



SOCCKER FOR SUCCESS

is the U.S. Soccer Foundation's out-of-school time program proven to help children establish healthy habits and develop critical life skills.

Led by your staff, trained as coach-mentors, the program teaches soccer and healthy lifestyles in a fun and safe environment where students can thrive.

PROVEN RESULTS

88%

worked better on a team

86%

stayed away from anti-social behavior

83%

improved their health outcomes*

*for participants categorized as overweight or obese



CORE PROGRAM COMPONENTS

1

Physical Activity

The program provides children with the opportunity to learn the sport of soccer in a supportive environment, while also getting the recommended 60 minutes of moderate-to-vigorous physical activity during each session.

2

Health & Wellness

Participants learn about eating right and other ways to stay healthy and active through an integrated curriculum that is fun and engaging.

3

Community Engagement

The program connects families to resources and provides them with information to help them live healthy lifestyles and nurture their child's personal growth.

4

Mentorship

Staff are trained as coach-mentors who not only teach children soccer, but also serve as role models by helping participants build confidence and recognize the value of hard work, teamwork, and persistence in achieving personal goals.

5

Safe Spaces

The program provides spaces that are physically and emotionally safe for students.



THE SOCCER FOR SUCCESS PROGRAM

- Up to two 12-week sessions per year
- 3 days per week of integrated learning activities
- 60-90 minutes of active play per session
- Evidence-based curricula for grades K-8
- Mobile and print curricula available
- Coach-mentor training (in-person or online)
- Program support and resource hub

Recommended program package includes:

- High-quality soccer equipment
 - Soccer balls
 - Shin guards
 - Cones
 - Ball bags
 - Scrimmage vests
- Data collection and reporting support (BMI and PACER test)
- Pop-up goals
- Jerseys



How do I bring Soccer for Success to my out-of-school program?

Please visit getsoccerforsuccess.org.

8 REASONS to run Soccer for Success

1. Fits into after-school schedule
2. Includes nutrition education flyers in English and Spanish for families
3. Appeals to girls and boys
4. Engages students in fun activities while they learn how to live healthy lifestyles
5. Produces proven health and social outcomes
6. Provides professional development for staff
7. Offers easy-to-access mobile curricula
8. Provides opportunity to join national Soccer for Success community

Meets Quality Standards for Expanded Learning Programs





As the national leader in sports-based youth development, the U.S. Soccer Foundation is committed to helping young people embrace active and healthy lifestyles, using soccer to cultivate critical life skills that pave the path to a better future.

The Foundation is working to make soccer everyone's game by pledging to engage one million children in *Soccer for Success* and build 1,000 mini-pitches by 2026.

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