

GIRLS vs MIXED FOOTBALL WHAT'S BEST FOR ME?

BENEFITS OF **GIRLS** FOOTBALL

- 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 & QUICKER SPEED OF PLAY
- PLAYERS IN TDP (U13+) TEAMS NATURALLY IN FTC/NAGT SELECTION POOL
- RECOMMENDED FOR PLAYERS WHO ARE DRIVEN WITH THEIR FOOTBALL



**BUT YOU DON'T HAVE TO
CHOOSE! SOME GIRLS DO
BOTH GIRLS AND MIXED
FOOTBALL**

