

Girls Only or Mixed Football



WHAT'S BEST FOR ME?

BENEFITS OF GIRLS ONLY

- Sunday morning games.
- Can still play other sports on Saturdays - balance is better!
- Social connection with peer groups or friends from school.
- A safe place for players to develop confidence and creativity to express themselves and grow team skills.
- Festival format for U7-U8

BENEFITS OF MIXED FOOTBALL

- Saturday morning games.
- A more competitive environment, for players to accelerate their development with likeminded players and quicker speed of play.
- Players in TDP (U13+) teams naturally in FTC selection pool.
- Recommended for players who are driven with their football.

**But you don't have to choose!
Some girls do BOTH Girls Only
AND Mixed Football!**

