



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 12

PHYSICAL ACTIVITY

Week 12 concludes our *Soccer for Success* at Home season and brings you a superb session with Coach Bruno. He'll review the food groups and passing and receiving. We had a great time this season and hope you enjoyed the "at Home" sessions as well. All videos will remain available on our website for you to use and share.

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

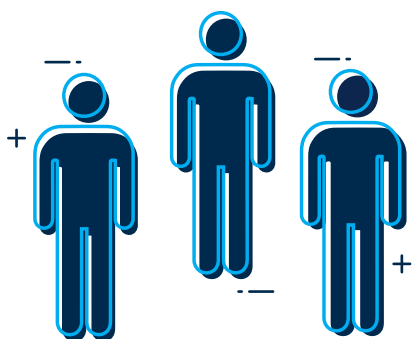


HEALTH & WELLNESS

Taking care of ourselves and our young people is a team effort. [Join members of the U.S. Soccer Foundation team](#) as they walk through simple breathing exercises to help you feel grounded and calm.

MENTORSHIP

The Child Mind Institute provided [these tips](#) to help you guide young people on how to process what they are seeing on the news. It also includes links to resources that can help you continue these critical conversations around race, equity, and inclusion.



COMMUNITY ENGAGEMENT

Our communities are suffering. Suffering from systemic racism and racial inequities. Suffering from the COVID-19 pandemic that is disproportionately affecting underserved communities. As we grapple with these issues, many are on the lookout for ways to get involved. Check out a [blog post](#) from our President & CEO, Ed Foster-Simeon, on the topic. In addition, [New York Magazine's editors](#) and [TIME's Sanya Mansoor](#) provide additional resources.

SAFE SPACES

As summer begins, kids who rely on school meals may experience changes to the safe spaces in their communities where these meals are being distributed. No Kid Hungry continues to update their texting hotline and interactive Free Meals Finder online. Text FOOD to 877-877 for summer distribution centers in your neighborhood, and consider spreading awareness using tools on their ["Share Summer" campaign page.](#)



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.