

## APPLICATION FORMS

We have gone digital! To apply online please visit our website:

[blogs.glowscotland.org.uk/nl/braidhurstfootball](https://blogs.glowscotland.org.uk/nl/braidhurstfootball)

Applications close on **Friday 4<sup>th</sup> March 2022**

No applications will be considered after this date

## CONTACT US

### BRAIDHURST HIGH SCHOOL

Dalriada Crescent  
Motherwell  
ML1 3XF

01698 274999  
[www.braidhurst.org](http://www.braidhurst.org)

*"Supporting Aspirations, Achieving Excellence"*



**BRAIDHURST HIGH SCHOOL**

## GIRLS SCHOOL OF FOOTBALL

**AUGUST 2022 APPLICANTS**



## INTRODUCTION

The Girl's School of Football programme has the backing from the former manager of the Scotland Women's team who launched it in 2016.

It is aimed at talented footballers moving to the school in S1 who would like to increase their ability through daily coaching sessions to develop greater technique, game awareness and fitness. In addition to this, a series of workshops on a variety of topics help to develop the person as a whole with Nutrition, Sectarianism and Racism being discussed.

Mrs C Rooney

Headteacher

## PROGRAMME INFORMATION

The Girls' School of Football is designed to develop talented players who will feed into teams for girls across Lanarkshire and surrounding areas. The aim of the programme is to look at the holistic needs of the player and not just focus on their ability. Football classes help to enhance social skills, listening and behaviour.

As the sessions are daily the players must display a reasonable technical standard to cope with the demand. However, their selection is also based on attendance, academic performance, effort, attitude and behaviour which are all important indicators in deciding whether or not they are appropriate for the programme.

Some of the development components we focus on are:  
Tactical skills (defending, attacking, and possession)  
Technical skills (passing, shooting, control and finishing)  
Physical skills (stamina, strength, speed, agility). To develop these the pupils in the programme receive one period of coaching per day in S1, S2 and S3.

### Quotes:

"I get to meet new friends while playing the game I love"

"I have got so much better, particularly my control and passing with my weaker foot"

"I am much more confident on and off the pitch"

"I love the sessions and also the Nutrition Workshops where I made my first smoothie!"

## SCHOOL INFORMATION

Braidhurst High School is a non-denominational comprehensive school. We are extremely proud of our National Sports Comprehensive status, being one of the first in Scotland to achieve this accolade. We are also pleased to have become a magnet school for talented footballers through our Girls' School of Football and NL School of Football. From August 2012 the school has been home to one of the Scottish FA Performance School Programmes and from 2016 the home of a dedicated girls only programme.

The school has a well-deserved reputation with an outstanding climate for learning enjoyed by all our pupils. We have high standards and expectations for all in Braidhurst where everyone is given support to reach their potential. The quality of educational provision has been further recognised by our Scottish FA Quality Mark Award.

The appointed coaches are Mr Gordon Young and Mr Paul Burns who both have Advanced Children's Licenses, UEFA Advanced Elite Youth Licenses and UEFA Adult Licenses. Paul Burns is Head of the Children's Programme for Motherwell FC Academy, Gordon Young is the manager for the School of Football programmes, is the assistant manager for Cove Rangers F.C. and has the UEFA PRO License.

