

Subject: Ella Southern
Date: Tuesday, 1 September 2026 at 19:41:03 British Summer Time
From: Anthony Gale
To: Andrew Southern

To Whom It May Concern,

I am writing this reference with over 25 years of experience in professional football. Throughout my career, I have held full-time coaching roles at Fulham, Chelsea, and Millwall, as well as gaining coaching experience across eight different countries.

I have managed over 500 senior-level games and more than 200 games at U18 level, alongside having played over 400 matches during my playing career. This experience has given me a deep understanding of the game at both professional and developmental levels.

I have also had the privilege of working on a one-to-one basis with numerous professional footballers, including Declan Rice, Steven Sessegnon, Fin Munroe, and Danny Imray. These experiences have allowed me to understand not only the technical and tactical demands of the game, but also the individual support, guidance, mentality, and commitment required to help players progress and succeed.

Football has also been a major part of my life from an early age, having been born into a footballing family. My father is former West Ham player and legend Tony Gale, which has given me an even deeper connection to the game and an understanding of what it takes to operate and succeed within professional football.

I share this background not simply to highlight my experience, but to provide context for the opinions and recommendations I make. Everything I say comes from many years of first-hand experience, knowledge, and working closely with players, coaches, and clubs at different levels of the game.

My Experience Working With Ella

I have personally worked with Ella Southern for the past three years, and during that time, I can honestly say that I have rarely experienced a player who has developed and progressed as much as Ella has.

What stands out most about Ella is not only her ability, but her attitude and commitment. She is incredibly dedicated to her football, while also maintaining a strong commitment to her studies. She gives 100% to everything she does and has developed an impressive ability to find the right balance between her football and education.

I also believe that a great deal of this mindset has been instilled by her parents, Andrew and her mother, who provide Ella with the knowledge, love, encouragement, and life support she needs to continue developing both as a player and as a person.

From a footballing perspective, I feel Ella is particularly effective when playing higher up the pitch, where she can make the most of her ability to find a pass, create opportunities, and finish chances. She has developed a strong understanding of how to influence the game in

these areas, and her willingness to work on the finer details of her game is something that has impressed me throughout the time I have coached her.

One particular example stands out to me.

I remember coaching Ella during what was scheduled to be a 60-minute session. During the session, she became determined to master a particular finishing technique. Rather than simply completing the session and moving on, Ella wanted to keep working until she felt she had mastered it.

Two hours later, we were still working on the technique.

After I had left, Ella continued to work on it with her father, Andrew, and carried that work throughout the following week. When I returned the following week, she had genuinely mastered the technique. For me, that moment demonstrated something far more important than technical ability. It demonstrated her determination, resilience, willingness to learn, and desire to improve.

Regardless of the time I set for a session, Ella is always prepared to work. I have coached her as early as 6:00am and as late as 9:00pm, and her attitude and commitment have remained consistent.

Over the three years I have worked with Ella, I have seen significant development in her football, but perhaps more importantly, I have seen her develop as a person. She is coachable, committed, hardworking, and willing to push herself outside of her comfort zone.

In my professional opinion, Ella has the qualities required to continue progressing within the game. Her technical ability, combined with her mentality, work ethic, discipline, and desire to improve, gives her an excellent foundation from which to continue developing.

I have no doubt that if Ella continues to approach football with the same commitment and determination she has demonstrated throughout the three years I have worked with her, she has the potential to achieve great things in the game.

I am proud to recommend Ella Southern and believe she deserves every opportunity to continue pursuing her ambitions within football.

Yours sincerely,

Anthony Gale

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