



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 10

PHYSICAL ACTIVITY

Coach Mike and Coach Bruno return for your weekly *Soccer for Success* at Home session. 1v1 attacking and healthy breakfast options are the topics of the week. These videos are appropriate for all ages and require little space.

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

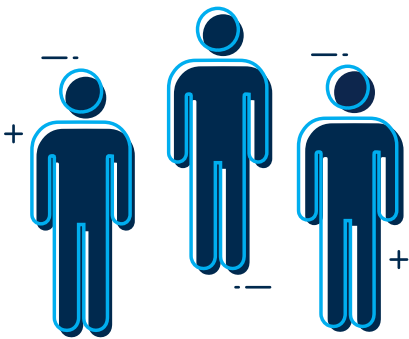


HEALTH & WELLNESS

Honoring the end of the school year is an important transition into summer, especially when considering the obstacles that young people and families have overcome. Use [this guide](#) from The Children's School to help structure that transition and set up a summertime routine that can support young people and families over the course of the next few months.

MENTORSHIP

In light of recent events, it is more important than ever to have intentional conversations with young people about race. MomsRising and EmbraceRace have partnered to share [best practices](#) on how to constructively engage young people in these dialogues.



COMMUNITY ENGAGEMENT

Through the adidas #HOMETEAMHERO Challenge, participate in our *Soccer for Success* at Home workouts (and other activities) to honor the frontline heroes who have never stopped moving for us. From May 29 – June 7, adidas will donate \$1 to the COVID-19 Solidarity Response Fund for the World Health Organization (WHO) for each hour of activity tracked in its app. The goal: raise \$1 million!

[Sign up for the #HOMETEAMHERO Challenge.](#)

SAFE SPACES

We enjoyed American Heart Association's "[25 Ways to Get Moving at Home](#)" infographic. As summer approaches and we continue to embrace our safe indoor spaces, consider building these into your family routine or challenging children to complete one or more activities each day!



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.