



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Physical Activity: SOCCER

While participants play soccer, they are getting lots of health benefits. The information in this packet provides information about those benefits, from the muscles soccer develops to the way it makes people feel.

This packet supplements what you will be doing during soccer. You do have to get participants to recognize that this activity is great for their physical and emotional health, but you can do that in the way that best works for your group and you. These materials offer lots of different ideas for incorporating the health components into your already fabulously planned session.

Read the Facilitator's Guide in order to understand Frost Valley's physical activity initiative, to effectively use the materials in your session, and for ways to encourage physical activity among your participants in and out of camp.

This chart, also featured in the Facilitator's Guide, highlights each of the sections in this module. This can guide you in selecting what to focus on during the session.

Description	Gives a profile of soccer's health benefits
Type of Activity	Explains how soccer is aerobic and anaerobic
Where It Fits within the Recommended Amount of Physical Activity	Points out where soccer fits within the suggested recommended 60 minutes of daily exercise
Parts of Body Used	Names parts of the body that soccer uses
Muscles Affected	Names the specific muscles that soccer builds
Health Benefits	Lists soccer's overall health benefits
How It Makes You Feel	Explains soccer's positive emotional benefits
Suggestions for Ways to Incorporate	<ul style="list-style-type: none"> • Day 1: Offers suggestions for introducing soccer's health benefits during the first day of the session • Following Sessions: Gives lots of ideas for reinforcing participants' knowledge of soccer's health benefits during the remaining sessions
Some Fun Ideas	Offers ideas for games and other activities that build participant awareness of soccer's health benefits
Interesting Facts	Generates interest in soccer
Evaluation	Presents a modifiable questionnaire about participants' views on soccer and about whether they will continue beyond Frost Valley

DESCRIPTION

Soccer (known as football in other nations) is considered to be the most popular sport in the world. It is an exciting game with global reach. And it is an ideal physical activity for fitness, health, strength, and endurance for players of all ages.

Soccer, which has aerobic and anaerobic benefits, builds agility, endurance, and speed with its mix of movements, from running (It's said that the average soccer player runs about seven miles during a game!) to dodging the ball.

Intermittent sprints are quite frequent, with players performing them around every 90 seconds. Players may also change directions nearly 1,000 times a match. Whether it is walking, jogging, or sprinting, some type of movement is always occurringⁱ during a standard 90-minute game. The level of intensity and durations of these movements continuously varies. Because of this intense activity, soccer players must be fit and agile.

Game moves like throw-ins (throwing the ball overhead) and using the chest to settle the ball increase coordination. Jumping, kicking, and moving side to side enhance the skills necessary for controlling the ball with all parts of the body.

In soccer, the eyes get a good workout, too. Players have to track the movement of the ball, to estimate speed and distance, monitor other players, and use their peripheral vision while on the field.

Soccer builds social skills and teamwork: Team members have to interact, communicate, and cooperate to work together strategically.

Because of the game's quickness, the ever-changing plays, and the running and sprinting, players have to be "on their toes" and always mentally alert. One play can change a game's direction in a split second.

In his article "7 Reasons Soccer is Essential for Kids," writer Jim Grove states: "The ability to 'read the environment' and respond with appropriate decisions is another element of physical literacy that is often overlooked. In the context of a sport such as soccer, it is deciding to pass the ball to a teammate running to open space or shooting at the goal when the goalkeeper is out of position. The game constantly creates fresh challenges that require players to gather information from their physical environment, analyze that information, and then execute an appropriate physical response."ⁱⁱⁱ

This international sport is pretty easy to learn, so people at all levels of athletic ability can play. And because it does not require a lot of equipment — just a soccer ball — it is a terrific recreational activity that can be played in many outdoor and even large indoor locations.

TYPE OF ACTIVITY: Aerobic and Anaerobic

Soccer is an aerobic and anaerobic sport because it can be “stop/start” in its action, depending on how long the ball is in play. It’s continuous as well, as the clock continues to run through each half and the play is constant.

WHERE IT FITS WITHIN THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY

Soccer fulfills a portion of the aerobic component of the recommended 60 minutes of daily physical activity. It greatly enhances cardiovascular capacity.

PARTS OF BODY USED	MUSCLES AFFECTED (See <i>Terms to Know</i> in Facilitator’s Guide)	HEALTH BENEFITS
<ul style="list-style-type: none">• Upper & lower legs• Lungs• Chest• Arms• Calves• Back• Thighs• Hips	<ul style="list-style-type: none">• Abs (<i>Abdominals</i>)• Heart• Core• Biceps• Triceps• Pelvic muscles• Thigh muscles (anterior, posterior, adductors)• Calf muscles• Traps (<i>Trapezius</i>)• Lats (<i>Latissimusdorsi</i>)• Rhomboids• Hip flexors• Glutes (<i>Gluteals</i>)• Quads (<i>Quadriceps</i>)• Hamstrings• Sternocleidomastoid (neck)• Teres major (back)• Gastrocnemius (calf)	<ul style="list-style-type: none">• Builds total body strength and stamina• Increases agility• Increases flexibility• Enhances coordination• Increases aerobic capacity and cardiovascular health• Improves muscle tone• Builds strength, flexibility and endurance• Increases muscle and bone strength

HOW IT MAKES YOU FEEL

- Bolsters self-confidence
- Enhances positive self-image
- Heightens alertness, persistence, and self-discipline
- Builds ability to be part of a team
- Improves concentration

SUGGESTIONS FOR WAYS TO INCORPORATE

DAY 1

1. When introducing soccer, begin by asking participants:

- Who has played or plays soccer?
- What do you like about soccer?
- What do you do best when you play?
- Is soccer good exercise? Tell me why or why not.
- What parts of the body do you think get the most benefit from soccer?
- How does playing soccer make you feel?

2. Point out that soccer is a great physical activity that also makes you feel good in many ways. Build on what participants noted about its benefits. Share other benefits with the group.

3. As you model basic soccer moves and plays and participants observe or follow your lead, have them identify which parts of their bodies seem to be most affected by each movement.

4. Introduce a chart or journal that participants can use to log their soccer and fitness (physical and mental) progress during the session. During each game played during the course of the week, they can identify what parts of their bodies seem to have become stronger or more flexible and get the most impact/benefit, describe their feelings during soccer, and note what aspect of soccer they have improved in (sprinting, kicking, throwing, etc.). Alternatively, they can focus on improving a specific skill and strengthening the part of the body/the muscle most engaged during that play/movement.

FOLLOWING SESSIONS

1. Have participants do different stretches for the entire body that will loosen them up, get them warmed up, and in some instances develop stability. Participants can tack this warm-up time onto their recommended 60 minutes of daily physical activity. See How to Do a Proper Youth Soccer Warm-Up, below.ⁱⁱⁱ

2. Get participants engaged in some fun soccer games that build skills and teamwork. See Soccer Games^{iv} below, for ideas.

3. After each session, encourage participants to participate in strengthening, stretching, and aerobic activities to improve either certain aspects of their soccer skills or their overall fitness for soccer. At the start of each session, ask participants questions like:

- What activity did you do? How long did you do it?
- With soccer and your other physical activities, do you think you did your 60 minutes' worth of daily exercise?
- How do you think this exercise/these exercises will help you improve your soccer skills?

4. In the final session, participants participate in a soccer game during which each player can showcase what he or she has learned and how he or she has developed strength, built endurance, etc.

SOME FUN IDEAS

1. Encourage participants to try a new activity at camp and to compare it with soccer.

2. One way to measure the amount of daily physical activity is by counting the number of steps taken in a day. On average, there are 2,000 steps per mile (about 30 minutes of continuous activity). In soccer, the steps/mile calculation changes, because there is much running and sprinting. In recreational soccer, there are 144 steps per minute; in the competitive games, there are about 195 steps per minute. Have participants calculate how many minutes of soccer they have played in one day and the equivalent number of steps.

There are recommended guidelines for the number of steps that provide moderate to intense physical activity and will add up to the recommended 60 minutes of daily activity. For young people, 9,000 steps is the magic number.

Participants can chart the number of steps they have taken in a day, including swimming, general walking (using a pedometer), and other activities. Post the Step Conversion table on page 12 of the Facilitator's Guide for participants to see, and/or distribute it so they can refer to it at the end of each day. Have participants share their step rates, looking at increased activity, the effect on their bodies, etc.

3. A variation on step-based measurement of physical activity: 2,000 steps equals one mile; 10,000 steps is 5 miles. Post the Mileage Conversion Chart on pages 13-15 of the Facilitator's Guide for participants to see, and/or distribute it for them to refer to at the end of each day. Have participants share how many steps they took/miles they covered.

SOCCER: Interesting facts

The United States has the most youth soccer players in the world.^v

Soccer is the second-most-popular youth sport in the U.S., after basketball.^{vi}

Pele (a world-famous soccer player) helped lead Brazil to the FIFA (Fédération Internationale de Football Association) World Cup championship at age 17. Pele, whose real name is Edson Arantes do Nascimento, is the only person to have won the World Cup three times as a player. He scored 1,281 goals in his professional career and is considered by many to be the greatest soccer player of all time.^{vii}

Reuben Courtney Noble-Lazarus (born August 16, 1993) is an English-born Grenadian professional "footballer" who plays as a striker or winger for Rochdale (England). On September 30, 2008, at 15 years and 45 days old, he became the youngest player to debut in the English Football League, breaking the record previously established by Albert Geldard in 1929.^{viii}

EVALUATION

1. How FUN would you say soccer is? Choose the number that shows what you think.

3 = A lot of fun **2** = Pretty fun **1** = A little fun **0** = No fun

2. How HEALTHY would you say soccer is? Choose the number that shows what you think.

3 = Very healthy **2** = Pretty healthy **1** = A little healthy **0** = Not healthy

3. Which parts of your body would you say got the best workout from soccer?

- Legs
 - Hips
 - Shoulders and neck
 - Lower back
 - Heart
 - Lungs
 - Whole body
-

4. How often might you participate in soccer again at Frost Valley?
Choose the number that shows what you think.

3 = Very often **2** = Pretty often **1** = Rarely **0** = Never

5. How often might you participate in soccer again after leaving Frost Valley?
Choose the number that shows what you think.

3 = Often **2** = Sometimes **1** = Not very often **0** = Hardly ever
(everyday) (once a week) (once a month) (once a year)

ENDNOTES

ⁱ Science of Soccer. “The Advantages of High-Intensity Interval Training.” [Internet - WWW, URL] <http://www.scienceofsocceronline.com/2013/11/the-advantages-of-high-intensity.html>. 27 November 2013.

ⁱⁱ Grove, Jim. “7 Reasons Soccer Is Essential for Kids” [Internet - WWW, URL] <http://activeforlife.com/7-reasons-soccer-is-essential-for-kids/>, 16 June 2014.

ⁱⁱⁱThe Greater Hazleton Youth Soccer Association, “How to Do a Proper Youth Soccer Warm-Up” [Internet - WWW, URL] <http://www.eteamz.com/ghysa/files/WARMUP.doc>.

^{iv} Coaching American Soccer.com, “Soccer Fun Games” <http://coachingamericansoccer.com/youth-soccer-instructional-coaching-manual/soccer-fun-games/>.

^v <http://www.forbes.com/sites/allenstjohn/2014/06/26/the-soccer-mom-paradox-or-why-american-kids-play-soccer-but-only-watch-at-world-cup-time/>.

^{vi} *Ibid.*

^{vii} *Ibid.*

^{viii}Wikipedia. Reuben Noble-Lazarus” [Internet - WWW, URL] https://en.wikipedia.org/wiki/Reuben_Noble-Lazarus.