Short Bio

Hi, I’m Sheila. Born and raised in the Netherlands, my passion for football started on the same field where my dad played his games. I have always been driven by a love for the sport and a dedication to helping athletes reach their peak performance. For me, winning isn’t just about trophies—it’s about growth, development, and making a lasting impact. My goal is to bring out the best in my clients and community.

Education & Experience

In my early twenties, I earned my Bachelor of Education, which gave me valuable insight into developing people of all different ages. Over the years, I’ve had the privilege of working with some of the best and most inspiring coaches and players in women’s football. A few years ago, I obtained my UEFA A coaching license, allowing me to combine my teaching expertise with my passion for the game.

Football History

I played professionally in the Netherlands, Norway, and Sweden, competing at the highest level for about 20 years. During my career, I won the Dutch league and became a European Champion in 2017. Competing across different leagues has shaped my discipline, leadership, and teamwork—qualities that I now bring into my coaching and mentoring.

My Services

I offer a range of services designed to help individuals and teams reach their full potential, including:  
- Personalized football training  
- Nutrition guidance  
- Strength training  
- Game analysis