

Session Topic Overview

Session #	Soccer Topic	Nutrition Topic
Before Session 1	ALL STARS Soccer Group Agreements	
1	Dribbling	Anytime vs. Sometimes Foods
2	Dribbling	Fueling Our Bodies
3	Dribbling	Full Versus Hungry
4	Passing/Receiving	Anytime Snacks
5	Dribbling	Anytime Versus Sometimes Beverages
6	Finishing	Thirst
7	Dribbling	MyPlate
8	Passing/Receiving	Rainbow of Foods
9	Dribbling	Different Colors of Fruits
10	Finishing	Fruits You Peel Versus Fruits You Don't Peel
11	Dribbling	Different Colors of Vegetables
12	Passing/Receiving	Vegetable Textures and Tastes
13	Dribbling	Different Kinds of Grains
14	Finishing	Anytime Cereals
15	Dribbling	Different Kinds of Proteins
16	Finishing	Plant Versus Animal Proteins
17	Dribbling	Low-fat or Nonfat Milk
18	Passing/Receiving	Different Types of Dairy
19	Dribbling	Give Yourself a Healthy Start
20	Goalkeeping	Anytime Breakfast Ideas
21	Dribbling	Anytime Versus Sometimes Sugars
22	Defending	Sugar Sources
23	Dribbling	Anytime vs. Sometimes Foods
24	Finishing	Food Groups

Session Learning Objectives

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
1	Dribbling: Ball Control	Anytime vs. Sometimes Foods
	Learning Objective Demonstrate using different parts of the foot to dribble and control the ball.	Learning Objective State the difference between anytime and sometimes foods.
2	Dribbling: Running With the Ball	Fueling Our Bodies
	Learning Objective Demonstrate running with the ball.	Learning Objective Compare anytime and sometimes foods.
3	Dribbling: Turning the Ball	Full vs. Hungry
	Learning Objective Demonstrate turning the ball with the inside of the foot.	Learning Objective Identify differences between feelings of hunger and fullness.
4	Passing/Receiving: Push Pass and Receiving	Anytime Snacks
	Learning Objective Demonstrate the push pass.	Learning Objective Identify several anytime snacks.
5	Dribbling: Running With the Ball	Anytime vs. Sometimes Beverages
	Learning Objective Demonstrate dribbling at different speeds.	Learning Objective Identify anytime and sometimes beverages.
6	Finishing: Inside of the Foot	Thirst
	Learning Objective Demonstrate shooting with the inside of the foot.	Learning Objective <ul style="list-style-type: none"> Describe feelings of thirst. State why hydration is important.
7	Dribbling: Turning the Ball	MyPlate
	Learning Objective Demonstrate turning the ball.	Learning Objective Name all five food groups.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
8	Passing/Receiving: Push Pass and Redirecting	Rainbow of Foods
	Learning Objective <ul style="list-style-type: none"> Demonstrate the push pass. Demonstrate redirecting the ball when receiving. 	Learning Objective <ul style="list-style-type: none"> Recognize that an anytime meal or snack includes a “rainbow” of foods of different colors. Recognize MyPlate and the goal of filling half of your plate with fruits and vegetables.
9	Dribbling: Ball Control	Different Colors of Fruits
	Learning Objective Demonstrate different ways to manipulate the ball.	Learning Objective <ul style="list-style-type: none"> State the goal is to have half your plate be fruits and vegetables at every meal. Name three fruits that are different colors.
10	Finishing: Instep	Fruits You Peel versus Fruits You Don’t Peel
	Learning Objective Demonstrate striking the ball with the laces.	Learning Objective Name one fruit you peel and one fruit you don’t peel.
11	Dribbling: Turning the Ball	Different Colors of Vegetables
	Learning Objective Demonstrate different ways to manipulate the ball in order to turn the ball.	Learning Objective <ul style="list-style-type: none"> State the goal to have half of your plate be fruits and vegetables at every meal. Name three vegetables that are different colors.
12	Passing/Receiving: Push Pass	Vegetables Textures and Tastes
	Learning Objective Demonstrate push passes from different distances.	Learning Objective Describe a variety of textures/tastes of vegetables.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
13	Dribbling: Shielding the Ball	Different Kinds of Grains
	Learning Objective Demonstrate shielding the ball from an opponent.	Learning Objective Identify one whole grain and one refined grain.
14	Finishing: Instep	Anytime Cereals
	Learning Objective Demonstrate striking the ball with the laces.	Learning Objective <ul style="list-style-type: none"> • State that whole grains are an anytime food. • State that half of your grains should be whole grains.
15	Dribbling: Vision of the Field	Different Kinds of Proteins
	Learning Objective Explain the importance of looking up frequently to establish eye contact.	Learning Objective State that protein is important for building strong bodies and muscles.
16	Finishing: Accuracy	Plant vs. Animal Proteins
	Learning Objective Demonstrate some degree of accuracy while striking the ball.	Learning Objective Identify one animal-based and one plant-based source of protein.
17	Dribbling: Shielding the Ball	Low-Fat or Nonfat Milk
	Learning Objective Demonstrate shielding the ball.	Learning Objective State that low-fat and nonfat milk are anytime beverages.
18	Passing/Receiving: Push Pass and Redirecting the Ball	Different Types of Dairy
	Learning Objective Demonstrate being ready for the ball when receiving it.	Learning Objective Identify two dairy products.
19	Dribbling: Turning the Ball	Give Yourself a Healthy Start
	Learning Objective Demonstrate improved ability to manipulate the ball while turning.	Learning Objective Explain why it is important to eat breakfast every day.

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20	Goalkeeping: Ready Stance and Diamond Grip	Anytime Breakfast Ideas
	Learning Objective Demonstrate the goalkeeping techniques of ready stance and diamond grip.	Learning Objective Identify anytime breakfast foods to eat in the morning.
21	Dribbling: 1 vs. 1 Attacking	Anytime Versus Sometimes Sugars
	Learning Objective Demonstrate improved ability to manipulate the ball to get past an opponent.	Learning Objective Identify anytime sugars that can be found in fruits and low-fat or nonfat milk.
22	Defending: Defensive Stance	Sugar Sources
	Learning Objective Demonstrate defensive stance.	Learning Objective Identify added sugars in foods such as sodas, candies, cereals and cookies.
23	Dribbling: 1 vs. 1 Attacking	Anytime Versus Sometimes Foods
	Learning Objective Demonstrate improved ability to control the ball while accelerating and decelerating.	Learning Objective State that it is important to eat and drink anytime foods at every meal.
24	Finishing: Power	Food Groups
	Learning Objective Demonstrate improved ability to finish the ball with both instep and inside of the foot.	Learning Objective Give examples from each of the five food groups.