Want to take up football?

1.
Why not? Football is known as 'the beautiful game', and it's a national obsession! The Premier League is one of the best football leagues in the world and England are one of the most talented women's teams around – they're ranked near the top!

Football is energetic, highly entertaining and great fun! Go on, give it a go, you'll love it!

2.
Anybody can get into football. There are grass roots teams across the country for all ages and abilities. The women's game is really on the rise and new clubs are starting up everywhere. There are disability options too, with national associations offering more and more opportunities for people with specific impairments.

3.
All you need is a ball and a few jumpers for goalposts! Oh, and a bit of space (indoors or outdoors).

4.
Different forms of football require different fitness levels and different skills. Playing 11-a-side football can be quite demanding, but there are other options like 5-a-side. That requires a bit less exertion, but some quick thinking!

5.
There are competitive football leagues up and down the country. Professional clubs take on players as young as seven. If you start now then who knows? You could become the next Kelly Smith!

6.
Click here to find a club or football event near you.

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