The Benefits of Women Getting Involved as Youth Soccer Coaches

Of the 300,000 youth soccer coaches in US Youth Soccer less than 20% of them are women. Globally there are continued conversations on how to get more women involved in coaching. This session will present the societal changes and challenges of being a female coach, the strengths women can bring to youth sport and provide strategies to engage more women in coaching.
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Objectives

- Societal changes and challenges of being a female coach
- Strengths women bring to youth sport
- Strategies to ENGAGE more women in youth soccer
Societal changes and challenges of being a female coach
Societal Changes

• Title IX of the Education Amendments Acts of 1972
  – Increase in # of female participants
  – Decrease in # of women coaching women
  – Decrease in # of women in administration
Societal Changes

• **Current Activity**
  – High school football coach
    • Natalie Randolph, Coolridge HS (DC), 2010
    • Brittany Griner, Pickett County (TN), 2014
  – Assistant basketball coach in NBA
    • Becky Hammon, San Antonio Spurs, 2014
  – Referee in NFL
    • Sarah Thomas (2015)
  – Coach in NFL
    • Jen Welter, Intern Arizona Cardinals, 2015
Typical Challenges

• Time – Work – Life Balance
• Low Salaries
• Lack of Mentorship
• Lack Support
  – “old girls club”
• Homophobia
Strengths WOMEN bring to youth sport

http://www.womenssportsfoundation.org/home/athletes/for-athletes/know-your-rights/parent-resources/~/media/General/large_meta_data/advocate/advocate_team-on-bench.ashx
WOMEN

• Watchful
• Organizers
• Managers
• Emotionally Intelligent
• Nurturers
Strategies to ENGAGE more women in youth soccer

http://peanuts.wikia.com/wiki/August_1966_comic_strips
ENGAGE more Women

- Ask them to participate
- Support
- Co-Coach opportunity
- Appreciate their leadership
- Value their time
- Educate
- Mentor
- Speak out against Gender inequality
- Push for gender equality policies
- Develop a media strategy
- Get involved with a women’s organization

What is one thing you are going to do in the next 6 months to engage more women in coaching?

Write it down on a post-it
Add name, position, and email
Pass forward
References

- http://www.dol.gov/oasam/regs/statutes/titleix.htm
- http://www.feminist.org/research/sports/sports3.html
- http://www.feminist.org/research/sports/sports10.html