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## ***Soccer Clubs Outcome Report Fall, 2011***

Girls and boys from Sunset Gardens and Elm Park Apartments had the opportunity to participate in soccer club this fall. At Sunset Gardens it was the second cycle of soccer Club.

Through flyers sent to apartments, parents were encouraged to enroll their children in grades first through sixth.

Eight boys and four girls from Sunset Gardens Apartments and ten boys and seven girls from Elm Park Apartments were registered. All 12 participants from Sunset Gardens returned from the first cycle.



A total of six well attended sessions were held every Tuesday at Elm Park and every Wednesday at Sunset Gardens, beginning on September 27 and 28 and finishing on November 1 and 2, 2011. The sessions took place in the afternoon from 3:30 to 5:30 PM.



Youth program coordinator and coach, Javier Urenda, led the program with the assistance of volunteers Rodolfo Nava, a resident of Reedville Apartments, and Brian McConnell, a student at PCC.

The children started each session by stretching, learning the importance of warming-up before play. For about 15 minutes, they followed the movements of the coach, focusing on different parts of their body. The group then jogged around field before moving into various dribbling, passing and shooting drills. During this time, the children participated well and respected each other's turn.



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During the warm-ups, the children's abilities increased by learning new techniques such as:

- Player positioning
- Roles of the goalkeeper, defenders, midfielders, and forwards.
- Passing the ball to teammates
- Dribbling
- How to head the ball
- Taking and playing corner kicks
- Penalty kicks
- Throw-ins
- Juggling the ball



After warming up, they then drank some water to get fresh for the soccer game. Children split into teams including both girls and boys, and they played soccer scrimmages, with a referee. They learned the rules of soccer including dangerous play, hand balls, corner kicks, moving the ball to the center after a goal, fouls, penalty shots and other soccer regulations. The teams took turns: after one team scored a goal, another team had the opportunity to play against the winner.

The children named their team and selected colors of their jersey. Each team had a captain who represented the rest of the team during conversations and game decisions with the referee. During the game, the children had the opportunity to practice what they learned. They





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passed the ball to each other and dribbled well all while also respecting the referee's decisions.

The children really enjoyed the time playing soccer with their friends. Their attendance was constant and their abilities increased every week. Every goal obtained as a team made them happy and stronger in their relationships with each other.

The soccer club was a good opportunity to promote physical activities and create a healthy environment in the community. The kids from Sunset Garden Apartments showed their knowledge from the past classes, and they passed the ball back and forth to each other with a better understanding of teamwork. In the last day of soccer club, we shared fruit after playing a tournament between the three teams.

Respectfully submitted,

Javier Urenda Camacho  
Youth Program Coordinator  
November 3, 2011



## Soccer Pre-test

### 1.- Do you like soccer?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	7	0
8-Boys	8	0	10-Boys	10	0

### 2.- Have you participated in a soccer club program?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	0	7
8-Boys	8	0	10-Boys	1	9

### 3.- Do you play soccer consistently?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	0	4	7-Girls	0	7
8-Boys	8	0	10-Boys	2	8

### 4.- Do you know about soccer rules?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	0	7
8-Boys	8	0	10-Boys	2	8

## Soccer Post-test

### 1.- Do you like soccer?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	7	0
8-Boys	8	0	10-Boys	10	0

### 2.- Do you play soccer consistently?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	7	0
8-Boys	8	0	10-Boys	10	0

### 3.- Do you know about soccer rules?

Sunset Gardens			Elm Park		
	YES	NO		YES	NO
4-Girls	4	0	7-Girls	7	0
8-Boys	8	0	10-Boys	10	0