



# ***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.

## Volume 2

### PHYSICAL ACTIVITY

**Join us for some soccer, exercise, and fun!**

This week, Coach Bruno teaches us about dribbling with both feet while incorporating fruits and vegetables. This *Soccer for Success* at Home session is appropriate for all ages.

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



### HEALTH & WELLNESS

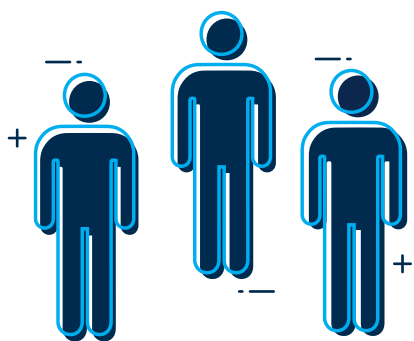
Looking for ways to support the health of young people and their families with good nutrition? Check out these science-based resources compiled by the Academy of Nutrition and Dietetics. From tips on how to practice food safety at home to ideas for affordable, healthy recipes, this comprehensive resource offers ways for families to eat healthy during the COVID-19 outbreak.

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

# MENTORSHIP

[Self-care](#) is especially important during this time. Mentors (really all of us!) run the risk of stretching ourselves too thin in the pursuit of supporting the needs of those around us. The resources below guide you through balancing any feelings of stress and anxiety so that you can also address the needs of young people.

- [Centers for Disease Control and Prevention](#)
- [Healthline](#)
- [Up2Us Sports](#)
- [American Foundation for Suicide Prevention](#)



# COMMUNITY ENGAGEMENT

Social distancing and shelter-in-place orders have made it more difficult to engage with each other, yet many have found innovative solutions to stay connected. Here are some of our favorites:

- [Howard Women's Soccer Team Takes Practice Online](#)
- [Soccer Team Does 48-hour Virtual Run to Raise Funds for COVID-19 Relief](#)

# SAFE SPACES

Take a look at [the guidance](#) from the National Recreation and Park Association to lead you through creating safe spaces outside of your home. A key takeaway: remember when using public spaces, maintain physical distancing of at least six (6) feet at all times.



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](https://soccerforsuccess.org/athome).