

Outcome Report Girl's Soccer Club Sunset Gardens

Summer 2010

Background

On June 25th 2010, Bienestar began its first Girl's Soccer Club at Sunset Gardens Apartments in Hillsboro, OR. Soccer Club was held at a soccer field recently constructed at Sunset Gardens Apartments with the help of a grant from the Portland Timbers. The equipment used including balls, cones, and pennies, was donated by Catlin Gabel Soccer coach Mark Lawton. The club was run by Youth Program Coordinator Amanda Schuft. Stefanny Caballero of United Way volunteered for the club along with Sydney and Taylor Smith, Catlin Gabel students. Soccer Club was held each week on Friday from 3:30 to 5:00 for seven weeks.



Girl's Soccer Club was an introduction to the sport for the participants. The sessions were designed to give participants beginner technical skills and develop their interest in the game as well as their self confidence. The participants all had little to no experience playing soccer. We had to start with very basic skills like teaching the girls how to correctly kick a ball when passing, shooting, and dribbling. The focus was as much on giving the girls basic skills, as to help them realize that they could be soccer players if they wanted. One young girl each time we played would exclaim, "I like soccer!" She had never realized this before, because she had never been given an opportunity like this to play. When the club began the girls did not want any observers because they were shy and embarrassed. The last day of soccer club many were disappointed a larger crowd had not formed to watch the game.

Girl's Soccer Club always began with a warm up, jogging around the field a few times two times then circling up to stretch. Each day one skill was taught and then time was spent doing drills that focused on that skill. Then a game was played that incorporated the skill that had been practiced. The remaining time was used to play a full scrimmage. Time was also left each day for water breaks. Each session ended with a snack provided by Bienestar. At the last Girl's Soccer Club a final game was played and then ice cream sundaes were served.

Outcome

Girls Soccer Club had 10 participants. Because of the heat and the schedule attendance was somewhat irregular; however, there were always enough interested residents to have a community scrimmage at the end of each Soccer Club. One mother also started coming after the second session and continued to play with the group for the remainder of the club.

Soccer Club was very beneficial for the girls involved. As their confidence grew and they began to feel comfortable on the field, their interest in the game grew. It was an opportunity for them to realize that they enjoyed playing soccer because many had been too intimidated to try before. All the participants said they were planning to continue playing. With the help of Girl's Soccer Club more girls at Sunset Gardens have self-assurance and ambition to go out and play on the field.

Respectfully Submitted,

Amanda Schuft

