

Annotated Bibliography

Eric Perez

“Benefits of Playing High School Sports.” *VCRNOW*, 13 July 2023,

<https://www.vcrnow.com/the-benefits-of-participating-in-school-sports>. Accessed 23 January 2024.

This article brings up very interesting and important information about being able to play sports in school and the positive effects that it has on students. A couple key points that it gave was the fact that students have better academic performance while playing a sport. This is because certain sports require an academic standard in order for students to play. As well as reducing the amount of stress that they have from school and other responsibilities. I found this source helpful as I can implement an academic requirement to join and play in order to motivate students to play.

“Benefits of Playing Indoor Soccer.” *Dave Fromer Soccer*,

<https://davefromersoccer.com/benefits-of-playing-indoor-soccer/>. Accessed 23 January 2024.

This site talks about the great benefits that soccer gives to people who decide to play the sport. Such as the health benefits that it brings to people when they play soccer. The skills that they improve and create when they are able to play together in small spaces such as indoor soccer. As well as teamwork and camaraderie, which is something that I hope to have during the after school so students can get to know one another. Be able to help students who are deeply interested in perhaps playing soccer for their upcoming school years in SLA. Give them a space where they can improve in both skill and personality wise.

“Beyond the Pitch: How Football Transcends Borders, Cultures, and Socioeconomic Barriers to Unite People Worldwide.” *Breaking The Lines*, 21 July 2023,

<https://breakingthelines.com/opinion/beyond-the-pitch-how-football-transcends-borders-cultures-and-socioeconomic-barriers-to-unite-people-worldwide/>. Accessed 23 January 2024.

This article focuses on not just what soccer has accomplished across the world, but as well as what it means to many people. The amount of power that it has had in order to connect a lot of people from different backgrounds in order to bring them together. Which is what I am trying to focus on, using soccer to bring people together. It uses the example of poverty and soccer, how soccer in areas of poverty have been a tool for people to motivate and progress in order to remove themselves from poor living conditions. I hope

to make this after school club a safe place for many of the students who perhaps need a place to distress themselves from any outside or school related events.

“Equipment You Need for Indoor vs. Outdoor Soccer.” *Hibbett*,

<https://www.hibbett.com/sports/equipment-you-need-for-indoor-vs-outdoor-soccer.html>.

Accessed 23 January 2024.

This website gives information about the different types of ways that soccer is played, specifically, indoor and outdoor soccer. The required equipment that is needed for these two types of techniques and pros/cons. This is an important piece of information for people to understand the difference. Yes, it might be that one is outdoor and the other is indoor. But what type of equipment is needed, such as an indoor soccer shoe or indoor soccer ball which can be a little smaller than the original outdoor soccer ball. Or soccer shoes without spikes under them, which in outdoor soccer helps to grip onto the floor and not slip, but indoors would be useless, and dangerous.

“5 Reasons to Play Indoor Soccer - Total Soccer | totalsoccer.com.” *Total Soccer*,

<https://www.totalsoccer.us/5-reasons-to-play-indoor-soccer/>. Accessed 23 January 2024.

This article has more information about the great benefits of indoor soccer, its main focuses are. Faced-paced excitement, Health and Fitness, increased intellectual understandings of sports, consistent skill development, and sportsmanship. These are very beneficial for players, health and

skill wise. They will obtain a more advanced knowledge of how to play the sport and get better while playing in very competitive and small places such as an indoor facility. Their stamina will increase and their health will increase drastically. Due to the small field of indoor soccer, players will learn how to be aware of their surroundings, and be ready to have fast acting reactions on players who try to attack them.

Guertin, Chris. "Benefits of Indoor Soccer for Skill Development." *Sport Resource Group*, 26 February 2021,
<https://sportresourcegroup.com/blog/benefits-of-indoor-soccer-for-skill-development/>.
Accessed 23 January 2024.

Once again this article brings more detailed and stronger reasons for why indoor soccer is a more effective method of practicing soccer. Similar to the last source, playing indoor soccer improves a player's speed, because of the tight spaces, a player must be required to act fast upon being attacked by an opposing opponent. Fast passes will be required, and a fast movement with the ball if passing isn't beneficial. The ball is different, it's heavier than the normal soccer ball, it's required for the ball to be heavier in order to stop the amount of force being applied when kicked and how much it rolls when it is kicked. Your foot gets strength from this type of practice, which can be beneficial to kicking harder than usual.

“How to run a successful before or after school club.” *Kids Club HQ*,

<https://www.kidsclubhq.com/How%20to%20run%20a%20successful%20before%20or%20after%20school%20club%20v1.pdf>. Accessed 23 January 2024.

This article is very focussed in sports, rather it focuses on how to start an after school club and the methods necessary to stay. I hope that this after school soccer club is not only appreciated and kept during my time in SLA. Instead keep it for the upcoming years for students who really seek to take it as an advantage to get better and get to know one another better. The source gives step by step information, and the people who need such as staff, and make sure that everything is planned beforehand to already know what will be taught.

“How To Start a Youth Soccer Team in 2024.” *Jersey Watch*, 2024,

<https://www.jerseywatch.com/blog/how-to-start-a-travel-soccer-club>. Accessed 23 January 2024.

Even though this after school club will not be an official soccer team, this source will help me understand how to plan and run a soccer club. Such as “ Have the time” , “ Find a place to play”, “ Set up a budget” , “ Create a Brand”. Thankfully most of these things have already been done, such as having time and finding the place. But creating a brand is ideas that are helpful to make this after school more interesting for the students. I have already created the necessary budget, and figured out the equipment needed to start playing. It also provides ideas in order to invite players to join the club.

Kissam, Ben. "8 differences between indoor and outdoor soccer." *RedBull.com*, 22 December 2022, <https://www.redbull.com/us-en/indoor-outdoor-soccer-differences>. Accessed 23 January 2024.

To get a better understanding about what indoor soccer is, this source gives detailed information about the indoor rules, and requirements. The differences are that indoor soccer can be played on turf or wooden floors. For wooden floors, players need to play with flat shoes non-slippery to be able to grip onto the floor. Indoor soccer games are fast-paced games, as well as fast overall. There isn't much time given, which is why it is so effective for the short time period that could be given to use the gym. The amount of time that can be given depends on the number of players, if there are many, there could be a short time given. Such as 10 minutes.

"The Ultimate Guide to Pickup Soccer." *The Soccer Pack*, 7 September 2023, <https://thesoccerpack.com/ultimate-guide-to-pickup-soccer/>. Accessed 23 January 2024.

For the final source, this article describes everything that a player needs to have before he decides to join. Personal supplies that are required, and what needs to be done before any game is played. Basics, such as having stretches in order to stay safe, while they play. It also gives the rules that are needed to be followed in order to play fairly and clean in the court. For beginners this article provides a couple of tips for people who have never played, which will help them in their first time playing. This link can be something I share with first time players in order for them to be prepared and safe.