

WHAT'S YOUR GOAL? THE PODCAST



Katie Chapman
Footballer, Ex Chelsea Captain
and Lioness



Dr. Simon Moore
Chartered Psychologist

A podcast about grassroots football and beyond.

NEW!

What's your goal podcast.

What's Your Goal? a new not for profit football podcast aimed at supporting the mental and physical welfare of the next generation of girl and boy footballers. Co-hosted by former Lioness Katie Chapman we aim to explore the world of youth football both on and off the pitch at both a professional level and with a psychology viewpoint.

We have Les Ferdinand, Joe Cole, Millie Bright, Gemma Davison, Jill Scott - lined up along with the support of many clubs such as Watford, Luton, Chelsea, Norwich, Derby, Wigan, Southampton, West Brom, Leyton Orient etc

We will be discussing issues on and off the pitch, with the club, with parents etc and inviting children and their families to submit questions etc.

We would love questions from parents and children to put to our experts - these can be submitted in writing or audio to Info@whatsmygoal.co.uk

Audio questions will be included in episodes

Spotify and Apple links here:

<https://open.spotify.com/show/4enHkNGYeoDk9hPwjPVVmb?si=b6c6453d2c324dd6>

<https://podcasts.apple.com/us/podcast/whats-your-goal/id1757420013>



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