



SOCCER FOR SUCCESS



Personal Health & Well Being
Curriculum



Grade K-2 | Ages 6-8





INTRODUCTION

U.S. SOCCER FOUNDATION

The mission of the U.S. Soccer Foundation is to provide underserved communities access to innovative play spaces and evidence-based soccer programs that instill hope, foster well-being, and help youth achieve their fullest potential.

We view soccer as a powerful vehicle for social change. By supporting the development of places to play, places to grow, and places to learn, our goal is to ensure that children in underserved communities have easy and affordable access to quality soccer programs that support their physical and personal development.

SOCCER FOR SUCCESS AFTERSCHOOL

Soccer for Success Afterschool is a free out-of-school program developed and supported by the U.S. Soccer Foundation. The program is designed to introduce youth ages 6-14 to the sport of soccer, while also providing them and their families with the tools they need to make healthy lifestyle decisions.

Soccer for Success provides a safe and supportive space for children to play and have fun in a structured team environment. The program is designed for children to improve their physical health, increase their knowledge about healthy lifestyles, and improve their self-esteem and behavior.

The **Soccer for Success** Curriculum provides coaches with the tools to keep children engaged in fun soccer-based activities three days a week for two 12-week seasons a year. The program begins with developing basic soccer skills while helping children hone and improve their skill sets. As a result, they never become bored with the game and stay engaged throughout the program.

What makes our curriculum unique is that the practices integrate health and wellness information into each of the sessions, and it builds on weekly themes each week. Coaches, who also serve as mentors, educate the children seamlessly during the practice, without interrupting the physical activity.

WEEK 1

PREPARATION SHEET

SOCCER OBJECTIVES

- Understand the different parts of the foot used to dribble and control the ball
- Understand the technical concepts of running with the ball

SOCCER TEACHING POINTS

Day 1: Dribbling – Ball Control

- Explain that the laces, inside, outside, and sole of the foot can all be used to control the ball
- Show how to keep the foot pointed down, knees bent, and arms out for balance

Day 2: Dribbling - Running with the Ball

- Have participants take quick little steps when dribbling, using the outside of the foot or shoelaces to dribble (“pinky toe”)
- Have participants keep their head up (eyes up) to know what’s around them

NUTRITION OBJECTIVE: HEALTHY BODIES

- State the difference between anytime and sometimes foods and beverages
- State that anytime foods are those that can be eaten every day, while the consumption of sometimes foods should be limited

NUTRITION TEACHING POINTS

Day 1: Anytime Vs. Sometimes Foods

- Introduce the Soccer for Success season and the goal to develop soccer skills and healthy habits
- Explain that anytime foods are always healthy and can be consumed with every meal, while sometimes foods are less healthy and should be consumed in moderation (i.e. once in a while)
- Distinguish between anytime foods and beverages and sometimes foods and beverages

Day 2: Fueling our Bodies

- Explain that soccer players should try their best to maintain healthy bodies
- Have participants name athletes or people that they think are healthy role models

Coach-Mentor Blueprint

Making the Connection

The first two weeks of your season are focused on making the best possible first impression and Putting Your Best Foot Forward. Ways to do this include:

- Learn names
- Be positive
- Ask questions
- Use language that represents the whole team
- Make yourself available before and after practice



WEEK 1: DAY 1 PRACTICE DAY

8 STEPS OF A PRACTICE

1. <u> </u> Staff set-up (15 min.)	2. <u> </u> Warm-up & Opening Circle (10 min.)	3. <u> </u> Activity 1 (15 min.)	4. <u> </u> Activity 2 (15 min.)
5. <u> </u> Scrimmages (10-25 min.)	6. <u> </u> Cool Down (5 min.)	7. <u> </u> Closing Circle & Cheer (5 min.)	8. <u> </u> Staff Debrief (15 min.)

SOCCER TEACHING POINTS - DRIBBLING: BALL CONTROL

- Demonstrate different ways to manipulate the ball to get around an opponent
- Explain that the laces, inside, outside, and sole of the foot can all be used to control the ball
- Explain how to keep ball close to body when in traffic, relax body, stay balanced, soft touches

NUTRITION TEACHING POINTS - HEALTHY BODIES: SOMETIME VS ANYTIMES FOODS

- Introduce the Soccer for Success season and the goal to develop soccer skills and healthy habits
- Explain that anytime foods are always healthy and can be consumed with every meal, while sometimes foods are less healthy and should be consumed in moderation (i.e. once in a while)
- Distinguish between anytime foods and beverages and sometimes foods and beverages

ACTIVITY 1 (10 - 15 MIN.): I CAN DO THIS, CAN YOU?



Set-Up: multiple disc cones - 20 yd. diameter circle, 1 soccer ball per player

- Players line up on circle facing coach-mentor in the middle of circle, coach demonstrates a simple movement and ask players to try it in the circle for 30 seconds
- After 30 seconds players return to the circle and coach chooses another simple move or dribble
- Some examples of movements include skipping, hopping, jumping, twirling, bouncing the ball with 1 or 2 hands, tossing and catching the ball with 1 or 2 hands, tossing the ball and clapping hands before catching the ball, dribbling with different parts of the foot: inside, outside, laces, bottom

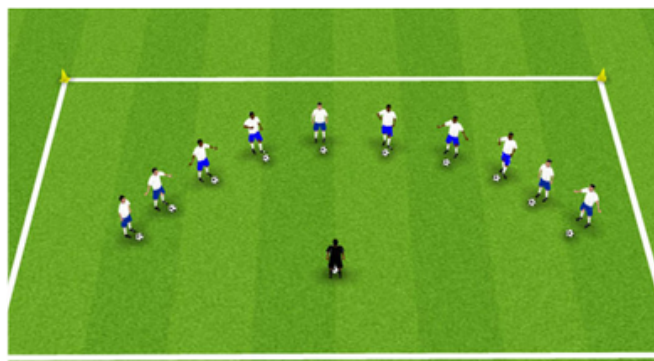
Progression Suggestions

- No soccer balls
- Add a soccer ball in hands
- Add a soccer ball at feet for movements/dribbling

Coaching Points

- Soccer: Use different parts of the foot to control and dribble a soccer ball, begin with inside of the foot and laces, advance to outside and bottom of the foot

ACTIVITY 2 (10 - 15 MIN.): DOORWAYS



Set-Up: multiple disc cones - 20 yd. diameter circle, 16 disc cones for 8 “doorways”, half of the doorways are 1 color of cones, the other half are another color, doorways are formed by 2 disc cones placed 3 yards apart, 1 soccer ball per player

- Place 8 doorways (or more) randomly inside grid, 1 doorway color represents anytime foods, the other, sometimes foods
- Phase 1: Players dribble inside the grid and must go through doorways to score a point
- Players accelerate when coach calls out an anytime food
- Players move in slow-motion when coach calls out a sometimes food
- Phase 2: Identify half of the doorways as sometimes foods and half as anytime foods
- When coach calls out an anytime food, players go through the corresponding doorways, and vice versa for a sometimes food

Progression Suggestions

- No soccer ball, run through doorways
- Chase/tag partner going through doorways
- When dribbling through a doorway, must do a move

Coaching Points

- Soccer: Take quick little steps, keep the foot pointed down, knees bent, and arms out for balance
- Nutrition: Review the different types of anytime and sometimes foods mentioned

WEEK 1: DAY 2 PRACTICE DAY

8 STEPS OF A PRACTICE

1. <u> </u> Staff set-up (15 min.)	2. <u> </u> Warm-up & Opening Circle (10 min.)	3. <u> </u> Activity 1 (15 min.)	4. <u> </u> Activity 2 (15 min.)
5. <u> </u> Scrimmages (10-25 min.)	6. <u> </u> Cool Down (5 min.)	7. <u> </u> Closing Circle & Cheer (5 min.)	8. <u> </u> Staff Debrief (15 min.)

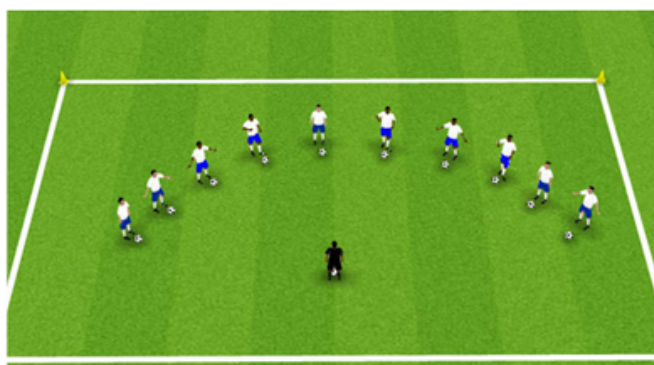
SOCCER TEACHING POINTS - DRIBBLING: RUNNING WITH THE BALL

- Have participants take quick little steps when dribbling, using the outside of the foot or shoelaces to dribble (“pinky toe”)
- Have participants keep heads up (eyes up) to know what’s around them

NUTRITION TEACHING POINTS - HEALTHY BODIES: FUELING OUR BODIES

- Explain that soccer players should do their best to maintain healthy bodies
- Have participants name athletes or people that they think are healthy role models

ACTIVITY 1 (10 - 15 MIN.): PELE SAYS



Set-Up: 4 cones, 20 x 20 yd. grid, 1 soccer ball per player

- Players in half circle around coach-mentor, respond to direction
- Players should only follow directive if it starts with “Pele Says”
- Players who go at wrong time must perform exercise (ex., star jumps, jumping jacks, etc.)
- Some examples of movements include skipping, hopping, jumping, twirling, bouncing the ball with 1 or 2 hands, tossing and catching the ball with 1 or 2 hands, tossing the ball and clapping hands before catching the ball, dribbling with different parts of the foot: inside, outside, laces, bottom
- Introduce basics of ball mastery moves (See Appendix: Ball Mastery Moves)

Mentor Moment: Choose players to lead new movements or repeat old movements

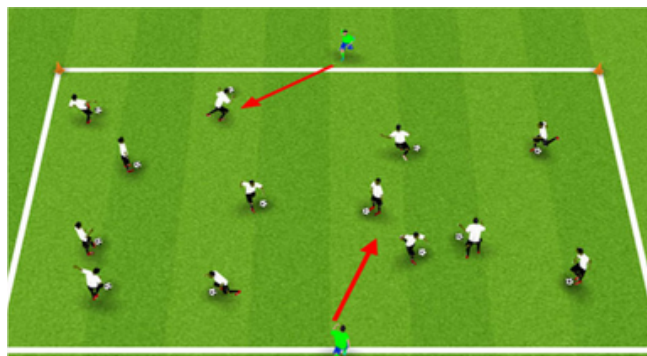
Progression Suggestions

- Add soccer ball in hands
- Add soccer ball at feet for movements/ dribbling
- Increasing complexity of movements/ dribbles

Coaching Points

- Soccer: Use different parts of the upper and lower body to move, fake, and feint, and different parts of the foot to dribble

ACTIVITY 2 (10 - 15 MIN.): ZAPPED



Set-Up: 4 cones - 20 x 20 yd. grid, 2 pinnies, 1 soccer ball per player, 2 “zappers” (taggers - no ball)

- 2 zappers outside grid wearing pinnies, soccer players dribbling inside grid
- 2 zappers choose names of sometimes foods
- When coach says go, zappers “zap” (tag) as many players as possible
- A zapped player is frozen and must hold ball above head, feet spread apart
- Other players may unfreeze a zapped player by dribbling the ball between frozen player’s legs
- Play 30-second, 60-second, and 2-minute games and rotate the “zappers”

Progression Suggestions

- No soccer balls • Adds soccer balls in hands
- Soccer balls must be dribbled
- Add/decrease number of “zappers”

Coaching Points

- Soccer: Keep head up to see zappers and open spaces, take quick little steps, use the outside of the foot or shoelaces (“pinky toe”) to dribble
- Nutrition: Encourage players to fuel their bodies with anytime foods and beverages





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