



Coaching the Female Athlete

Helpful Hints for Success

Jennifer Pfeiffer

- Technical Director for Arkansas State Soccer Association, Interim Executive Director
- 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
- NSCAA Premier, Adv. Nat GK, Youth National Diplomas, Instructor Staff
- Over 25 years of coaching youth, club, High School, College, WPSL, NPSL
- Former College Professor in Exercise and Sports Science Dept.
- M.S. Ohio University-Coaching Education Program

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/ 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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Coaching@ArkansasSoccer.org