



# F6F

**F6F METHODOLOGY**  
**Six-a-Side Football for Women**



# 1. Concept

**F6F - Six-a-Side Football for Women** is a sports methodology for adapted football exclusively for the participation of girls and women. Conducted on society-sized pitches, with teams composed of 6 players, this proposal aims to democratize access to football with technical quality, safety, respect, and female protagonism in all areas of the sport.

F6F is not just an adaptation of rules, but a structured model that integrates technical, social, economic, and cultural aspects, with a commitment to creating a dignified, equitable, and formative sporting environment for women



## 2. Objective

### **General:**

To promote the practice of football among women through an accessible, inclusive, technically structured, and safe methodology.

### **Specifics:**

- Create material and pedagogical conditions for the sporting practice of girls and women.
- Stimulate technical and tactical development in a non-oppressive environment.
- Strengthen female representation in football across all roles (players, refereeing, technical commission, management).
- Establish a space for learning, socialization, and empowerment.
- Value the diversity of bodies, trajectories, and female cultural expressions in sports.



### 3. Justification

Football has historically denied women access to practice and sporting leadership, reinforcing gender inequalities and structural barriers. The F6F methodology emerges as a response to the urgency of offering a model that respects female specificities, decolonizes sexist practices in sports, and expands access with dignity and technical quality.

Furthermore, the proposal aims to create safe and welcoming spaces where girls and women can develop physically, emotionally, and socially through football, respecting their trajectories and promoting equal opportunities.

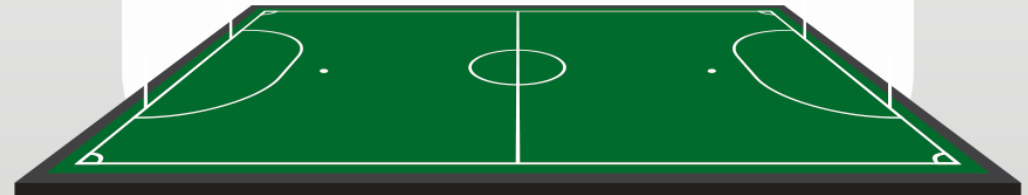
## 4. Implementation Structure

### a) Team Composition

- 6 players on the field (**mandatory women**).
- All match roles (refereeing, coaching staff, organization) are **exclusively held by women**.

### b) Pitch and Equipment

- Society football pitch.
- Goals measuring 1.5m x 1.5m.
- Official ball adapted for the category.



## 4. Implementation Structure

### c) Duration and Rules

- Game time: 40 continuous minutes.
- Substitutions: free, no limit.
- Offside: non-existent.
- Each team can request one 5-minute technical timeout per game.
- Bonus goal: if 3 different players score, the team earns 1 extra goal.
- Throw-ins and corners must be taken exclusively with the foot.

### d) Allowed Tactical Formations

- 3-2-1
- 1-3-2
- 1-2-2-1



### e) Fixed Positions

- Defender
- Goalkeeper
- Midfielder
- Wingers
- Forward



## 5. Technical Aspects



Development of specific fundamentals for women's football.



Encouragement of tactical reading and game intelligence.



Technical training integrated with group pedagogy, cooperation, and decision-making.



Adaptation of physical loads and training according to the athletes' reality (development or performance)



## 6. Socioeconomic Aspects

- ⚽ Preferential implementation in communities, public schools, outskirts, and community centers.
- ⚽ Creation of support mechanisms for transport, food, and uniforms.
- ⚽ Free or low-cost training for coaches and referees.
- ⚽ Generation of work and income for women in the sports ecosystem.
- ⚽ Promotion of partnerships with NGOs, city halls, and educational institutions.



## 7. Gender Aspects

- 🏈 Exclusive participation of women in all roles as a form of historical reparation and construction of autonomy in football.
- 🏈 Safe and welcoming space, with explicit combat against any form of machismo, sexism, racism, or LGBTQIA+phobia.
- 🏈 Respect for self-declared gender identity (trans women are welcome and recognized).
- 🏈 Creation of female leadership in sports through continuous training.



## 8. Cultural Aspects

- Valuing local and female cultural expressions in the sporting environment (music, dance, visual, language).
- Promotion of sporting events that include conversation circles, workshops, and cultural activities.
- Integration with the reality and experience of the participating communities.
- Recognition of the plurality of bodies, ages, and origins of women players.



# Conclusion

The F6F methodology is a strategic instrument for social transformation through sports. By placing women at the center of practice, management, and sports training, it breaks with exclusionary paradigms and offers a new possible model of football: inclusive, technical, dignified, and fair.



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