



Soccer for Success

is the U.S. Soccer Foundation's out-of-school time program proven to help children establish healthy habits and develop critical life skills.

Led by your staff, trained as coach-mentors, the program teaches soccer and healthy lifestyles in a fun and safe environment where students can thrive.

PROVEN RESULTS

86%

stayed away from anti-social behavior

88%

work better on a team

83%

improved or maintained BMI percentile and/or aerobic capacity*

*for participants categorized as overweight or obese



CORE PROGRAM COMPONENTS

1

Physical Activity

The program provides children with the opportunity to learn the sport of soccer in a supportive environment, while also getting the recommended 60 minutes of moderate-to-vigorous physical activity during each session.

2

Health & Wellness

Participants learn about eating right and other ways to stay healthy and active through an integrated curriculum that is fun and engaging.

3

Community & Family Involvement

The program engages families regularly to connect them with resources and information to help them live a healthy lifestyle and nurture their child's personal growth.

4

Mentorship

Staff are trained as coach-mentors who not only teach children soccer, but also serve as role models by helping participants build confidence and recognize the value of hard work, teamwork and persistence in achieving personal goals.

5

Safe Spaces

The program provides spaces that are physically and emotionally safe for students.



The Soccer for Success Program

- Up to two 12-week sessions per year
- 3 days per week of integrated learning activities
- 60-90 minutes of active play per session
- Evidence-based curricula for grades K-8

Recommended Program Package Includes:

- Mobile and print curricula
- 8-hour in-person coach-mentor training (classroom and field)
- Program support and resource hub
- High-quality soccer equipment
 - Soccer balls
 - Shin guards
 - Cones
 - Ball bags
 - Scrimmage vests

Add-Ons:

- Data collection and reporting support (BMI and PACER Test)
- Pop-up goals
- Jerseys
- Soccer for Success training certification

How Do I Bring Soccer for Success to My Out-of-School Program?

Please visit
getsoccerforsuccess.org

8 REASONS to Run Soccer for Success

1. Fits into after-school schedule
2. Includes nutrition education flyers for families in English and Spanish
3. Appeals to girls and boys
4. Engages students in fun activities while learning how to live a healthy lifestyle
5. Produces proven health and social outcomes
6. Provides professional development for staff
7. Offers easy-to-access mobile curricula
8. Provides opportunity to join national Soccer for Success community

Meets Quality Standards for Expanded Learning Programs





As the national leader for sports-based youth development, the U.S. Soccer Foundation is committed to helping young people embrace an active and healthy lifestyle, using soccer to cultivate critical life skills that pave the path to a better future.

The Foundation is working to make soccer everyone's game by pledging to engage one million children annually in *Soccer for Success* and build 1,000 mini-pitches by 2026.

ussoccerfoundation.org |  [@ussoccerfndn](https://twitter.com/ussoccerfndn)
 [f@ussoccerfoundation](https://www.facebook.com/ussoccerfoundation) |  [@ussoccerfoundation](https://www.instagram.com/ussoccerfoundation)