

# COACHING HEALTHY HABITS



**Alyssa Koomas, MS, MPH, RD**

**Megan Halmo, MSW, MPH**



**USYOUTHSOCCER.ORG**

# Youth Soccer in the U.S.



- Most **popular** youth sport in the U.S.
- Over **3 million** children participate
- **85%** are under the age of 14

# Youth Soccer in the U.S.



Victor Decobingon via Getty Images

# All CHILDREN

## Current

1 in 6 obese

75% don't get  
enough exercise



# All ADULTS

## Current

1 in 3 obese

80% don't get  
enough exercise



## Projected

1 in 2 obese



Children who play  
youth sports?



# CHILDREN IN YOUTH SPORTS

Get more physical activity

Consume more fruits, vegetables, and milk

More likely to drink sugar-sweetened beverages

More likely to eat fast food

Just as likely to be overweight or obese



# PHYSICAL ACTIVITY DURING PRACTICE



During a typical youth sports practice, **children are active for less than half of the time.**

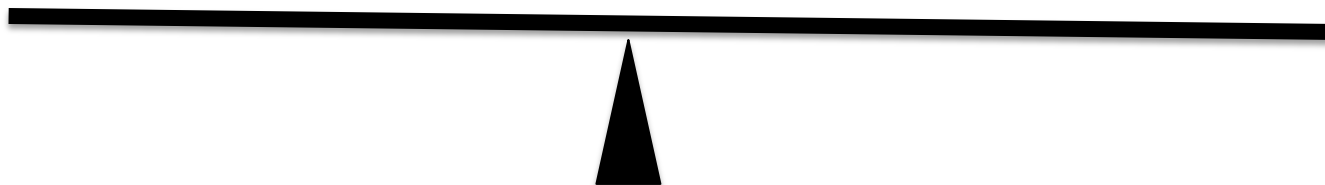
During a 50-minute indoor soccer match, **players were moderately-to-vigorously active for 17 minutes.**

SOURCES: Wickel & Eisenmann (2007); Leek et al. (2010), Sacheck et al. (2011)

# YOUTH ATHLETE'S ENERGY BALANCE

Energy  
burned

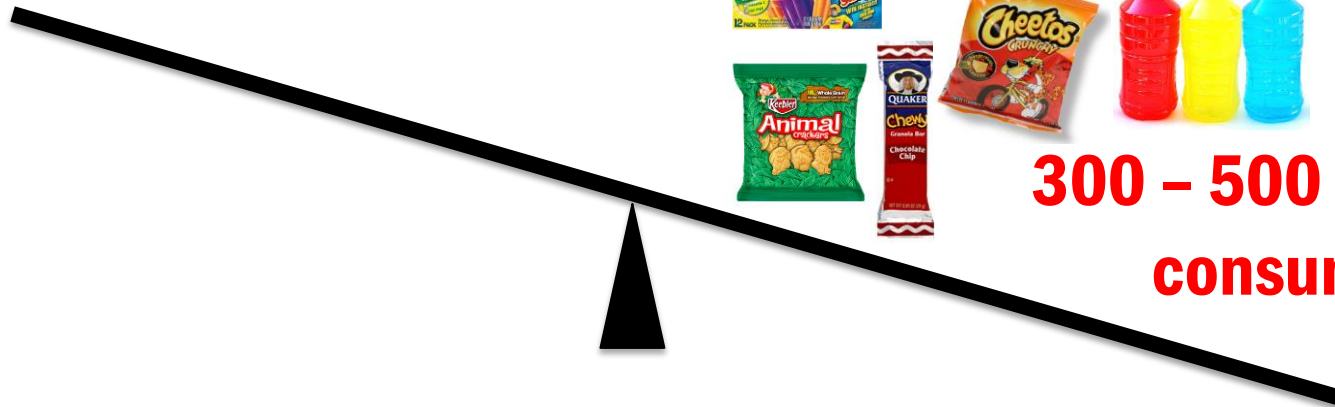
Energy  
consumed





# YOUTH ATHLETE'S ENERGY BALANCE

**150 calories  
burned**



**300 – 500 calories  
consumed**





# HOW DO WE CREATE CHANGE

## Start early

- U6, new coaches, beginning of season

## Raise awareness and motivate change

- Health, performance, etc.

## Educate

- Provide credible and clear information

## Support practical strategies





# COACHING HEALTHY HABITS



[www.HealthyKidsHub.org/Coaches](http://www.HealthyKidsHub.org/Coaches)



**USYOUTHSOCCER.ORG**

# TOPICS COVERED



**Snack Smart – Fruits & Vegetables**



**Drink Right – Water, not sugary drinks**



**Move More – Keep players moving**



# FUEL UP BEFOREHAND

## 3-4 HOURS BEFORE PLAY

**Healthy meal:** peanut butter and banana sandwich, whole-grain cereal with fruit and low-fat milk, pasta or rice dish with vegetables

**Healthy snack:** fruit and low-fat yogurt, hummus & carrots

## 1 HOUR BEFORE PLAY

**High-carb snack:** banana, oranges, apple, or other fruit

**Avoid heavy fast foods that will slow you down.**



# FUEL UP ON THE SIDELINES

**Fruits and vegetables as snack, if needed at all**

\*If you put junk food in front of kids, they'll eat it.

**Share appropriate snacks with parents:** Bananas, grapes, sliced oranges or apples, clementines, melon, carrots, bell pepper or cucumber slices, cherry tomatoes





# FUEL UP AFTER PLAY

**Healthy snack** of fruits or vegetables

**Balanced meal** 1-2 hours after play – immediate “re-fueling” not necessary

**For back-to-back games**, encourage players to bring a healthy lunch or large snack





# DRINK RIGHT

The American Academy of Pediatrics recommends children drink **water**, **not sports drinks**.





# MAKE WATER YOUR “SPORTS DRINK”

**Remind all players** to bring 1-2 water bottles to practices

**Take regular water breaks,** more in hot/humid weather

**Place water bottles on the sidelines** for easy access





# KEEP PLAYERS MOVING

Remember, in a typical youth sports practice, players are moving less than half the time.

**Games-based approach:** Small-sided scrimmages

**Light-intensity active rest:** “Ballnastics”

**No to the 3 L’s:** lines, laps, or lectures



## 1 TAKE A TRAINING



### Coaching Healthy Habits: All sports

Time Required: 10 minutes

**GET STARTED**



### Soccer Coaches

Time Required: 12 minutes

**GET STARTED**



## 2 GET IDEAS

### Coaches Tip Sheet

Tips for coaches and parents on healthy practices for youth athletes.

### How to Bring Healthy Habits to your Sports Program

How-to guide for promoting healthy principles in youth sports, including how to train coaches.

### 5 Ways Water Wins

5 reasons water is the best drink for youth athletes.

### Fuel for Before/During/After Exercise

Guidelines on fueling for exercise, from the University of Minnesota.

## 3 SHARE

### SHARE YOUR AC

Tell other coaches about your Healthy Habits training, and share with your team:



## Teaming Up for Healthy Snacks

New Hampshire Soccer Association coaches got a boost in serving healthy snacks through the *Snack It Up* and Hannaford grocery stores. Through the *Snack It Up* partnership, coaches received coupons for \$5-off produce at Hannaford, helping players fuel-up on fruits and vegetables.

At Left: The Tri-Town United U-12 Girls team of Goffstown, NH.

Learn more about *Snack It Up* and how you could create a grocery store partnership for your afterschool program by visiting [www.healthykidshub.org/snackitup](http://www.healthykidshub.org/snackitup).



## Soccer Coaches



# COACHING HEALTHY HABITS

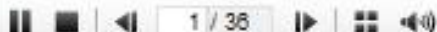


## Chapter 1



healthy kids  
out of school

drink right  
move more  
snack smart



# SUCCESS STORIES



“Players and parents have all been on board with our healthy snack policy. **It’s just how we play soccer.**”

-U10 Soccer coach





# Online Training



[New Registration](#)

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[Course Administration](#)

## About The Online Courses

Welcome to the Youth Soccer Online Training Platform! This tool has been developed to create a virtual, online classroom where you can learn to coach youth soccer.

### In this Training Platform you will find the following Coaching Courses:

- **Online G Course:** It is a course designed to assist the coach to become a better "Activity Leader," specifically when working with children from 5 to 8 years old. Also included is a nutritional module to help your players develop healthy nutrition and hydration habits in order to perform at their maximum potential. The Course cost is **\$40.00**
- **Nutrition - Coaching Healthy Habits:** This **NEW MODULE** is for all G license, Pre F and Pre E coaches. You must take this module before the date of your course unless you already took it as part of the Online G Course. This module will serve as a guide to establish healthier nutrition and hydration habits for your athletes. In this module you will learn about the best ways to have your players perform at their maximum potential by promoting healthy snacks and drinks for pre-game, half time and after the game. The module is **Free**
- **Pre-F Course:** This short course will give you a better understanding of the U10 and U12 player's characteristics, their skill priorities and practice considerations for these age groups. Coaches taking this course also need to complete the Nutrition Module. Both courses are **Free**
- **E License Pre-Course Work Assignments:** In this module you will find a description of all the assignments, as well as the





SIGN UP FOR EDUCATION

## Available Courses

**HEADS\*UP**  
CONCUSSION IN SOCCER



### Heads Up: Concussion in Sports Intro Course

To learn more about concussions take the CDC's FREE "Heads Up! Online Training for Youth Sports Coaches." This training will help you with a basic understanding of concussion. Simply go online and take the self-guided training. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school that you have completed this intro course offered by Centers for Disease Control and Prevention's (CDC) and US Youth Soccer.



### Parents Guide and Introduction to Youth Soccer

The guide is designed to assist parents new to the game of soccer in growing the spirit without limiting the child. Chapters cover information from the basics of youth soccer and making a positive impact on children to roles of coaches and referees to lending support to your child.



### Constructive Soccer - Principles of Play clinic

Coaching at the youth level is more a matter of teaching the game to young players than managing their soccer. Coaching the Principles of Play through small-sided games in both training sessions and on game-day will accelerate the players' comprehension of constructive soccer. A key goal for coaching young players is to help them understand how soccer works. The Principles of Play form the basic tactical foundation of the game, and players' understanding can be accelerated by competing in small-sided games at training; and by encouraging constructive play during matches.

### **\*\*NEW\*\*** Coaching Healthy Habits

Did you know that there are three simple things you can do to help your players stay healthy and perform their best? Learn how you can encourage players to Drink Right, Move More and Snack Smart in the *Coaching Healthy Habits* course, developed by US Youth Soccer and Healthy Kids Out of School. In two brief chapters, you'll learn about basic nutrition and physical activity for young athletes and find practical tips to implement these healthy principles at your trainings and matches.



Videos

**THE OFFICIAL  
SUPERFOOD OF** 



### Tweets

Follow



**WA Youth Soccer**  
@WAYouthSoccer

10h

Washington's 4, yes FOUR, national @USYouthSoccer award winners! Congrats to Ryan, Ryan, Bill and John!  
[pic.twitter.com/CMkX9AkXXD](https://pic.twitter.com/CMkX9AkXXD)

Retweeted by US Youth Soccer

Tweet to @USYouthSoccer





### How much sugar is in your drink?

www.healthykidsclub.org  
Healthy kids club at school  
@healthykidsclub

Support funding provided by:  
Harvard T.H. Chan  
Health Care Foundation



# BUILDING HEALTHY HABITS



BOY SCOUTS OF AMERICA®



[USYOUTHSOCCER.ORG](http://USYOUTHSOCCER.ORG)

# WHAT YOUTH SOCCER TAUGHT ME...



*"I like being **physically active.**"*

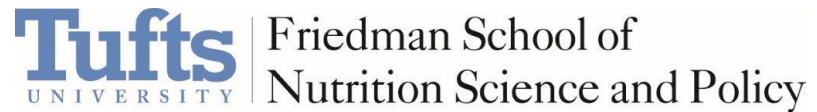
*"**Eating healthy foods** makes me feel good and perform better."*

# WHAT YOU CAN DO

- 1. Take the Coaching Healthy Habits training**  
at the US Youth Soccer online education page,  
Massachusetts Youth Soccer online training page, or the  
Healthy Kids Hub website.
- 2. Get parents and players on board at the beginning of the season:** Set a healthy snack and  
beverage policy, share materials on healthy snacks and  
water.
- 3. Spread the word to other coaches!**



# THANK YOU!



Regional funding provided by  Harvard Pilgrim Health Care Foundation



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