



## Female-specific tips

- Historically, many assumptions have been made that female players should prepare and perform the same as their male counterparts. This is incorrect!
- Within our female specific section, we unravel and delve into topics that are specific to the female player and how you as the coach can enhance the capability, enjoyment, and longevity of your female players within the game.

**Did You Know** - Females are 6-8 times more likely to rupture their ACL (anterior cruciate ligament) in their knee than males keeping them out of the game for at least 12months.