IGF
INSPIRE GIRLS FOOTBALL

NEW FOR 2027

THE FULL IGF PLAYER PATHWAY

PARENT INFORMATION · AGES 4–16

INSPIRE. DEVELOP. EMPOWER.



WELCOME TO IGF

Everything you need to know about IGF, and how we help girls grow as players and as people.

INSIDE THIS PROSPECTUS

- Founder Story
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- Any Questions?



FOUNDER STORY

SOPHIE HOLLIS

FOUNDER, CEO AND ACADEMY DIRECTOR

In 2019, Sophie Hollis founded Inspire Girls Football (IGF) with just six girls at a sports centre in Surrey, driven by a passion to create more opportunities for girls in football.

Having once dreamed of a career as a footballer herself, an injury changed her path and led her into coaching. After returning from America, Sophie was determined to make a difference back home and create the opportunities she wished she had growing up.

6

GIRLS AT THE FIRST SESSION

10,000+

BALLERS COACHED ACROSS ENGLAND AND WALES



OUR COMMITMENT

WHAT MAKES IGF DIFFERENT

What makes IGF different is its commitment to being exclusively for girls, with an all-female coaching team. Sophie believes girls deserve their own space to learn, develop and thrive in football, surrounded by female role models who inspire, encourage and support them.

TODAY

Today, Sophie is more passionate than ever about inspiring the next generation of girls to play football. Her vision is to build confidence, develop talent and show every girl what is possible, ensuring they have the opportunity to enjoy the game, fulfil their potential and fall in love with football.



IGF JOURNEY

2019

SIX GIRLS

One sports centre in Surrey and a vision for girls’ football.

LOCKDOWN

ADAPTED

Embraced technology to reach even more girls.

GROWTH

BEYOND SURREY

Reaching schools and colleges across England and Wales.

TODAY

10,000+ BALLERS COACHED

IGF and the IGF Academy thriving under Sophie’s leadership.

OUR APPROACH

Individual development over numbers: an inclusive environment where every girl feels valued and supported.



OUR VISION

Our vision is simple. Inspire, Develop and Empower.

INSPIRE

We inspire girls to embrace their passion for football, building confidence and a lifelong love for the game.

DEVELOP

We develop their footballing ability, skills and character, helping every player reach their full potential both on and off the pitch.

EMPOWER

Most importantly, we empower girls to become confident players, leaders and role models, helping shape a future where women in football are celebrated, respected and given every opportunity to thrive.

Through expert coaching, positive female role models and equal opportunities, we aim to create an inclusive environment where every girl feels supported, valued and encouraged to succeed.



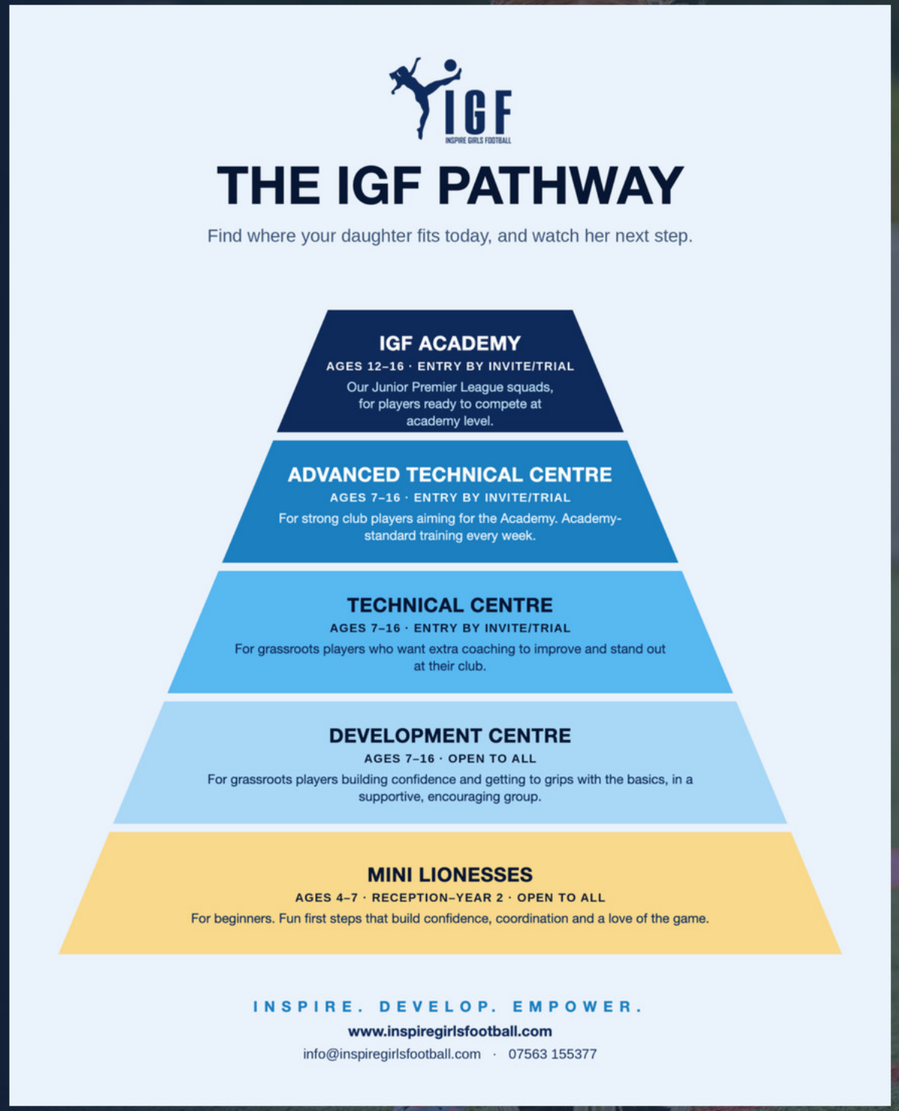
THE IGF PATHWAY

New for 2027: the full IGF player pathway.

Every girl starts where she fits best today, then moves up as her skills and confidence grow, all the way to the IGF Academy.

OPEN TO ALL: MINI LIONESSES · DEVELOPMENT CENTRE

INVITE OR TRIAL: TECHNICAL CENTRE · ADVANCED TECHNICAL CENTRE · IGF ACADEMY



OUR PROGRAMMES

FIVE PROGRAMMES · AGES 4–16 · ONE CLEAR PATHWAY

MINI LIONESSES · AGES 4–7 · OPEN TO ALL
Fun first steps for beginners in Reception–Year 2.

DEVELOPMENT CENTRE · AGES 7–16 · OPEN TO ALL
Building confidence and the basics in a supportive group.

TECHNICAL CENTRE · AGES 7–16 · INVITE OR TRIAL
Extra coaching to help grassroots players stand out.

ADVANCED TECHNICAL CENTRE · AGES 7–16 · INVITE OR TRIAL
Academy-standard training for strong club players.

IGF ACADEMY · AGES 12–16 · INVITE OR TRIAL
Our Junior Premier League squads.

Not sure where she fits? Email info@inspiregirlsfootball.com



WHAT PLAYERS GET

EXPERT COACHES

Sessions led only by experienced female FA and UEFA qualified coaches

OUR CURRICULUM

A carefully designed curriculum created by experienced female coaches

GIRLS ONLY

A friendly, encouraging, girls-only environment

CONFIDENCE

Sessions that help her feel brave on and off the ball

ROLE MODELS

Female role models who understand and lead the girls' game

A CLEAR PATHWAY

Room to move up as her skills and confidence grow



OUR YEAR OF FOOTBALL

Ten monthly themes, January–June and September–December, each building on the last and adapted within every programme to suit her ability level.

JANUARY
Ball mastery & coordination

FEBRUARY
Turning & protecting the ball

MARCH
First touch & ground receiving

APRIL
Dribbling & running with the ball

MAY
Aerial receiving

JUNE
Scanning & decision-making

SEPTEMBER
Getting out of tight spaces

OCTOBER
1v1 attacking & defending

NOVEMBER
Passing & movement

DECEMBER
Shooting & transition



WEEKLY TIMETABLE

INSPIRE GIRLS FOOTBALL & IGF ACADEMY

MONDAY

SCHOOLS & COLLEGES
Ravenscote School After-School Club
3:30–4:30pm
Exclusive to Ravenscote students only

MINI LIONESSES
Reception–Year 2
5:15–6:00pm
Tomlinscote School, Indoor Hall

IGF ACADEMY
U12–U15
7:00–9:00pm
Gordon's School, 3G

ADVANCED TECHNICAL CENTRE
U12–U16
8:00–9:00pm
Gordon's School, 3G

TUESDAY

SCHOOLS & COLLEGES
Godalming College Women's Team
2:45–4:00pm
Training

TECHNICAL CENTRE
U8–U9
5:00–6:00pm
Hart Leisure Centre, 3G

DEVELOPMENT CENTRE
U10–U11
6:00–7:00pm
Hart Leisure Centre, 3G

TECHNICAL CENTRE
U12–U13
7:00–8:00pm
Hart Leisure Centre, 3G

WEDNESDAY

SCHOOLS & COLLEGES
Godalming College Women's Team
12:00–5:00pm
Fixture

IGF ACADEMY
U14 & U15
5:30–7:00pm
Surrey Sports Park, 3G

IGF ACADEMY
U13
6:00–7:00pm
Jubilee High School, 3G

ADVANCED TECHNICAL CENTRE
U10–U11
6:00–7:00pm
Surrey Sports Park, 3G

THURSDAY

TECHNICAL CENTRE
U10–U11
5:00–6:00pm
Hart Leisure Centre, 3G

TECHNICAL CENTRE
U14–U16
6:00–7:00pm
Hart Leisure Centre, 3G

FRIDAY

SCHOOLS & COLLEGES
Godalming College Women's Team
10:45am–12:15pm
Training

ELITE TECHNICAL CENTRE
Any Registered JPL Players
5:00–6:30pm
U12–U16 · Farnham Heath End, 3G

ELITE TECHNICAL CENTRE
Any Registered PGA Players
5:00–6:30pm
U12–U16 · Farnham Heath End, 3G

IGF ACADEMY
U12
5:00–6:30pm
Farnham Heath End, 3G

SATURDAY

IGF ACADEMY
JPL Fixtures
10:00am–2:00pm
Surrey Sports Park, 3G

Mini Lionesses · Technical Centre · Advanced Technical Centre · IGF Academy · Elite Technical Centre · Development Centre · Schools & colleges



The weekly timetable is subject to change. Email info@inspiregirlsfootball.com for the most recent timetable.

PAYMENTS

MONTHLY DIRECT DEBIT

Fees are paid monthly by direct debit, set up through the Spond app.

TRAINING AGREEMENT

Before your first payment, we'll send our Training Agreement to read through.

COMMITMENT

A two-month minimum, then written notice to cancel, as set out in the Training Agreement.

KIT

A one-off kit fee covers her IGF t-shirt, shorts and socks.

PROGRAMME FEES

Fees vary by programme. Just ask us about your daughter's programme.



HOW TO SIGN UP

Some programmes are open to all, others start with a trial. Everything then runs through the Spond app.

01
FIND HER PROGRAMME

Not sure where she fits? Email us and we'll help you choose.

02
JOIN ON SPOND

Download the free Spond app and use our link: [Spond link coming soon]

03
TRAINING AGREEMENT

We'll send you our Training Agreement. Please read it through before your first payment.

04
DIRECT DEBIT

Set up your monthly direct debit in Spond. Your membership is then active.



KIT

INCLUDED

Your one-off kit fee covers her IGF t-shirt, shorts and socks.

CLUB SHOP

Tracksuits, hoodies and more are available from our online club shop.

IGF CLUB SHOP

theonlinesportsshop.co.uk › Club kits › Inspire Girls Football

Search “Inspire Girls Football” on The Online Sports Shop.



THE PATH AHEAD

“I was quite shy at first, but I quickly realised how much I love football. IGF led me to the Advanced Technical Centre and then the Academy. It’s the highlight of my week.”

Ellie · now IGF Academy U15

“Evie’s love of football began at five, honing her skills at Sophie’s girls’ sessions. IGF training and camps massively helped her progress. In the IGFA family, she’s found her home: competitive yet safe and supportive, with great friends.”

Evie’s family · Evie now plays in the IGF Academy



WHAT TO EXPECT

SESSION DETAILS

Each programme has its own day, time and venue.
See the weekly timetable, or email us to check.

WHAT TO BRING

Boots (or indoor trainers), shin pads, water and her IGF kit.

ATTENDANCE

Please keep her attendance up to date on Spond, so our coaches can plan sessions accordingly.

ON THE SIDELINE

We train in a non-pressured environment, so please leave the coaching to us.



PLAYER OF THE DAY

Every session, one player is awarded a Player of the Day card.

7+

Collect 7 or more cards in a year and win a prize!



IGF
INSPIRE GIRLS FOOTBALL

ANY QUESTIONS?

Email us at info@inspiregirlsfootball.com

www.inspiregirlsfootball.com

Follow us on Instagram: @inspiregirlsfootball

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