



The Female Player

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Promoting Health, Fun & Friendships Through Our Game

Workshop Aims

By the end of this workshop we will have

- Identified the main physiological differences in male and female players
- Highlighted the most common female injuries and suggested exercises to help prevent these
- Discussed the nutritional requirements of female players
- Looked at different management/coaching techniques and assessed their place when working with female players
- Highlighted Code of Ethics areas that should be remembered when dealing with female players



Physiological Differences



**Smaller Heart
& Lungs**

**Lower VO_2
Max Levels**

**Earlier Onset
of Puberty**

**Less Muscle
Mass**

**Higher
Body Fat**



What Do These Differences Mean For You As A Coach/Manager?

- The physiological differences between male and female athletes are considerably less than those leading a sedentary lifestyle

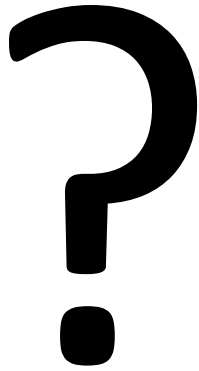
BUT

- Training programmes are not 'one size fits all'
- Adapt sessions accordingly
 - reduce weights/sets/reps accordingly
 - give options for progression
 - increase time allowance for sprints etc
 - expect greater flexibility

CORRECT TRAINING PROGRAMMES = REDUCED INJURY



Common Female Injuries



In the 2008 Congress Report
for the Accident Fund in
Ladies Gaelic Football
which four body parts were
top of the claims list?



Common Female Injuries



Back - 85

Hamstring - 84

Knee – 217
Cruciate - 16

Ankle - 111

Accident Fund Report Congress 2008



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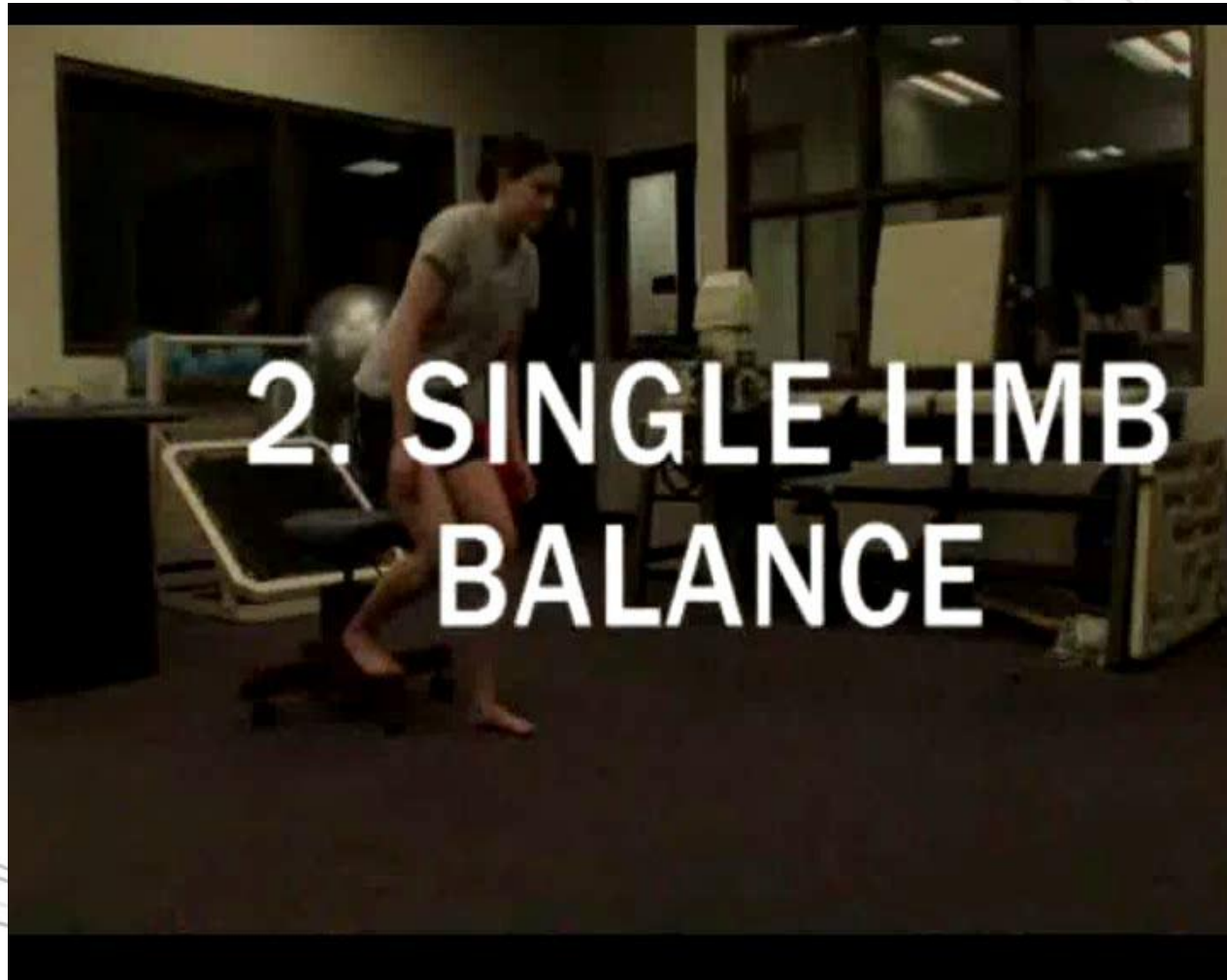
Strengthening Exercises

In groups discuss what strengthening exercises you could incorporate into your training sessions to help prevent injury to your assigned body part.

Ankle/Knee/Hamstring/Back



Ankle Strengthening



Knee Strengthening



Squat



Chair Squat



Wall Squat



Ball Squat



Pile Squat



Single Leg Squat



Squat with ball between knees



Squat with resistance band



Hamstring Strengthening



Hamstring Rolls



Single Leg Hamstring Rolls



Back Strengthening



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Nutrition for Female Players

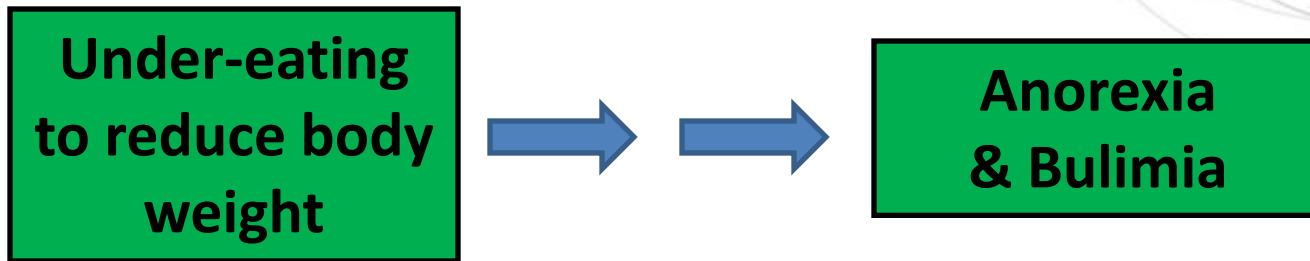
What is the recommended daily calorie intake for female players?

Average 2500-2800
(Depending on level of training)

Higher intensity training requires more calories
but focus should not be on calories!!



Disordered Eating



Signs of Disordered Eating:

- Preoccupation with food and weight
- Repeatedly expressed concern about being fat
- Increased criticism of one's body
- Trips to bathroom during or following meals
- Complaining of always being cold
- Irritable & lethargic

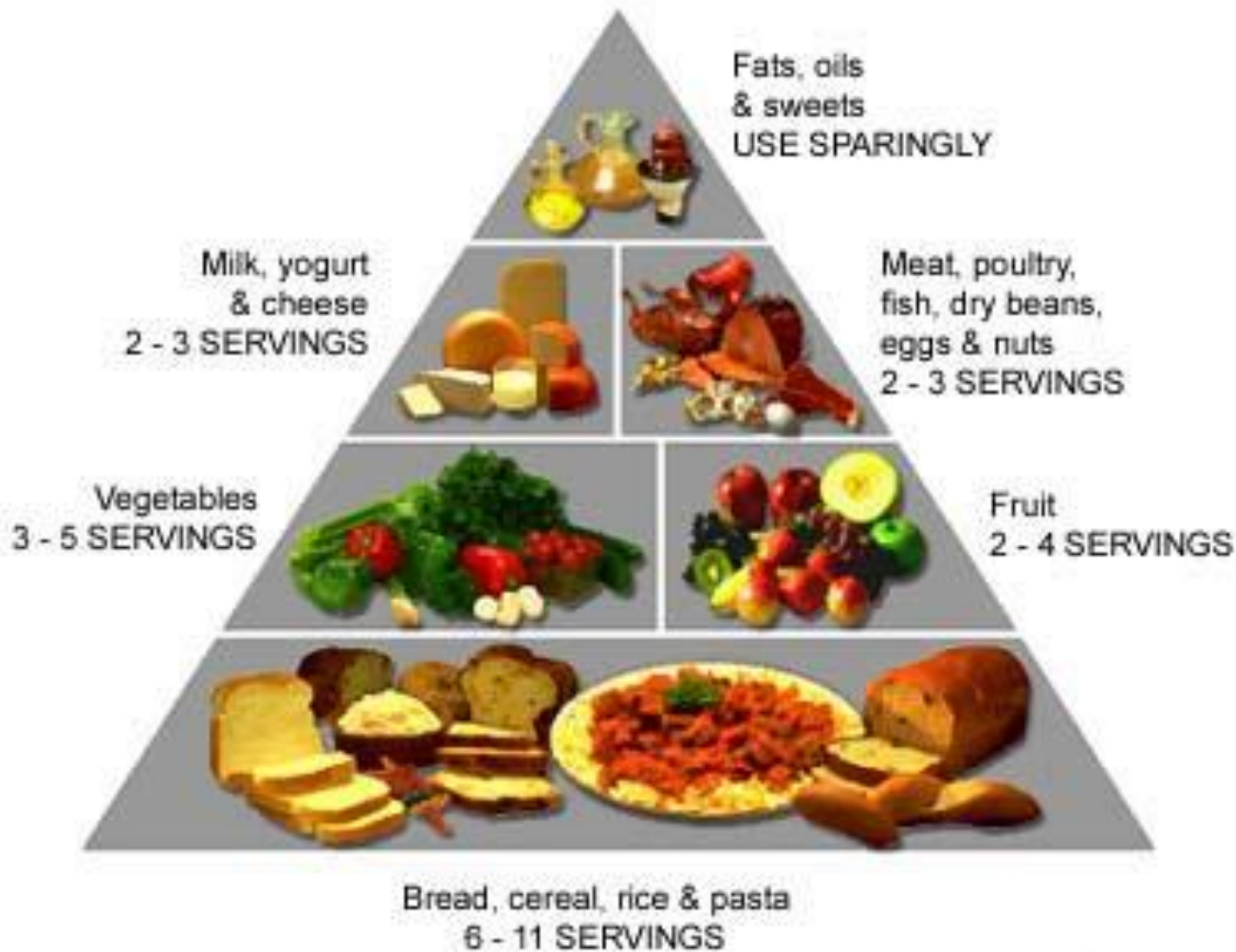
What's For Dinner?

Suggest a full day's menu for a senior club player.

Don't forget about snacks and water intake!



Balanced Diets



 ADAM.

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Carbs/Fats/Proteins

Athletes Diets Should Include:

- **55-60% Carbohydrates** – Main source of energy and replenishes energy lost in matches/training eg bread, rice, pasta, potatoes
- **25-30% Fats** – Secondary source of energy. Fats not used remain in the body as body fat. High fat foods should be avoided pre exercise eg butter, oil, full fat cheese
- **15-20% Proteins** – Builds and repairs muscles eg meat, poultry, fish, beans, pulses



Female Dietary Specifics

• Calcium

- Is responsible for building and maintaining bones and teeth
- Females need to get at least 1300mg each day
- Helps in the prevention of osteoporosis which is more common in females
- Found predominantly in milk and milk products



Female Dietary Specifics

- **Iron**

- Iron helps in the production of haemoglobin which transports oxygen in the blood to the muscles
- Female players typically don't get enough iron in their diet to replace the iron lost during exercise or in the menstrual cycle
- They need approx 18mg per day
- **Vitamin C** helps to absorb iron
- Iron is found in predominantly in meat, poultry and fish, green leafy vegetables. Vitamin C is high in oranges, tomatoes and potatoes



Hydration

- Body temperature should be **37°C**
- When we exercise the body's temperature rises and as a result we sweat

Water + Salts (electrolytes) = Sweat

- It is essential that this water and electrolytes are replaced!



How Much & When...

Two main aims:

- Drink 1.5 – 2litres of water each day
- Drink before, during and after exercise

How much, when?

- Drink **200-600ml** of fluid in the 2 hours before exercise
- Drink **125-150ml every 10-15mins during exercise** to top up those that have been lost
- Replace lost fluid in recovery phase **immediately after exercise by drinking 500ml** of fluid



What Should Players Drink?

Water

- Drinking water only replaces fluids
- This will reduce thirst but may increase urine production



Sports Drinks

- Sports drinks will replace both fluids and body salts lost during exercise
- This helps ensure that
 - The balance of body fluids is maintained
 - Players will achieve better rehydration
 - The fluid drank is retained by the body



Sports Drinks

Advantages

- The carbohydrates in sports drinks replenishes glycogen stores
- Isotonic drinks can be quickly absorbed
- Flavouring has proven to encourage better drinking habits

Disadvantages

- Can have high sugar content
- Frequent use can cause tooth decay
- Some people may experience cramps – experiment beforehand
- Often expensive



Homemade Sports Drinks

1. 200ml fruit squash/cordial
800ml water (boiled and cooled)
1g salt



2. 500ml fruit juice
500ml water (boiled and cooled)
1g salt



3. 40-80g sugar or glucose powder
1 litre of water (boiled and cooled)
1g salt



Management Styles



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Management Styles

In groups discuss Mike's management style.
Do you think females will react well to this style?
What (if anything) would you do differently?



Coach/Player Relationship

“Leading by the force of your personality isn’t effective”

“Lead with your humanity”

“Making connections is important”

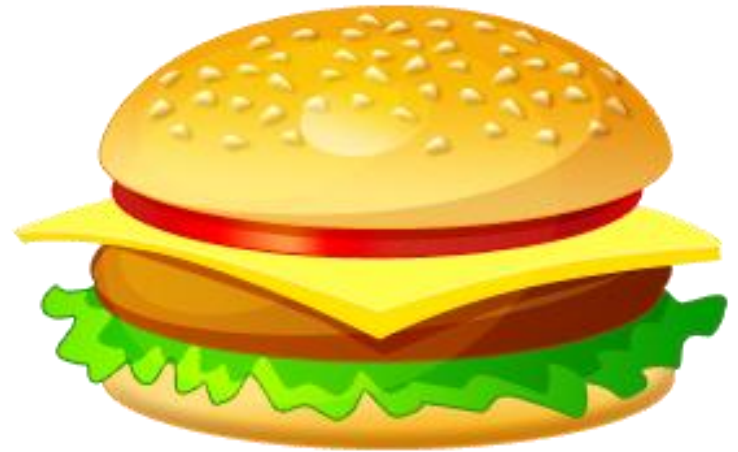
“Tone is critical”

“You have to drive men, but you can lead women”



Management/Coaching of Females

- Females prefer positive coaching
- They like to hear when they've done something right but need constructive criticism to improve
- Feedback sandwich



Females, Competition & Friendships

- Experts say that men are more competitive than females, but females are becoming more competitive as their involvement in competitive games increases
- Females place a lot of emphasis on friendships made through sport
- Bringing the competitive edge into training is one of biggest tests for managers/coaches working with females



A Few Tips...

- Learn about your players and what is going on in their lives outside football
- Create external sources of fun eg away days
- When trying to recruit new players focus on recruiting groups of friends not individuals
- Allow time before sessions start for girls to “catch-up” with each other
- Share your season plan so everyone knows what is expected from the beginning
- Use female remodels, eg videos of female games, posters, articles



Code of Ethics

- All teams should have least one female mentor
- Only enter the changing rooms when female mentor has given the ok to do so
- Avoid being alone with any player
- Avoid unnecessary physical contact
 - During coaching sessions when teaching new skills
 - If a player gets injured
- Texts should only be sent as part of a group text and in case of underage texting use parents mobiles where possible



Aims Revisited

We have

- ✓ Identified the main physiological differences in male and female players
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Where Should You Go From Here?

- www.ulsterladiesgaelic.ie
- LGFA Courses
 - FUNdamentals
 - Level 1
- CPD Courses - Calender
 - Fitness with the football
 - Games to develop football
 - Injury Prevention

