

Just Ball League

Evaluation Overview

About the *Just Ball League*

The *Just Ball League* provides players—Just Ballers—the opportunity to play right in their neighborhood. Guided by creativity, fun, and inclusivity, the *Just Ball League* promotes elements of pick-up soccer, using mini-pitches and other community areas for play. The league is led by Playmakers who create a positive culture designed for middle school and high school youth. Committed to increasing access to soccer for youth from under-resourced communities, the *Just Ball League* is offered at no cost to youth and their families.

During the 2022-2023 academic year, *Just Ball* reached 11,300+ Just Ballers through more than 180 Playmakers at 89 sites (including 26 mini-pitches). Site administrators report that 95.2% of Just Ballers walk to the pitch, and more children in the community have the opportunity for physical activity due to *Just Ball*.

Key Findings

Just Ballers were surveyed, and because of *Just Ball*...

95%

developed more confidence

94%

learned new soccer skills

94%

like playing soccer more

94%

feel happier

84%

feel less stress

82%

have new friends

Just Baller Demographics

63%

Boys

32%

Girls

*a nominal percentage were non-binary or preferred not to answer

59%

Hispanic/Latino or Latinx

13%

African-American or Black

6%

Multi-Ethnic

4%

Caucasian

2%

Asian

6%

Preferred not to answer

Pre- and post-surveys

demonstrated statistically significant improvements for Just Ballers in...



— **Gaining** connections within their communities with both their peers and adults



— **Handling** emotions in a positive way



— **Increasing** physical activity



— **Being** motivated to do schoolwork



— **Getting** along with teachers



— **Enjoying** school



— **Developing** skills

About the Evaluation

Conducted by Healthy Networks Design & Research (HNDR), a total of 1,003 participants and 21 site administrators completed post-program surveys, and 63 Playmakers completed pre- and post- season surveys. Additionally, five focus groups were conducted. Statistical analyses were performed using SPSS version 28.0.1.1.