

# AFL SCHOOLS SECONDARY FEMALE GUIDE

Empowering girls to be more active and engaged both on and off the field.

YEAR 7-10  
AUSTRALIAN  
CURRICULUM



**AFL** **PLAY**  
**Schools**

# OUR PURPOSE

The AFL via its Women's Football Vision is committed to equal participation and presentation by 2030. In line with this commitment, we are pleased to offer this female specific teacher guide.

The introduction of the AFL Women's (AFLW) competition in 2017 led to a boom in Women and Girls participating in football across the country. The AFL is committed to Gender Equality at all levels of the game. The purpose of this guide is to support teachers and coaches of all females at the secondary level.

## This guide will include:

Tips for encouraging female participation in AFL

Seven myths about females playing AFL

Prep to Play resources to enhance female performance and reduce injury



# ENCOURAGING GIRLS PARTICIPATION

It is commonly known across the education and sporting sectors that there are more similarities than differences when teaching and coaching girls compared to boys.

Research recently conducted by the **Women's Sports Foundation** found that it is not elements of the sport itself that can be a barrier to women and girls participating. In fact, on average, women and girls enjoy the key elements of sport such as; competitiveness, team building, achieving goals and feeling athletic.

Nike recently released the "Made to Play" resource that provides key strategies around coaching women and girls in general.

Using this framework, the strategies have been broken down below with examples you may like to use:

## 1 Ensure the playing space & team culture work for girls

Think about the following:

- Spaces should be safe and welcoming
- You may consider implementing a buddy system within working groups, so everyone has someone to lean on for support

## 2 Create connections

Think about the following:

- It is important to provide support when things are hard and share your own experiences to provide connection
- You may wish to facilitate a session where students connect with a person from a working group different to theirs to understand what barriers or achievements they have had as part of this project

## 3 Let them compete

Think about the following:

- Girls are motivated by teachers and coaches who can create both meaningful relationships and challenge them to improve and compete
- Support any student umpires and coaches in implementing the 'Change It' approach to facilitate good experiences

## 4 Focus on progress, not the final outcome

Think about the following:

- Women and girls want feedback that is relevant to their development and not only based on the win-loss record
- Focus on personal goal setting for females and celebrating what has been achieved

## 5 Encourage girls to be brave, not perfect

Think about the following:

- Teachers, coaches and caring adults can support girls by rewarding bravery, not perfection
- It may work well to facilitate a session on the development of everyone's skills, an event that everyone feels excited to be a part of, encouragement of students to challenge themselves and a comfortable space where everyone understands that failure is just a part of learning

### Extra resources

You can read more about coaching women and girls in **[Coaching Women & Girls Toolkit](#)**

**[Female Football Resources](#)** - view presentations from the recent Coaching Female Football Forum

# MYTHBUSTERS: 7 MYTHS FOR HIGH SCHOOL FEMALES PLAYING AFL

**TACKLING IS UNSAFE**

**BUSTED**

AFL Nines includes non-contact touch football rules.

**ONLY THE BEST PLAYERS  
GET THE BALL**

**BUSTED**

Reduced numbers and position rotations means everyone gets a go!

**COACHES ARE INTENSE**

**BUSTED**

School is a safe place for females to try AFL where teachers can create positive, encouraging and supportive environments for female participation.

**THE RULES ARE  
COMPLICATED**

**BUSTED**

The school setting is the perfect place to learn the modified rules of AFL Nines, which includes simple and easy to follow game modifications.

**AFL FIELDS CAN  
SEEM CONGESTED**

**BUSTED**

AFL Nines zones prevent ball chasing and congestion, with less players and simplified rules.

**MY FEMALE STUDENTS  
WON'T BE INTERESTED**

**BUSTED**

Over 20% of total registered participants Nationally are women and girls.

**FOOTBALL ISN'T  
FOR FEMALES**

**BUSTED**

AFL is empowering and enabling the women's game at all levels.

**AFL Women's Football Vision 2021-2030**