



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 6

PHYSICAL ACTIVITY

Join us for an at-home soccer activity! Coach Jess returns to help us transition from defense to offense. She also incorporates a lesson about different types of vegetables and their nutritional value. This *Soccer for Success* at Home session is appropriate for all ages and requires little space.

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

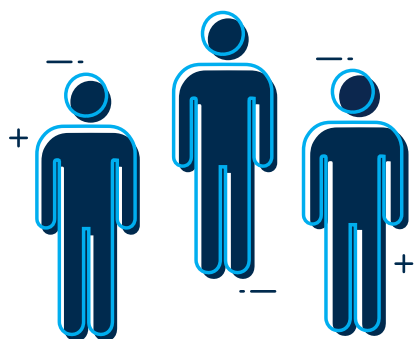


HEALTH & WELLNESS

With schools closed across the country, kids who rely on school meals are at risk of going hungry. No Kid Hungry has launched a texting hotline to let parents and caretakers know about emergency food distribution sites in their neighborhoods. **To find free meals for your kids, text 'FOOD' to 877-877.** Looking for an alternative option? Try out their interactive [meal finder](#).

MENTORSHIP

Sport provides young people with an opportunity to gain new skills and get physically fit, but most importantly, it provides them with coaches who can serve as positive, caring adults in their lives. Check out [Aspen Institute's Project Play webinar](#) featuring our very own Coach Shaina, who shared tips for how coaches can serve as mentors during COVID-19 and beyond.



COMMUNITY ENGAGEMENT

The COVID-19 pandemic has forced many of us to connect with our teams and coaches via virtual platforms. While arguably more important than ever, online communication also poses unique safety risks. Check out the U.S. Center for SafeSport's flyer for coaches, parents/guardians, and players that includes [ways to stay safe](#) when connecting on the internet.

SAFE SPACES

Did you complete your [mini-pitch coloring sheet](#)? Do you see a place in your community where this mini-pitch vision could come to life? Introducing the **Mini-Pitch Scavenger Hunt**:

Goal: Help our U.S. Soccer Foundation team identify at least one location in your community for a #SafePlacesToPlay mini-pitch.

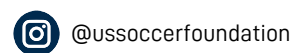
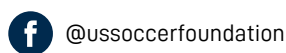
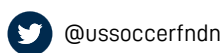
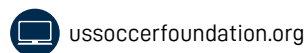
Rules:

- While mindfully walking in your neighborhood at a safe social distance from others, aim to identify an open area that could be the home of a new mini-pitch.
- Consider hard surface spaces, such as vacant courts, as well as parking lots or other unused spaces.
- [Submit one or more locations through this form.](#)

Your contribution will help our team create safe and accessible play spaces as we aim to install 1,000 mini-pitches across the country by 2026!



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!



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