



**DESIREE ELLIS IS HEAD COACH OF BANYANA BANYANA, THE NATIONAL WOMEN'S FOOTBALL TEAM**

## COACH'S CORNER

### BACKGROUND

'I'm 54, and was born and bred in Cape Town. I played netball, hockey and participated in athletics at Salt River Senior Secondary School. I played for Spurs WFC until 2004 and I've captained at club, provincial and national team level. I was a member of the Safa WP coaching committee and convener of girls U15 side in 1999. I was coach of the provincial girls U15 side at the Nike Premier Cup. I coached the Safa WP U19 girls for the inter-regional tournament in 2001 and coached Spurs Women's FC between 2004-2016 in the Vodacom and Sasol Leagues.'

### INTERNATIONAL EXPERIENCE

'I was vice-captain of the national team in 1993 and scored a hat-trick on debut when beating Swaziland

14-0. I captained the national team from 1994-2002 and won the 2002 Cosafa Cup [her last game for Banyana Banyana]. I served as assistant coach of Banyana Banyana between March 2014 and August 2016. I've been coach of Banyana Banyana since October 2016. We came fourth at the 2018 Awcon held in Cameroon. I also won the 2017 Cosafa Cup and became the first person, male or female, to win the Cosafa Cup as player and coach. The same year Banyana Banyana were named the 2017 Caf National Women's Team of the Year.'

### STATE OF COACHING

'There are many Caf A-licence coaches around the country who we use for selection. Our U20 team were beaten by Nigeria in the final qualifying round and in February our national U17 team

qualified for the World Cup. Their coaches, Maude Khumalo [U20] and Simphiwe Dlodlu [U17], are both former national team players. Also, there are a number of former national team players and former players who coach at Sasol League teams around the country. We also have the High Performance Centre where we have Sheryl Botes and Simphiwe Dlodlu as coaches and many players have come through to play for the U17, U20 and Banyana teams.'

### THE WAY FORWARD

'Through the Sasol League we have been able to select players for all our national teams. Banyana have also played against some of the best teams in the world and this platform has given our players an opportunity to attract scouts. Through that, we now have three players in the NWSL at Houston Dash and many players in college football in the US. In 2019 we will have a national league and this will allow the best to play against the best every week. As coaches we should continue to challenge ourselves, as our job is to improve not only the individual players, but also the team.' ■

### A TYPICAL TRAINING DAY

9:30am	Staff meeting
10am	Breakfast
12pm	Individual/team video session
1pm	Lunch
1:45pm	Depart to training
2:15pm	Training
5pm	Rest/treatment/study (review training session)
6pm	Individual/team video session
6:30pm	Dinner (after dinner prepare next day's training)
9pm	Devotions
10:30pm	Sleep

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