

Lucia Ferreira

Youth Soccer Coach

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SKILLS

Small-Sided Games

Ball Mastery Drills

Practice Planning

Player Development

Game-Day Management

Injury Prevention

Grassroots Coaching

First Aid/CPR

Communication Skills

Patience

EDUCATION

Bachelor of Science

06/2025

Portland State University

Portland, OR

Health Studies

CERTIFICATES

Grassroots Coaching License (9v9)

U.S. Soccer Federation

09/2024

SafeSport Core Training

U.S. Center for SafeSport

08/2024

Adult and Pediatric First Aid/CPR/AED

American Red Cross

08/2024

SUMMARY

Youth soccer coach with 3 years coaching players ages 6-12 and a U.S. Soccer Grassroots license. Builds practice planning around small-sided games and ball mastery drills so every player gets hundreds of touches per session. Known for patience with beginners, steady communication skills with parents and safe, organized game days.

EXPERIENCE

Youth Soccer Coach

08/2024 - Present

Willamette Valley Youth Soccer Club

Portland, OR

Part-time coach for 2 recreational teams and 1 select team in a 1,400-player club, about 15 hours a week in season.

- Coach **3** teams of 12-16 players ages 8-12 through 2 practices a week and Saturday games.
- Build sessions around small-sided games and ball mastery drills, moving 5 players up to the select team in a year.
- Track player development with a 6-skill checklist each season and send short written reports to 40 families.
- Lead injury prevention warmups before every session, cutting reported ankle and knee injuries from 7 to 2 a season.

Recreational Soccer Coach

03/2023 - 07/2024

Northeast Portland Recreational Soccer League

Portland, OR

Volunteer, then paid coach in a spring and fall neighborhood league for ages 6-9 with about 500 players.

- Coached 4 seasons of U8 teams of 10 players, rotating every child through each position.
- Handled game-day management for 9-player rosters, including lineups, equal playing time and field setup.
- Recruited and trained 3 parent volunteers to run water breaks, sign-ins and warmup stations.
- Organized an end-of-season festival for 120 players with skills stations and a family scrimmage.