

SATURDAY Player Development CENTRE



Saturday morning 'taster' programme for girls aged 6 to 11 years.



New players wishing to join can enjoy the first **2 sessions completely free!** After that weekly payments are just £3 per session. **These are fun sessions** that have a good balance of skills, training and exercise.

Sessions are an opportunity to **get fit,** **make new friends** and learn good football skills.



No need to buy any kit.

Just make sure they're in clothes they can run around in and sports shoes/ trainers/football boots (preferred). Sessions will continue despite the British weather. So, during the autumn and winter if it's raining or cold we recommend the girls wear gloves, thermals and a suitable waterproof coat.

These are drop-in sessions.

No commitment is required. Ultimately, players are able to move from these sessions to our League Teams.

Guiding Principles

Our ethos is to promote the **empowerment of girls and women through sport**. To teach them the techniques and attributes of good football players. Not willing them to score individual goals. but to enjoy the team play and to allow them to see the power of a collective effort.

Our Vision

Our vision is to grow and **develop the girl's confidence** and abilities both on and off the pitch by providing **a safe and nurturing environment** for the girls to have space to have fun, build friendships and develop themselves and their interests.



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