

# LFC Girls & Women's Strategy 2019 - 2022



LFC Vision is to provide the opportunity for children and adults from Lindfield and surrounding areas to play football and promote understanding and enjoyment of the game. To support this, the Girls & Woman's Strategy will focus on 3 core pillars - Development, Retention & Growth

## Development

*Focused on the development of talented players at LFC*

### Measured by..

- 1) Success at Association, State & Interstate competitions
- 2) Selection of LFC girls by Association representative teams

### 2018 Results

#### Strengths

- G12,G12,G14 & G18 performed strongly
- Increased participation by teams at State & interstate Comps
- 4 out of 5 DL Coaches at C licence level
- @least 3 girls selected for Tigers

#### Improvement Areas

- Performance and engagement of WAA 1st team

#### Focus Areas for 2019

1. WAA Div 1 Coaches & squad selection
2. Increased professionalism of DL Squad to improve performance further
3. Extend development focus to G8-G9
4. Goalkeeper identification & development

## Retention

*Support continued enjoyment of football by social teams*

### Measured by..

- 1) Participation numbers for G12 age groups & above  
*Target is 12 teams (2018 - 10 teams)*

### 2018 Results

#### Strengths

- Overall girls & woman's number were steady vs 2017

#### Improvement Areas

- Mis-grading of G14C and G16C could cause a retention issue in 2019
- Drop in numbers of G14-18 in 2018 (down 50 / 30%)

#### Focus Areas for 2019

1. Identification of a WAA coordinator
2. Social team coaching support
3. Introduce more social activities outside of training & games to increase club engagement

## Growth

*Increase participation by girls particularly in the younger age groups*

### Measured by..

- 1) Participation numbers for G7-G11 age groups  
*Target is 180 girls (2018 - 135 girls)*

### 2018 Results

#### Strengths

- Increase in numbers (+24 / 30%). Largest numbers since 2015
- Support for G8 age group

#### Improvement Areas

- More focus on G9's
- Limited Lindfield Schools at Skellern Cup (Ravenswood & Roseville Public)

#### Focus Areas for 2019

1. Free after school training
2. Skellern Cup – school support
3. Increase School liaison – partnership[ model



# Girls Coaching Plan – Focus areas for 2019

## Strategic Coaching Objectives

1. WAA Div 1 Coaches & squad selection
  - Confirm coaches for WAAA & WAAB
  - Review of WAA Div 1 performance and decision on number of div 1 teams
2. Increased professionalism of DL Squads to improve performance
  - Develop new session plans for G14-G18. Share good session between coaches
  - G14-G18 - use of video and match analysis @ home games (Charles Bean) – 3-4 games per team per season
  - Aligned Session Plans from G10-G12
  - G12-G18 Individual skills work – promote program for girls to use outside of training (RISE App)
  - Pre season – 12 week 1 session per week football specific gym session (G12 & G14) / G16-WAA)
3. Extend development focus to G8-G9
  - One session per week. Group based training for all teams in this age group focused on core skills
4. Goalkeeper identification & development
  1. Goalkeeper training 12 weeks from March G10 – G18
  2. Session plans for G8-12 to include GK training for all
5. Social team coaching support
  - Support for B & C teams. Coach mentoring 2-3 per team over the season



# LFC Girls Season Plan 2019

*There are no changes to the season plan from 2018. Focus will be to increase participation in Proctor Cup, State Cup & Kanga Cup*

- October 2018 - post season training for girls
- November 2018 - Grading and team selection for G10-G16 DL teams
- January 2019 – W league game day experience
- February 2019 – Girls grading
- February 2019 – training commences DL teams (G10 once per week)
- March 2019 – Proctor Cup (G12-G16)
- March 2019 – Pre-season Games
- April-Aug normal Season
- July 7-12 2019 – Kanga Cup (G10-G16)



## Girls & Woman Coach Appointments 2019 (Draft)

Team	Coach	Assistant	Mentor
WAA A			
G18 A			
G16 A	Graham Ness		
G14 A	Paul Grundy	Katie Philipson	
G14 B	<i>Discuss with Dan Bradley</i>		
G12 A	Andrew Jenkins	1 new coach	Graham Ness
G11 A	Lizzie Ramsay		Paul Grundy
G10 A	Marcus Swift	1 new coach	
G8 & G9	5 coaches Sarah Jenkins Katie Philipson Lizzie Ramsay	2 new coaches	Chris Deblaere



# Girls Registration since 2013

Lindfield	Intro			Non Comp		Comp			G18	Total	YonY Chnage
	G7	G8	G9	G10	G11	G12	G14	G16			
<b>2013</b>			10	21		30	64	107	17	249	-
<b>2014</b>			10	22	25	27	45	95	61	285	14%
<b>2015</b>	43	13	30		52	46	48	48	51	331	16%
<b>2016</b>	22	10	32	50	26	51	47	45	30	313	-5%
<b>2017</b>	14	29	21	14	49	13	73	49	30	292	-7%
<b>2018</b>	23	42	23	35	11	51	45	36	20	286	-2%
<b>2019 Plan</b>	25	33	31	30	22	36	55	45	20	297	4%
<b>Average</b>	26	24	21	28	33	36	54	63	35	293	-
<b>Target 2021</b>	40	40	40	40	40	48	45	45	30	368	24%
<b>Teams</b>	4	4	4	3	3	4	3	3	2	30	-