



Building a Girls' Football Team – Checklist

6-month roadmap and 12-point club audit

This document was provided by areacopa.com.

CLUB

AGE GROUP

PERSON IN CHARGE

Check the preconditions

Without these three points, launches almost always fail in the first six months.

- Written board resolution with budget for balls, bibs, and referee fees obtained
- Girls' football lead named by first and last name in the minutes
- Reliable training slot of at least 75 minutes, ideally twice a week, fixed

Find players

Invite twice as many as you want to keep long-term.

- Primary and secondary schools in the catchment area emailed via PE teachers
- Registered for the DFB Girls Football Day and material package requested
- Sisters of existing players surveyed internally and parents addressed directly
- Instructors of other sports (gymnastics, riding, swimming) in the area contacted
- Social-media post with a concrete trial-session date published in club channels and parent groups

Build the coaching team

A female coach is ideal long-term, but not a bottleneck at the start.

- Lead coach for the first season set
- C-licence with a girls' focus booked at the state football association and club subsidy clarified
- Former players, students, or football-experienced mothers actively approached as assistant coach
- Pipeline planned: oldest players of the first team as assistant coaches for the next age group

Training and safety

Girls' training is not boys' training in miniature.

- Regular training of at least 75 minutes per session established
- FIFA 11+ or Knee Control programme integrated into the warm-up of every session
- Dedicated balls in the right size (size 4 for U11–U13, size 5 from U14) procured
- Dedicated bibs or jerseys with club branding organised
- Recovery rule applied: for U13 and U15, maximum one match plus one training session per week

Parents and club culture

Belonging grows through visibility and fixed spaces.

- Parents meeting run with a clear, factual message (60 minutes maximum)
- WhatsApp group or comparable channel for parents set up
- Team photo published on the club website
- Team photo hung on a prominent wall in the clubhouse
- Safeguarding contact for players named on the club website

Association links

Money, equipment, and advice often go unused because nobody asks.

- State football association contact for women's and girls' football emailed
- Equipment grant from the state football association for new girls' teams applied for
- DFB-Mobil session for a free training unit at the club requested
- Attended the next regional Girls Football Day, or hosted one

Organise the first friendly tournament

A visible highlight after three to four months of training.

- 5 to 7 girls' teams from neighbouring clubs invited
- Hall or outdoor pitch reserved for three hours
- Match schedule (5-team round-robin or similar) drafted and sent to teams
- Referee helper assigned and briefed per pitch
- Catering, tables, and changing area organised
- Local press and club social media informed about the date

Club minimum standards (12-point audit)

Mark each point green, amber, or red. Anything below 8 of 12 produces drop-out.

- Written board resolution to launch the girls' team, with budget
- Named girls' football lead at the club
- Game-time policy: every player gets at least 50 percent playing time per match
- At least one, ideally two, fixed training sessions per week of 75 minutes each
- Dedicated changing room or clearly assigned changing area with own door sign
- Dedicated equipment (balls in girls' size, dedicated bibs with club branding)
- At least one qualified coach with DFB basic licence on the coaching staff
- Plan to recruit or train a female coach within 24 months
- Knee Control or FIFA 11+ programme in the warm-up at every second session, minimum
- Extended criminal-record certificate for all coaches and team managers documented in writing
- Club safeguarding contact for conflicts named on the club website
- At least one externally visible action per season (friendly tournament, Girls Football Day, school cooperation)

