: 8-11 Years

Wednesday's

6.30pm- 8:00pm

Venue: Boston High School

Cost: £2.50



WHAT TO BRING

Outdoor and indoor footwear and clothing dependant on time of year, shin pads, drink.

TO BOOK - PLEASE CALL 01205 364406

OR CHECK OUT OUR WEBSITE BELOW



Find out more by e-mailing
femalefootball@bufc.co.uk
or visiting: The Jakemans
Stadium, York Street, Boston
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