COACHING HEALTHY HABITS

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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.
**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?

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[USYOUTHSOCCER.ORG]
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
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.
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
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
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
Teaming Up for Healthy Snacks

New Hampshire Soccer Association coaches got a boost in serving healthy snacks through the Snack It Up partnership with 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 with an after-school program by visiting www.healthykidshub.org/snackitup.

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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 ACTION!
   - Tell other coaches about Healthy Habits training, and share this with your team.
“Players and parents have all been on board with our healthy snack policy. **It’s just how we play soccer.**”

-U10 Soccer coach
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**

- **The 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
Available Courses

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.
BUILDING HEALTHY HABITS
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!

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