

Girls Empowerment Program Structure

The Girls Empowerment Program will be starting a specialized program aimed for youth girls, ages 12 and above. Our overarching goal and vision is to create an inclusive, safe and welcoming environment for our Muslim girls within Calgary to feel confident balancing their Muslim and Canadian identities. We believe that our youth girls should be able to have a space where they are able to practice their religion alongside learning skills and activities they are passionate about. With that being said, we have already started our MAC Girls Soccer which has been intertwined with halaqas on a bi-weekly basis.

We are passionate about finding the beauty of our religion within every scope of our daily lives, and we strive to build this love within the girls as well. The timeline of this program will be determined based on outdoor and indoor season schedules. We look forward to building positive relationships and bonds with the girls and enhancing our sisterhood through empowerment!

Objective: The overarching goal is to provide a safe space for girls who are interested in soccer. The program seeks to have girls learn and develop their soccer skills with other girls with similar interests.

Aims:

- Building sisterhood and fostering relationships
- Building leadership and communication skills
- Developing basic soccer skills

Program Structure:

- Halaqas (30min) aimed at helping the girls be confident with their Islamic identity and to develop wellness and health goals that they can apply to their lives.
- Soccer drills (1hr) to learn and develop soccer skills from easy to hard difficulty
- Team building (30min) through mini games. Mini games are aimed to develop teamwork among players and to challenge girls in a competitive way.

Overarching Themes:

1. What is girls empowerment and looking at muslim women in Islam/sports
2. Confident Muslimah & Sports
3. Health and Wellness (mental, emotional and physical health)
4. Building and maintaining healthy habits

Basic Soccer Structure

- 15 min stretches and run
- 1hr drills (2 drills per session)
- 30 min mini game

Expectations & Responsibilities:**Coach/Team Lead Expectations & Responsibilities :**

- Communicate with parents effectively (providing updates)
- Being respectful and encouraging to players
- Being respectful to parents
- Responding positively to constructive feedback from parents
- Optimistic mindset and flexible
- Building personal relationships with players and getting feedback after each session
- Being organized and dressed appropriately for each session

Parent Expectations & Responsibilities:

- Communicate with coaches & team leads
- Confirm their player(s) availability every session
- Provide constructive feedback on coaching performance

Player Expectations & Responsibilities:

- Come prepared to sessions with appropriate athletic clothing
- Indoor shoes/cleats (dependent on season)
- Water bottle
- Be respectful to other players, coaches and team leads
- Be open to share ideas and communicate in a group setting
- Have a passion to learn and develop soccer skills
- Provide constructive feedback & suggestions to make sessions meaningful

Soccer Skills Objectives:

Soccer drills	Objective
Cone Dribbling/Ball Control	<ul style="list-style-type: none">● Learning ball control● Learning to control the ball at different speeds
Passing	<ul style="list-style-type: none">● Learning proper passing techniques● Being able to pass in a controlled manner● Being able to do short and long passes
Striker	<ul style="list-style-type: none">● Learning defensive and offensive skills● Learning to pass to teammates● Quick decision making
Positioning	<ul style="list-style-type: none">● Learning to spread out● Being familiar with different soccer positions● Communicating with team members● Having a sense of where they need to be● Decision making
Defensive skills	<ul style="list-style-type: none">● 1v1 challenges
Shooting	<ul style="list-style-type: none">● Shooting accuracy● Shooting from different positions