



SOCCER FOR SUCCESS IS THE U.S. SOCCER FOUNDATION'S PROGRAM PROVEN TO HELP CHILDREN **ESTABLISH HEALTHY HABITS AND DEVELOP CRITICAL LIFE SKILLS**. LED BY YOUR STAFF, TRAINED AS COACH-MENTORS, THE PROGRAM'S CURRICULUM TEACHES SOCCER AND HEALTHY LIFESTYLES IN A FUN AND SAFE ENVIRONMENT WHERE YOUNG PEOPLE CAN THRIVE.

PROGRAM STRUCTURE



3 Days Per Week



60-90 Minutes Per Session



12 Weeks Per Season

5 CORE COMPONENTS

- 1. PHYSICAL ACTIVITY:** Soccer for Success helps participants achieve the recommended 60 minutes of moderate-to-vigorous physical activity per day.
- 2. HEALTH AND WELLNESS:** The Soccer for Success curriculum is creatively designed to blend nutrition education with soccer instruction that is fun and engaging.
- 3. MENTORSHIP:** Soccer for Success coaches are also mentors who teach important life lessons and support the character development of participants.
- 4. COMMUNITY ENGAGEMENT:** Soccer for Success provides coach-mentors with tools to engage family and community members and encourages them to actively participate in building a healthy community around the Soccer for Success program.
- 5. SAFE SPACES:** Soccer for Success requires a safe place to play. This safe place is a physically safe space for the program to operate as well as an emotionally safe space for participants to thrive.

PARTNERSHIP ROLES & RESPONSIBILITIES

THE U.S. SOCCER FOUNDATION IS TYPICALLY RESPONSIBLE FOR:

- Providing curricula (K-8th Grade)
- Training program administrators
- Facilitating coach-mentor training opportunities
- Providing access to low-cost equipment
- Providing access to low-cost background checks
- Providing ongoing program support through the Foundation's Resource Hub and other methods
- Providing data collection mechanisms

COMMUNITY-BASED ORGANIZATIONS ARE TYPICALLY RESPONSIBLE FOR:

- Supporting the training of coach-mentors
- Executing program curriculum 3 days per week, 10-12 weeks/season, 60-90 minutes/session
- Recruiting and conducting background checks on coach-mentors
- Providing equipment minimums to coach-mentors and players
- Reporting agreed-upon data back to the Foundation
- Maintaining appropriate liability insurance

PROVEN OUTCOMES

American Institutes for Research (AIR) evaluated the youth development and mentorship impact of *Soccer for Success*. This nationwide, independent evaluation measured the **life skills** development among participants and their **relationships** with coach-mentors.



88%

of participants work better on a team



86%

of participants stay away from anti-social behavior



83%

of participants improve health outcomes



81%

of participants feel better about their futures