



# 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 3

## PHYSICAL ACTIVITY

Join us for some soccer, exercise, and fun!

This week, Coach Jess provides tips on hydration and healthy beverage choices while leading a session on striking the ball with the inside of the foot.

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



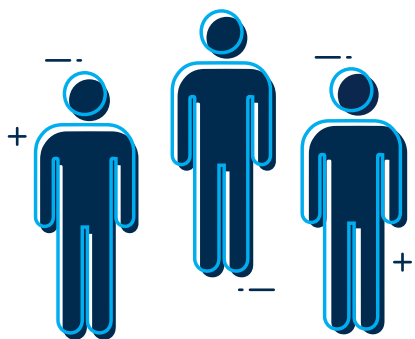
## HEALTH & WELLNESS

Convincing young people (and sometimes even ourselves) to choose water over sugary beverages like soda or sweet tea can be difficult. Check out the *Soccer for Success* family engagement flyer for tips to help you and your family stay properly hydrated. It also includes a recipe to make drinking water a little more fun.

- [English](#)
- [Spanish](#)

## MENTORSHIP

Keeping a regular schedule during traumatic times provides a sense of control, predictability, calm, and well-being for young people. This [resource](#) provides tips to create a consistent, fun, and healthy routine for you and your loved ones while at home.



## COMMUNITY ENGAGEMENT

COVID-19 is impacting communities across the country. We understand that these times are especially hard on immigrant communities dealing with the unique challenges that this pandemic brings. Check out this [extensive list of resources](#) that outlines national and local efforts to support immigrant communities.

## SAFE SPACES

Everyone is getting creative by designing safe spaces to be active at home. Here's an activity that combines both creativity and safe spaces. Artists of all ages can design their own *Safe Places to Play* mini-pitch with new coloring sheets. Share your designs by tagging the U.S. Soccer Foundation and using #SoccerforSuccessAtHome.

- [Level 1](#): Color the U.S. Soccer Foundation logo
- [Level 2](#): Design your own mini-pitch
- [Level 3](#): Design your own mini-pitch (and artistic elements!)



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)



[@ussoccerfndn](https://twitter.com/ussoccerfndn)



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