

## Session Topic Overview

Session #	Soccer Topic	Nutrition Topic
Before Session 1	ALL STARS Soccer Group Agreements	
1	Dribbling	Energy In and Energy Out
2	Dribbling	Limit Fat and Added Sugars
3	Dribbling	Anytime Snacking
4	Passing/Receiving	Moderation
5	Dribbling	Anytime vs. Sometimes Beverages
6	Finishing	Hydration
7	Dribbling	MyPlate
8	Passing/Receiving	Importance of Variety
9	Dribbling	Fruit: Nutritional Value
10	Finishing	Fruit: Recommended Serving Size
11	Dribbling	Vegetables: Nutritional Value
12	Passing/Receiving	Vegetables: Recommended Serving Size
13	Dribbling	Grains: Nutritional Value
14	Finishing	Grains: Recommended Serving Size
15	Dribbling	Protein: Nutritional Value
16	Defending	Protein: Recommended Serving Size
17	Dribbling	Dairy: Nutritional Value
18	Passing/Receiving	Dairy: Recommended Serving Size
19	Dribbling	Give Yourself a Healthy Start
20	Passing/Receiving	Breakfast Options
21	Defending	Anytime vs. Sometimes Sugars
22	Goalkeeping	Sugar Sources
23	Defending	Anytime vs. Sometimes Food and Beverages
24	Passing/Receiving	Food Groups

## Session Learning Objectives

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
1	Dribbling: Running With the Ball	Energy In and Energy Out
	<b>Learning Objective</b> Demonstrate dribbling the ball with the outside or instep while running with the ball.	<b>Learning Objective</b> Explain that both eating habits and exercise/activity level can affect a person's health and weight.
2	Dribbling: Ball Control	Limit Fat and Added Sugars
	<b>Learning Objective</b> Demonstrate dribbling the ball with the inside, outside and sole of the left and right feet.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• Explain the difference between anytime and sometimes foods.</li> <li>• Identify at least one food that is high in saturated fat and/or added sugar.</li> </ul>
3	Dribbling: Turning the Ball	Anytime Snacking
	<b>Learning Objective</b> Demonstrate turning the ball with the inside of the foot.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• Summarize the benefits of anytime snacking.</li> <li>• Identify an anytime snack option.</li> </ul>
4	Passing/Receiving: Push Pass and Receiving	Moderation
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• Demonstrate the push pass.</li> <li>• Demonstrate receiving the ball with the inside of the foot.</li> </ul>	<b>Learning Objective</b> Explain the concept of eating in moderation.
5	Dribbling: Shielding the Ball	Anytime vs. Sometimes Beverages
	<b>Learning Objective</b> Demonstrate shielding the ball from an opponent.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• Define hydration.</li> <li>• State how often to drink water during exercise.</li> </ul>
6	Finishing: Inside of the Foot	Hydration
	<b>Learning Objective</b> Demonstrate shooting with the inside of the foot.	<b>Learning Objective</b> Distinguish between anytime and sometimes beverages for hydration.

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7	Dribbling: Running With the Ball	MyPlate
	<b>Learning Objective</b> Demonstrate changing direction and changing speed.	<b>Learning Objective</b> Name all five food groups.
8	Passing/Receiving: Space, Support, Possession	Importance of Variety
	<b>Learning Objective</b> Demonstrate the tactical concepts of possession and support.	<b>Learning Objective</b> State that an anytime meal or snack will include foods and beverages from different food groups.
9	Dribbling: Vision of the Field	Fruit: Nutritional Value
	<b>Learning Objective</b> Demonstrate the tactical concept of dribble penetration.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Identify at least three different fruits.</li> <li>State one nutritional benefit of fruit.</li> </ul>
10	Finishing: Instep	Fruit: Recommended Serving Size
	<b>Learning Objective</b> Demonstrate striking the ball with the laces.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>State the recommended amount of fruit to have each day.</li> <li>State that half of MyPlate should be fruits and/or vegetables.</li> </ul>
11	Dribbling: Individual Transition	Vegetables: Nutritional Value
	<b>Learning Objective</b> Demonstrate the transitions between offense and defense.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Identify at least three different vegetables of different colors.</li> <li>State one nutritional benefit of vegetables.</li> </ul>
12	Passing/Receiving: Redirecting the Ball and Passing Technique	Vegetables: Recommended Serving Size
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Demonstrate the push pass.</li> <li>Demonstrate redirecting the ball when receiving.</li> </ul>	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>State the recommended amount of vegetables to eat each day.</li> <li>State that about half of MyPlate should be fruits and vegetables.</li> </ul>

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13	Dribbling: Speed of Play	Grains: Nutritional Value
	<b>Learning Objective</b> Demonstrate creating a competitive advantage by choosing between dribble penetration or pass to a teammate.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Describe the difference between whole grains and refined grains.</li> <li>State one food made with whole grains and one made with refined grains.</li> </ul>
14	Finishing: Instep	Grains: Recommended Serving Size
	<b>Learning Objective</b> Demonstrate striking the ball with the laces.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>State one nutritional benefit of whole grains.</li> <li>State that about one fourth of MyPlate should be grains.</li> </ul>
15	Dribbling: 1 vs. 1 Attacking	Protein: Nutritional Value
	<b>Learning Objective</b> Demonstrate improved ability to manipulate the ball to get past an opponent.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Identify two sources of proteins (one animal-based and one plant-based).</li> <li>State one nutritional benefit of protein.</li> </ul>
16	Defending: Poke Tackle, Block Tackle and Double Team	Protein: Recommended Serving Size
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Demonstrate the poke tackle and block tackle.</li> <li>Demonstrate defending as part of a double team.</li> </ul>	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>State the recommended amount of protein to have each day.</li> <li>State that lean proteins are healthier than high-fat proteins.</li> <li>State that about one-fourth of MyPlate should be protein.</li> </ul>
17	Dribbling: Turning the Ball	Dairy: Nutritional Value
	<b>Learning Objective</b> Demonstrate improved ability to turn the ball.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Identify three sources of dairy.</li> <li>State that nonfat and low-fat dairy are anytime sources of dairy.</li> <li>State one nutritional benefit of dairy.</li> </ul>

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18	Passing/Receiving: Redirecting the Ball and Passing Techniques	Dairy: Recommended Serving Size
	<b>Learning Objective</b> Demonstrate improved ability to pass the ball with the inside and laces of the foot.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>State the recommended amount of dairy to have each day.</li> <li>Identify that dairy is on the side of MyPlate.</li> </ul>
19	Dribbling: 1 vs. 1 Attacking	Give Yourself a Healthy Start
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Demonstrate improved ability to penetrate with the dribble.</li> </ul>	<b>Learning Objective</b> State that breakfast should be eaten every day.
20	Passing/Receiving: Receiving Out-of-the-Air and Overlaps	Breakfast Options
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Demonstrate striking the ball with the laces out of the air.</li> <li>Demonstrate the overlap run combination play.</li> </ul>	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Describe an anytime breakfast.</li> <li>Identify anytime options when eating breakfast on the go.</li> </ul>
21	Defending: Defensive Stance and Pressure, Cover Balance	Anytime vs. Sometimes Sugars
	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>Demonstrate defensive stance.</li> <li>Demonstrate the tactical concept of pressure, cover and balance.</li> </ul>	<b>Learning Objective</b> Identify anytime sugars that can be found in fruits and low-fat or nonfat milk.
22	Goalkeeping: Ready Stance and Grips	Sugar Sources
	<b>Learning Objective</b> Demonstrate the goalkeeping techniques of ready stance, W grip and diamond grip.	<b>Learning Objective</b> Identify added sugars in foods such as sodas, candies, cereals and cookies.

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23	Defending: Defensive Stance and Pressure, Cover Balance	Anytime vs. Sometimes Food and Beverages
	<b>Learning Objective</b> Demonstrate improved performance of the tactical concept of pressure, cover and balance.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• State that it is important to eat and                drink anytime foods and beverages at                every meal.</li> <li>• State that an anytime meal or snack                will include foods and beverages from                different food groups.</li> </ul>
24	Passing/Receiving: Creating Space and Support	Food Groups
	<b>Learning Objective</b> Demonstrate creating space and support.	<b>Learning Objective</b> <ul style="list-style-type: none"> <li>• Name all five food groups.</li> <li>• Discuss MyPlate, and the goal to fill                half of your plate with fruits and                vegetables.</li> </ul>