



# Evidence-basing Women's Football

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**Women's football has been transformed through ambitious initiatives, a boom in participation and increased awareness.**

Evidence-based practice **is essential** to support a **healthy growth** of women's football.

**Collaboration** between **key stakeholders** **is essential** to develop meaningful data and distribute knowledge to ensure evidence-based practice.



Regulations

Guidelines

Education

Webinars

Support

Fact  
Sheets

Podcasts

**Evidence-based practice to facilitate the skills and knowledge needed**

## Why?

- Evidence-based practice
- Growth of the game
- Expertise needed for staff
- Minimise misinformation due to lack of data and knowledge

## How?

- Research publications (for quality stamp)
- Coach competency framework
- Webinar /podcasts
- Website with resources
- Support for NAs
- Guidelines, minimum standards, best practice, regulation, education, fact sheets, etc.



## Take home messages

# 1



Women's football  
a key focus for  
**medical & performance  
research**  
and education

# 2

**Evidence-practice**  
requires **collaboration** –



and this is **our vision**

# 3

More research is  
**not the answer,**  
**quality**  
research and education  
**are the answer**

