Skip to content Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Open search panel Search Search the Insight Hub... Cancel

- <u>Insights</u> <u>Rangahau</u>
- Events Hui
- <u>Partnerships</u> <u>Rangapū</u>
- <u>Impact</u><u>Whakaaweawe</u>
- About Mō Mātou
 - Overview
 - <u>History</u>
 - Support
- ☆<u>0</u> Saved



- Sign in
- Submit





COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Theme: Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Co-authored by 'Made to Play' by Nike and CHJS

In collaboration with Nike and CHJS, this transformative guide delves into the art and science of coaching girls.

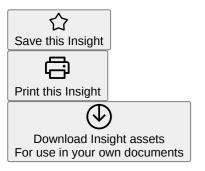
The goal of this guide is to help coaches create sport spaces that are more inclusive and welcoming for girls and other young people on the gender spectrum who are traditionally marginalized from sport.

While we know that young people with diverse gender identities certainly face additional barriers to inclusion in sport, we believe that many of the lessons learned about coaching girls can dismantle some of those exclusionary practices.

When program leaders and coaches become more curious about how to pull more young people, especially girls and trans girls, into sport, we can move toward a system that welcomes all young people, not regardless of who they are, but because of who they are.

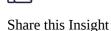
Click the link below for the full guide:

https://chjs.org/wp-content/uploads/2022/10/coaching-girls-guide.pdf



Was this Insight helpful?





















Email this Insight

X Close 'Download Insight Assets' modal

igoplus Download Insight assets • COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING.pdf How to get.png 460KB PNG Was this Insight useful? Similar Insights (73) Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football Save insight Participation Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football Change in Action Week - Innovative Impact FINALIST - Active Wahine Save insight Participation **Change in Action Week - Innovative Impact FINALIST - Active Wahine** Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy Save insight Participation Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

Save insight

Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Save insight

Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



Participation

Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



Participation

ADIDAS BREAKING BARRIERS RESEARCH

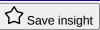
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN



Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

Save insight

Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport

Save insight

Participation

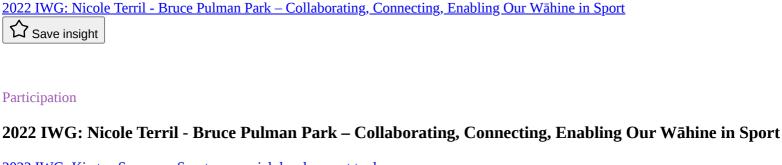
2022 IWG: Christine Young - Integrity in HP Youth Sport

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



Participation

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



2022 IWG: Kirsten Spencer - Sport as a social development tool



Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

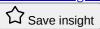
2022 IWG: Erin Hatton - Driving transformational change



Participation

2022 IWG: Erin Hatton - Driving transformational change

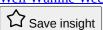
Understanding Period Poverty Infographic



Participation

Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

Girls Smash Modified Girls Only Cricket Programme



Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

<u>Innovative approaches to encouraging women's participation in Golf</u>

Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

Netball Volunteer Programme



Participation

Netball Volunteer Programme

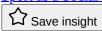
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool



Participation

Participation

Sport as a Social Development Tool

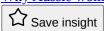
By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand Why Aussie women's sport needs to talk about fertility



Participation

Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes

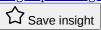
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

Huge uptick in girls and women playing football in New Zealand



Participation

Huge uptick in girls and women playing football in New Zealand

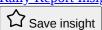
Resources on Male Allyship



Participation

Resources on Male Allyship

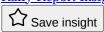
Rally Report Insights: Body Confidence



Participation

Rally Report Insights: Body Confidence

Rally Report Insights: Mental Health



Participation

Rally Report Insights: Mental Health

What type of uniforms do women want to wear when they referee or umpire sport?



What type of uniforms do women want to wear when they referee or umpire sport?

Women & Padel: Start of a love story

Save insight

Participation

Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



Participation

Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia

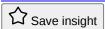
Save insight

Participation

Kōhine māia

By Rachel Howells - Sport New Zealand

Yeah! Girls Move - Cricket not the way you know it



Yeah! Girls Move

Participation

Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

For young women, by young women - WORD girls-only programme



Participation

For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

Not just for the "sporty", the Not-So-Sports-Club

Save insight

Participation

Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



Participation

Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

Backyard Smash & Sista Smash

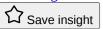
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



Participation

The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand



Participation

Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport



Participation

Five things to know about women and sport

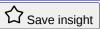
Has the Olympics become too sexualised? How sex and gender debates drove online discourse

ve ir	nsight
	ve ir

Participation

Has the Olympics become too sexualised? How sex and gender debates drove online discourse

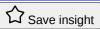
Pacific Women's Leadership Programme Impact - Sela Vaenuku



Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku

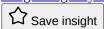
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



Participation

IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

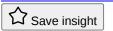
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

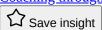
Nutrition For Female Athletes



Participation

Nutrition For Female Athletes

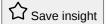
Coaching through a Gender Lens Infographic



Participation

Coaching through a Gender Lens Infographic

Angel City Equity House Podcast: Myth Busters presented by Gatorade



Angel City Equity House Podcast: Myth Busters presented by Gatorade 2022 IWG: Emily Davidson - She Loves Golf Presentation Save insight Participation 2022 IWG: Emily Davidson - She Loves Golf Presentation Hikurangi Golf Club president Felice Croft encouraging more women into the sport Save insight Participation Hikurangi Golf Club president Felice Croft encouraging more women into the sport Running and periods: The myths about exercise and your menstrual cycle, debunked Save insight Participation Running and periods: The myths about exercise and your menstrual cycle, debunked Updated Pregnancy guidance from UK Sport Save insight Participation **Updated Pregnancy guidance from UK Sport** IWG: Daenin Roth - Grassroots Role Models Inspiring Change Save insight Participation **IWG: Daenin Roth - Grassroots Role Models Inspiring Change** IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel Save insight Participation IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel Young Women Profile - September 2021

Participation

Save insight

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls Save insight
Participation No. 14/10. Etaula Oggan and No. 14/10. of Thirding to Duomate Physical Activity for Civile
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls New Zealand Football Performance & Prevention - Considerations for Female Athletes Save insight
Participation New Zealand Football Performance & Prevention - Considerations for Female Athletes
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill Save insight
Participation IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill
Co-Designing Effective Programmes for Young Girls: Insights and Principles Save insight
Participation

Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants



Participation

Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

<u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>



Participation

Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

Participation

Aktive Women & Girls Facility Guide

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

Save insight

Participation

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

<u>Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"</u>



Participation

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

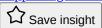
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

Supporting Disabled Teenage Girls to be Active



Participation

Supporting Disabled Teenage Girls to be Active

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL



Participation

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"



Participation

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

Our Partners

- Sport NZ Sport NZ
- NZ Foreign affairs and trade NZ Foreign affairs and trade
- JUS Embassy NZ US Embassy NZ

Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa



- <u>Instagram</u>
- Twitter
- YouTube
- Contact
- FAQs
- Privacy policy
- Terms of use

© 2024 Women in Sport Aotearoa

Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:	
Email:	
Subscribe >	
Close panel	Women in Sport Aotearoa Insight Hub Ngā Wāhine Hākinakina o Aotearoa

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*		
Email:*		

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

• 🔽

All

• 🛂

Leadership

• 🗸

Social Change

• <

Active Lives

• <

High Performance

• 🔽

Visibility and Voice

• ✓ All

• <

Research

• 🗸

Case studies

• 🗸

News stories

• <

Toolkits

Subscribe now >