



# SOCCER FOR SUCCESS AT HOME

While we're social distancing, let's continue to connect with each other and stay active. We've created activities and gathered tools from trusted sources to help you incorporate the five components of *Soccer for Success* into your at-home routine.

Volume 11

## PHYSICAL ACTIVITY

Coach Jess leads week 11 of *Soccer for Success* at Home to teach us about defensive stance. You'll need to use your imagination for this one, but the workout is real (and fun!). She'll also review ways to think about natural and added sugar in our diets. These videos are appropriate for all ages and require little space.

Watch in [English](#) or [Spanish](#)!

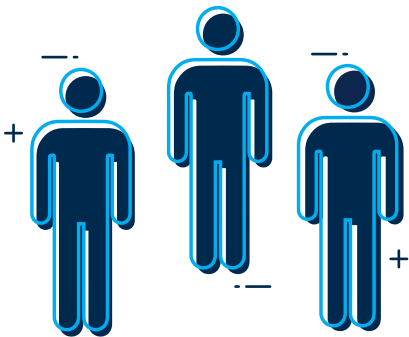


## HEALTH & WELLNESS

To support the development of healthy children, it is important to focus on a wide range of topics, such as academic, physical, and social and emotional health. The [Parent Toolkit](#) from NBC News Learn provides parents and caregivers with comprehensive and age-appropriate resources to support this growth.

## MENTORSHIP

We all can play a role in the fight against systemic racism. Starting with personal reflection, [this guide](#) created by the National Museum of African American History & Culture provides tips to empower your journey toward becoming a stronger ally.



## COMMUNITY ENGAGEMENT

It is an especially important time to engage with and support our communities. The Corporation for National and Community Service has a [great tool](#) for finding volunteer opportunities right in your zip code.

## SAFE SPACES

New [Safe Places to Play mini-pitch coloring sheets](#) are here! Take some creative time to color your own mini-pitch in six markets where our partners at Target have supported our mini-pitch transformations. Each coloring sheet features real designs by the artists who created the windscreens. Can you complete all of them? Share your favorite by tagging the U.S. Soccer Foundation and using the hashtag #SoccerforSuccessAtHome.



Tag the U.S. Soccer Foundation and use the hashtag #SoccerForSuccessAtHome to show us how you are staying active at home, and you may be featured on our social media channels!



[ussoccerfoundation.org](https://ussoccerfoundation.org)



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For more *Soccer for Success* at Home resources, visit [soccerforsuccess.org/athome](https://soccerforsuccess.org/athome).