



# 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 8

## PHYSICAL ACTIVITY

Coach Bruno is here for protein week! This week, we also learn how to dribble to beat defenders and review the basics of fakes and feints. This *Soccer for Success* at Home session is appropriate for all ages and requires little space.

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

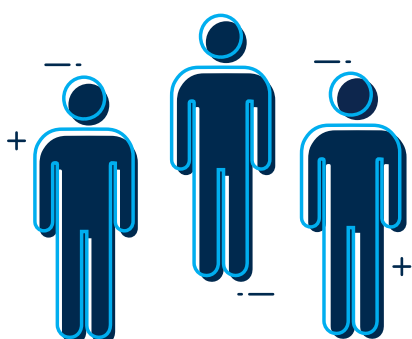


## HEALTH & WELLNESS

The uncertainty surrounding the COVID-19 pandemic can cause extra anxiety. To help manage these feelings, check out these mind (think practicing mindfulness and positive self-talk) and body (think belly breathing and exercise) [tools from The Flourishing Center](#).

## MENTORSHIP

Keeping young people engaged in learning while at home can prove to be a challenge. The [#LearnEverywhere website](#) compiles engaging resources on a variety of topics like poetry, physical education, math, and social justice for kids and families to explore. There's also a place for parents, caretakers, and teachers to share successes and learn from one another.



## COMMUNITY ENGAGEMENT

Need a brain break? Want to learn a new dance? Ever made a sweet taco? Join the [virtual GoNoodle community](#), which features great Spanish and English videos to get kids moving and active.

## SAFE SPACES

Museums, art galleries, and landmarks have long been safe spaces for cultural and historical education that also encourage creativity and a better understanding of our collective heritage. Google Arts & Culture created [virtual web tours](#) to many of the world's top locations, including certain landmarks that can be toured via Google's Street View!



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](http://ussoccerfoundation.org)



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