



Female Coaches for Girls Grant - Impact Report

Female Coaches for Girls Grant

Organisation: Soccerstars Foundation CIC
Funding Programme: Barclays Female Coaches for Girls Grant
Sport: Football
Location: Derbyshire
Reporting Period: 2025

Project Overview

The Soccerstars Foundation CIC was awarded funding through the Barclays Community Sport Fund Female Coaches for Girls Grant to support the development of two female football coaches within our organisation. The purpose of this funding was to increase the number of qualified female coaches delivering football sessions for girls aged 5–11, helping to create more inclusive, accessible, and empowering environments for girls to participate in sport.

Through this funding, The Soccerstars Foundation has been able to strengthen its delivery of girls only football sessions, holiday courses, and school based programmes, ensuring that girls have strong female role models within sport.

Programme Delivery

The funding supported the training and development of two female coaches, aged 19 and 20, who are actively involved in delivering grassroots football sessions within the community.

Following their training, these coaches have contributed to the delivery of:

- Girls only football holiday courses
- Weekly girls football sessions
- Girls only After School clubs in schools
- Enrichment days

These programmes provide safe, welcoming environments where girls can develop football skills, build confidence, and engage in physical activity.

The sessions include activities such as:

- Ball skills and technical development
- Small sided games
- Team challenges
- Confidence building activities
- Social interaction and teamwork



Participation and Reach

Through the continued delivery of our girls' programmes:

- Approximately 50 girls participate in our activities each week
- Participants are aged 5–11
- Sessions are delivered across Derbyshire

Our programmes prioritise inclusion and accessibility and regularly support participants from:

- Low income families
- Racially diverse communities
- Girls with disabilities
- LGBTQ+ participants

Many girls attending these sessions are experiencing organised football for the first time, helping to remove barriers to participation in sport.

Impact of Female Coaches

The addition of newly trained female coaches has had a significant positive impact on the programme. Female coaches provide visible role models for young girls, helping participants feel more confident and comfortable participating in football activities.

Key benefits observed include:

- Increased confidence among participants
- Greater engagement and retention of girls in football
- Improved peer support and teamwork
- A more inclusive and welcoming environment

Participants have responded positively to female led sessions, with many girls expressing that they feel more encouraged and inspired when coached by female role models.

Development of the Coaches

Both funded coaches have shown strong commitment to developing their coaching skills and supporting young players.

Through their involvement they have:

- Assisted in delivering football sessions to girls aged 5–11
- Developed skills in session planning, communication, and player development
- Gained experience working with diverse groups of young participants
- Contributed to creating positive and inclusive learning environments

Their development has strengthened the foundation's ability to deliver high quality female led football sessions.

Wider Community Impact

The grant has helped The Soccerstars Foundation continue its mission of increasing opportunities for girls to participate in football, particularly for those who may face barriers to accessing sport.

By investing in female coaching development, the programme supports:

- Gender equality in sport
- Greater representation of women in coaching
- Long term participation of girls in football
- Healthier and more active communities



Future Plans

The Soccerstars Foundation will continue to expand its girls' football provision across Derbyshire.

Future plans include:

- Increasing the number of girls only football sessions
- Developing additional female coaching opportunities
- Expanding our school and community programmes
- Continuing to support girls from disadvantaged backgrounds

By developing more female coaches, we aim to ensure that girls have consistent access to positive role models and inclusive football opportunities.

Feedback

One of our female coaches:

"My Level 1 coaching course has improved my understanding of effective coaching and made me more confident in planning and delivering sessions. I now have a clearer idea of how to create a positive environment and adapt my approach to suit different abilities.

It also helped me develop skills in communication, motivation, and giving feedback. Overall, I feel better prepared to lead sessions and continue improving as a coach."

Conclusion

The Barclays Female Coaches for Girls Grant has played an important role in strengthening The Soccerstars Foundation's ability to deliver inclusive football programmes for girls. The funding has supported the development of two emerging female coaches, helping to build a sustainable pathway for women in coaching while providing more opportunities for girls to participate in football in a supportive and empowering environment.

We are extremely grateful to Barclays and Sported for their support in helping us inspire the next generation of girls in sport.

The
soccerstarsuk
Foundation
CIC



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