



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 4

PHYSICAL ACTIVITY

This week, Coach Mike and Coach Bruno return with a fun session focused on turning and acceleration, and they review the food groups too! This *Soccer for Success* at Home session is appropriate for all ages and requires little space.

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

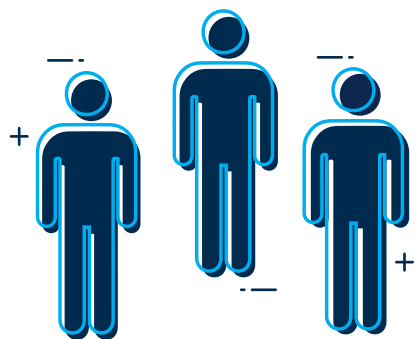


HEALTH & WELLNESS

Are you interested in finding creative ways to help your kids eat healthy? [MyPlate, MyWins](#) offers ideas that help you create personalized healthy eating goals that support your family's culture and preferences.

MENTORSHIP

When young people engage in physical activity, not only do they improve their health, they also learn important life skills, such as how to set and achieve goals. Check out these tips in [English](#) and [Spanish](#) to leverage *Soccer for Success at Home* as a tool to teach goal setting to young people.



COMMUNITY ENGAGEMENT

The Boys & Girls Clubs of Metro Atlanta created a video series to provide parents and caretakers with youth engagement tools. [Check out their videos](#), which tackle diverse topics, such as homework help and coping strategies for adults.

SAFE SPACES

The CDC recently recommended that everyone wear cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, and crowded outdoor spaces). They also produced a [short video](#) to fuel creativity in making your own face covering. Keep your community spaces safe and share your creativity by tweeting a photo of your face covering to [@ussoccerfndn](#)!



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!



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For more *Soccer for Success at Home* resources, visit soccerforsuccess.org/athome.