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

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New Zealand Football Performance & Prevention - Considerations for Female Athletes

Theme:
Participation



Co-authored by NZ Football

Girls and women in New Zealand have been playing football for almost 50 years. As participation numbers rise, so does the education of player well-being, sport performance, and injury prevention. Female footballers of all ages and skill levels have varying considerations across their playing career and participation in the sport. We can work with these considerations to enhance our performance, reduce our overall risk for injury, and improve our well-being based on our personal and team goals. Let's look at three specific topics in more detail.

Check out the information at the below link:

[New Zealand Football Performance & Prevention - Female Athletes \(fit4football.co.nz\)](https://fit4football.co.nz)



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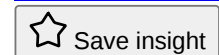
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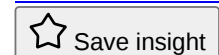
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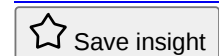
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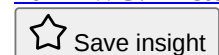
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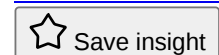
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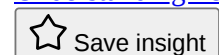
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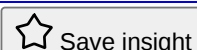


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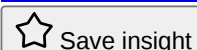


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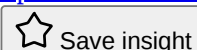


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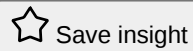
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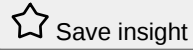
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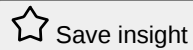
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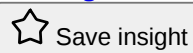


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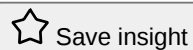


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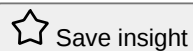


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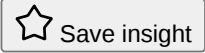
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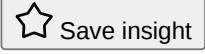
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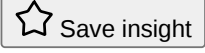
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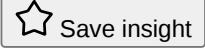
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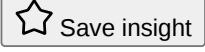
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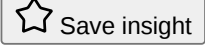
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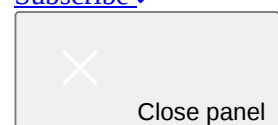
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