



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 routine while at home.

Week 1

PHYSICAL ACTIVITY

Join us for some soccer, exercise, and fun!

This week, we'll work on **ball control** and talk about the **energy we receive** from food to stay healthy while at home. [Join Coach Mike for a short video session.](#)

Appropriate for all ages.



HEALTH & WELLNESS

Soccer for Success teaches the importance of consuming healthy food to support healthy, active bodies.

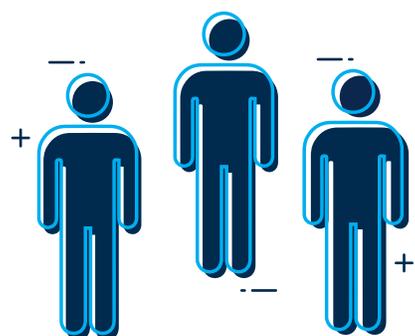
To help mitigate the impacts of coronavirus on the health and wellness of families and players, check out [resources](#) from Food Resource and Action Center. They provide numerous ways to help communities access healthy food during these uncertain times.

MENTORSHIP

Today, many of us are serving as coaches and mentors. We are navigating new ways to create connections with young people when we aren't physically with them. And for those of us at home with young people, we should talk with them about what's happening.

To build these new types of connections, it is important to start by finding ways to check in with them and help them adjust to their new reality.

This resource from Child Mind Institute, available in [English](#) and [Spanish](#), provides talking points on how to respond to their needs through conversation – a great starting point to build on throughout the duration of this time at home.



COMMUNITY ENGAGEMENT

During the current public health crisis, staying connected to your community is harder than ever, and the internet is often the only option. Check out resources from these organizations that can help you connect:

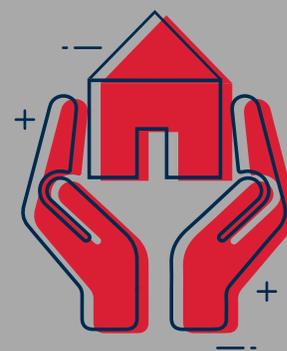
- [Alliance for a Healthier Generation](#)
- [Internet Essentials from Comcast](#)
- [EveryoneOn](#)

SAFE SPACES

One of the many reasons soccer has been dubbed the "world's game" is that it can be played anywhere! All you need is your body and a safe space to build skills and engage in physical activity.

During this time when [social distancing](#) is a top priority, we can get creative and turn whatever space we have into a safe place to play. Just remember the following:

- Any space will do
- Move fragile items around you
- Clear the floor
- Check for slippery spots



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!