



www.ussoccerfoundation.org



www.healthbehaviorsinitiative.org



Session Objective

How to Create Natural Partnerships

1. Mission Alignment
2. Meaningful Networking
3. Program Fit



Soccer for Success



Soccer for Success is an out-of-school time program that is proven to help kids establish healthy habits and develop critical life skills.



Healthy Behaviors Initiative



Supporting afterschool programs by bringing exemplary practices in high quality nutrition education, physical activity and food security to California's

low-income.

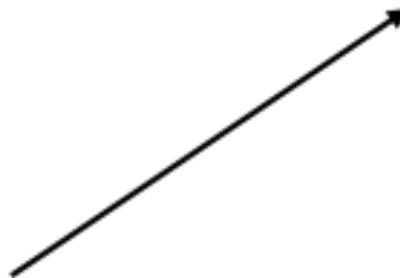




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Why Soccer?

Affordable

Broad Appeal

High Level of Physical Activity

Team Oriented/Collaborative

....and FUN!!!



Soccer for Success

Key Components



PHYSICAL ACTIVITY

Participants get the recommended 60 minutes of physical activity each day they need, while playing a game that they love.

HEALTH & WELLNESS

Participants learn about eating right and other ways to stay healthy and active.

MENTORSHIP

Coaches are also mentors, teaching kids soccer, but also strive to build confidence and recognize the value of hard work, teamwork and persistence in achieving personal goals.

COMMUNITY-FOCUSED

Coach-mentors engage families regularly to connect them with resources and information on living a healthy lifestyle and nurturing their child's personal growth.

Soccer for Success

Meets Quality Standards for Expanded Learning

- Safe and Supportive Environment
- Active and Engaged Learning
- Skill building
- Youth voice and leadership
- Healthy choices and behaviors
- Quality staff
- Collaborative partnerships



Soccer for Success
**At your Afterschool
Program**



- 12-Week Program for Every Student
- 3 Days/Week
- 2 Practices & 1 Scrimmage Day
- Kindergarten - 8th Grade
- Fits Afterschool Schedule
- Must be free to youth



Soccer for Success

Practice Equipment



- Shin Guards
- Soccer balls
- Ball bags
- Cones
- Banner
- Scrimmage Vests

Soccer for Success Curriculum



WEEK 5: DAY 2

SOCCER TEACHING POINTS: Dribbling: Shielding the Ball

- Demonstrate keeping body between ball and opponent to protect the ball
- Demonstrate keeping legs bent, arms at sides, and shoulders down

NUTRITION TEACHING POINTS: Healthy Beverages

- Ask players for examples of their favorite healthy beverages (answer: water, low-fat/nonfat milk, soy/almond milk, and 100% juice)
- Emphasize that unhealthy beverages, like soda, sports drinks, fruit punch, etc., should be consumed in moderation
- Ask players what it means to be well hydrated (it means you drink enough water to be healthy and have a healthy body), and how it feels to be dehydrated (makes you feel tired and weak)
- Ask players how many cups of water they should drink each day (answer: 8 cups)



ACTIVITY 1 (10 MIN.): Team Tag

Set-Up: 4 large cones – 40 x 40 yd. grid, multiple disc cones to create halfway line, 2 teams, 1 soccer ball per player, pinnies for 1 team

- Each team stays on their side of the grid, 1 player on each team is stationed inside the grid of the opposing team without a ball (“chaser”)
- All players dribble inside their grid while the chaser tries to tag up to 5 players
- After tagging 5 players, chaser runs back to his/her team grid and switches role with a teammate (teammate leaves ball and becomes the “new chaser”)
- The new chaser leaves their ball in his/her team’s grid and runs into the opposing team’s grid to try to tag 5 players
- Continue playing until all teammates have been the chaser and tagged 5 players on the opposing team



ACTIVITY 2 (15 MIN.): Battle of the Beverages

Set-Up: 4 large cones - 40 x 40 yd. grid (grid set up as a 30 x 40 yd. grid with two 5 x 40 yd. “safety zones” on opposite ends of grid, use multiple disc cones to create the 5 yd. safety zones), use multiple disc cones to create a halfway line, 2 teams, pinnies for 1 team, 1 soccer ball per player

- Designate each team as a healthy beverage
- **Phase 1:** Teams line up and pair off facing each other 3 yds. apart at halfway line of grid, each player with a ball
- On coach’s first signal, players perform different movements (ex. toe taps, foundations, high knees, etc.)
- On coach’s second signal, player dribbles ball to their safety zone and back to the halfway line - first player back wins
- **Phase 2:** This time, for the second signal, coach calls out a team name and the partner on team that is called becomes the chaser and the other partner is chased
- The partner being chased must dribble to their safety zone behind them without being tagged by chaser
- The chaser may leave his/her ball behind
- The ball must be dribbled and stopped in the safety zone, not kicked into the zone without control
- Mentor Moment: Encourage fair play between partners
- **Phase 3:** Each pair gets 1 ball and places it on ground in between themselves at halfway line
- On the coach’s signal, each player tries to pull the ball back with their feet and dribble to their safety zone
- The chasing team tries to take the ball away and dribble back to their own safety zone

Schedule

1. Staff Set-Up (15 Min.)
2. Warm-Up & Opening Circle (10 Min.)
3. Activity 1 (10 Min.)
4. Activity 2 (15 Min.)
5. Scrimmages (15 Min.)
6. Cool Down (5 Min.)
7. Closing Circle & Cheer (5 Min.)
8. Staff Debrief (15 Min.)

Progression Suggestions

- Play short rounds without changing player roles to illustrate the game
- Chaser must dribble a soccer ball while trying to tag
- Reduce/increase number of tags chaser must get

Coaching Points

Soccer: Keep the head up to avoid chaser and teammates

Progression Suggestions

- Start without soccer balls
- Vary movement done on first signal - be creative!
- Switch pairings often

Coaching Points

Soccer: Demonstrate how body positioning may help you protect the ball (position body between the ball and other players)

Nutrition: Review healthy beverages used as team names

Soccer for Success

Mobile Curriculum





Soccer for Success

Impact



2017: 2,100 HBI Children Reached
(Region 6)



90% Improved/Maintained
BMI



89% Made Healthier Food
Choices



88% Work Better on a
Team



72% Tried Harder in
School





Questions?

