



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 9

PHYSICAL ACTIVITY

Coach Jess is a wizard with turning the soccer ball. She also knows a ton about dairy. She returns for this week's *Soccer for Success* at Home session to teach us a lesson on both. These videos are appropriate for all ages and require little space.

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

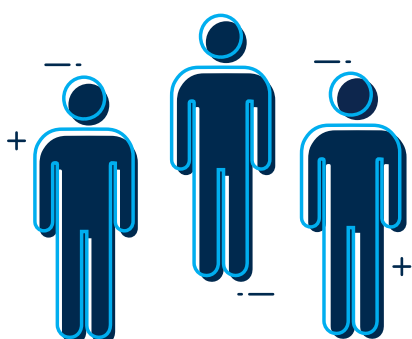


HEALTH & WELLNESS

As Mental Health Awareness Month continues, it's important to take time for ourselves. If you are looking for tools that can support your mental health, check out [this list](#) of free, digital resources from NYC Well.

MENTORSHIP

Our very own Coach Eren participated in an engaging dialogue during last week's webinar hosted by MENTOR: The National Mentoring Partnership. [Check out this conversation](#) that highlighted challenges that programs, youth, mentors, and families are facing during the COVID-19 pandemic, as well as approaches organizations have taken to facilitate connection and provide support in creative ways.



COMMUNITY ENGAGEMENT

During these unprecedented times, it might be confusing or scary to complete essential errands without proper guidance. The CDC has provided tips in [English](#) and [Spanish](#) so that we can ensure shared community spaces stay safe for all.

SAFE SPACES

More community spaces are starting to reopen, including parks. While enjoying these spaces is important for our mental and physical health, each of us has a personal responsibility to keep each other safe by following local guidelines and public health recommendations. The National Recreation and Parks Association (NRPA) offers [four simple tips to follow](#) as we start spending more time outdoors.



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.