YDF Manual for Gender Awareness
Guidelines for Teaching Football and Life Skills
OVERVIEW OF LESSONS

Basic Training Level
LESSON 2

Stereotypes around Gender and Football
LESSON 3

Understanding and Dealing with Gender Specific Behaviour
LESSON 4

Gender Specific Physical Characteristics
and Related Health Issues
LESSON 5

The Right to Play
LESSON 6
Using Football at Different Levels
LESSON 6.1

Opportunities at Individual Player Level
LESSON 6.2
Opportunities at Leaguels Level
LESSON 7

Transport Gender-specific Issues through Football Sessions
LESSON 8

Case Study Box

The ways of dealing with the situations presented in this chapter are recommendations based on research and experience. It is important to note however that every situation is unique and therefore this chapter should be used more as a guideline and not as a ‘rulebook’.

The cases are colour-coded to note the urgency of intervention by the coach:

- **RED**
  - Act immediately
- **YELLOW**
  - At end of practice / game
- **GREEN**
  - At next opportunity / practice
LESSON 9
Planning for Implementation
WORK SHEETS

Work Sheets, Training Sheets & Tournament Sheets