



Bienestar
Building housing, hope and futures

Soccer Clubs Outcome Report Summer, 2011



Girls and boys from Sunset Gardens and Reedville Apartments had the opportunity to participate in soccer classes this summer. Flyers were sent to all apartments encouraging parents to enroll their children from first to sixth grade to participate in soccer club. Sunset Gardens Apartments had a registration of thirteen boys and eight girls and Reedville Apartments of four boys and ten girls. The six classes were every Monday for Reedville and every Wednesday for Sunset Gardens starting on June 6 and 8 and finalizing on July 11 and 13, 2011. The soccer session time was planned in the afternoon from 3:30 to 5:45 PM with the participation of Bienestar staff Javier Urenda, Youth Program



Coordinator and Aleks Merilainen, Youth IDA Program Coordinator. With a good consistent attendance during the classes, children learned about warming up before starting to play soccer. For about fifteen minutes, they were following repetitive movements from the instructor coordinating different parts of their body, and teaching them the importance of warming up before playing. They were very interested and participative while also respecting each other's turns

through the different transitions such as body movements, running around the field, going through the cones and kicking the ball to the goal.

During these activities, they learned different techniques that help them to increase their abilities some were:

- How to kick a soccer ball.
- Passing the ball to a teammate.
- Elude a contrary.
- Dribbling and Juggling.
- How to hit a ball with the head.
- Throw-in.
- Kick a penalty.
- Goalie responsibilities.

After warming up, they drank some water to get fresh for the soccer game and resting for a couple of minutes. Children were divided into teams including girls and boys, and they played soccer scrimmages, with a referee. They were taught to follow soccer rules learning about dangerous play, hand ball, corner kick, moving the ball from the center of the field after a goal, fouls, penalty shots and other soccer regulations. After one of the teams made a goal another team had the opportunity to play against the winner. They were choosing names of their team as well colors of their jersey. Each team had a captain who represented the rest of the team during referee conversation and game decisions. During the game was the moment to practice what they had learned, and they were passing the ball each other dribbling at the same time they were respecting referee decision. They really enjoyed the time even though days it was very hot, but they didn't stop

playing soccer. 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.

It was a good opportunity to promote physical activities and create a healthy environment in the community. In the last day of soccer club, we had popsicles and we talked about the good moments that happened during the practices. Both groups expressed their sadness at ending and wished that soccer club could continue.



Respectfully submitted,
Javier Urenda Camacho

Soccer Pre-test

1.- Do you like soccer?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	7	1	10-Girls	8	2
13-Boys	13	0	4-Boys	4	0

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

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	4	4	10-Girls	2	8
13-Boys	10	3	4-Boys	1	3

3.- Do you play soccer consistently?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	0	8	10-Girls	2	8
13-Boys	12	1	4-Boys	0	4

4.- Do you know about soccer rules?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	0	8	10-Girls	2	8
13-Boys	0	13	4-Boys	0	4

Soccer Post-test

1.- Do you like soccer?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	8	0	4-Girls	10	0
13-Boys	13	0	3-Boys	4	0

2.- Do you play soccer consistently?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	8	0	4-Girls	4	0
13-Boys	13	0	3-Boys	3	0

3.- Do you know about soccer rules?

Sunset Gardens			Reedville		
	YES	NO		YES	NO
8-Girls	8	0	4-Girls	4	0
13-Boys	13	0	3-Boys	3	0