

# MANCHESTER UNITED GIRLS ACADEMY



Foundation

In line with the club's rich history in developing young players, Manchester United Women strives to nurture young girls through our player pathway. Providing holistic development, life skills and opportunities to transition through from Under-9s to first-team football. Each player's development is based on their own needs, and aligned to the individual, positional and team-specific parameters of the Manchester United Redprint.

## THE GIRLS DEVELOPMENT PATHWAY STRUCTURE:

MANCHESTER UNITED GIRLS ACADEMY		
FOUNDATION PHASE	YOUTH DEVELOPMENT	PROFESSIONAL GAME ACADEMY
<p><b>Key components</b></p> <ul style="list-style-type: none"><li>• U10 / U11</li><li>• 2 x 2-hour sessions (4 hours)</li><li>• 1 match a weekend</li></ul>	<p><b>Key components</b></p> <ul style="list-style-type: none"><li>• U12 / U13 / U14</li><li>• 3 sessions per week (6 to 7.5 hours)</li><li>• 1 match a weekend</li></ul>	<p><b>Key components</b></p> <ul style="list-style-type: none"><li>• U16 &amp; U21s age groups</li><li>• 4 sessions per week (8 to 12 hours)</li><li>• Weekly match programme</li></ul>
EMERGING TALENT CENTRE		
<p><b>Key components</b></p> <ul style="list-style-type: none"><li>• U9/ U11 / U13 / U15 age groups</li><li>• Festival style matches during holiday periods</li><li>• 1x 90-minute session per week</li><li>• Players primary club is their grassroots team</li></ul>		

## THE GIRLS ACADEMY HAS FOUR PHASES:

- Professional Game Academy (U16 and U21s)
- Youth Development (U12, U13, U14s)
- Foundation Phase (U10 and U11s)
- Emerging Talent Centre (U9 to U15s)

Manchester United Foundation delivers the Youth Development, Foundation and Emerging Talent Centre phases with the overall vision of having the most

successful talent development programme within girls football, by revolutionising the way the game is learned and played. To do this, a safe, positive, friendly and inspirational learning environment is created for players, maximising their individual playing potential and amplifying the Manchester United Way of playing.

# THE GIRLS ACADEMY HAS FOUR KEY STRATEGIC PILLARS:

## Training Programme

Players who are selected for the Girls Academy receive a comprehensive training programme both on and off the pitch. This includes a bespoke coaching, strength and conditioning, injury management, education, and wellbeing programmes. Our training facility is at Eccles Sixth Form College, and comprises both indoor and outdoor pitches, classrooms, and a fully equipped gym to support player development.

## Games programme

Manchester United believes in providing lots of match play exposure, delivered in imaginative and varied conditions. This involves teams playing different formats of the game, including futsal. The U10s to U13s play weekly in the boys Timperley and District League, and the U14s play in the boys Junior Premier League. All teams are based at the Armitage Sports Centre.

## Skilled Workforce

The Academy recruits the best workforce (coaches, physios, strength and conditioning coaches and psychologists) in the area, all with the ability to build a rapport, motivate, inspire, influence and improve players. All staff are qualified, experienced and DBS checked. We are proud to have four UEFA A Licence coaches who deliver every week to the players as part of our programme.

## Player Recruitment

All players on the pathway are identified and selected through a player recruitment strategy, which includes a network of scouts, and showcases events and annual trials delivered in the month of June.

### Successes (as of the start of the 2023/24 season)

- Two Academy graduates played for England in the 2023 World Cup (Katie Zelem and Ella Toone).
- Six Academy Graduates in the women's first-team squad.
- 27.08% of Manchester United Women's match time (highest in the WSL) in the 2022-23 season was by homegrown players developed in the Academy (Millie Turner, Ella Toone and Katie Zelem).
- Second-most youth graduates contracted to play in the top two tiers of Women's Football.
- First club ever to appear in all three FA Cup finals in the same season (U16s, U21s, first).
- Only Academy (RTC) who had achieved Tier One Plus status for the last six seasons.
- Ranked as world leading by FIFA's analysis and assessment (conducted by Double Pass).