



**Plymouth Argyle
Football Club Ltd**
Home Park,
Plymouth, PL2 3DQ



Lucy Hack – Player profile – Plymouth Argyle

Lucy has been apart of Plymouth Argyle since the age of 11/12.

Lucy has been successful within our girls advanced development centre over many seasons and has continued to grow into the fantastic player she is today.

Lucy was successful in our recent trial in July 2021 for our Under 16 squad in the ADC and since turning 16 Lucy progressed into our Women's set up at the Football Club, where she has played for our U23's team and played 15 games this season for our Women's 1st Team in the FA Women's National League Southern Premier which is the third tier in women's Football and only 2 leagues below the Women's Super League and in the Women's FA Cup.

Lucy is a competitive Centre Back and hasn't been fazed by pressure of playing Women's Football at a Senior Level. Her technical ability is excellent for someone of her age, she has an excellent range of passing, her defensive skills are excellent, and she understands when to press and when to hold her shape and delay the attackers. Lucy also has excellent physical attributes to complement her technical ability. Lucy is very composed on the ball and her game understanding has improved over the last 12 months and playing at a high level has helped this.

Lucy trains twice a week within the Women's set up and plays and starts regularly for the Women's Team. Training involves 1.5 hours of S&C work (Gym Based), and 4 hours on the football pitch, with one session focused on Technical work and one session on tactical work to prepare for the game on Sunday. We also have performance analysis sessions once a month to support with game understanding.

Lucy has played for her County , Devon Fa and has had captaincy at her time in the u16. She has also won Two National Finals making history for womens football at her college as they lifted the trophy successively with Lucy being a big presence in the squad.

We have high hopes for Lucy within Plymouth Argyle and feel that Lucy can progress to a higher level in time.

Many Thanks

Ryan Perks

Plymouth Argyle Women's Manager





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