



**COACH NAME**

Georgia Smethurst

**TYPE OF ACTIVITY**

Football

**LOCATION**

Carlisle

**COACHING DETAILS**

Football coach – mainly participants aged 10-16 years

*“Do as much as you can as quickly as you can, take every opportunity and do not be intimidated if you’re the only female in the room.”*

# #PassOnYourPassion

**How long have you been coaching?**

I have worked as a coach for the last 4/5 years

Over the last few years I have managed to squeeze in a lot of experience working with a variety of different groups; Toddler sessions, disability sessions, kids summer camps, elite player development centres, school curriculum and extra-curricular sports

as well as local grassroots football. Alongside paid coaching, I have volunteered for the last 7 years with local clubs, County



Christmas Coaching

*Be part of it!*

FA's and the National FA. I currently coach an U14 girls team, I have worked with most of the team since they were little (now they're getting older I'm the little one!).



Youth team

### How did you get into coaching?

I got into coaching through helping with younger teams while I was playing in youth football.

### What do you enjoy most about coaching?

Depending on the group - Either a very fun and social session, or seeing a child achieve something that they have been working towards. Sport means everything to some children and seeing their faces is very rewarding.

### Why are you passionate about Coaching?

I play football myself and have done for the last 15 years, it's nice to feel like you're giving something back and hopefully inspire more people to continue with sport beyond their school years

### Do you have any tips that would help the next generation of female coaches?

Do as much as you can as quickly as you can, take every opportunity and do not be intimidated if you're the only female in the room/astro-turf etc. Speak to everyone who works in a similar field, you can learn from everyone you meet even if you do not realise at the time.



On the pitch

*Be part of it!*