

Session Topic Overview

Session #	Soccer Topic	Nutrition Topic
Before Session 1	ALL STARS Soccer Group Agreements	
1	Dribbling	Introduction
2	Passing/Receiving	Energy In – Energy Out
3	Dribbling	Listening to Our Bodies
4	Passing/Receiving	Healthy Eating On the Go
5	Dribbling	Healthy vs. Less Healthy Beverages
6	Passing/Receiving	Hydration
7	Finishing	Eating a Variety of Foods
8	Passing/Receiving	Reading Nutrition Labels
9	Dribbling	Daily Fruit Requirements
10	Passing/Receiving	Natural Sugars vs. Added Sugars
11	Defending	Daily Vegetable Requirements
12	Passing/Receiving	Vegetable Variety
13	Finishing	Daily Grain Requirements
14	Passing/Receiving	Whole Grains and Fiber
15	Dribbling	Daily Protein Requirements
16	Passing/Receiving	Sources of Iron
17	Defending	Daily Dairy Requirements
18	Passing/Receiving	Calcium
19	Finishing	Breakfast Jump Start
20	Passing/Receiving	Breakfast On the Go Scenarios
21	Defending	Natural vs. Added Sugars
22	Goalkeeping	Sugar Sources
23	Defending	Review: Energy In – Energy Out
24	Finishing	Review: Healthy Bodies, Healthy Minds

Session Learning Objectives

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
1	Dribbling: Ball Control	Energy Balance: Healthy Eating
	Learning Objective Demonstrate dribbling the ball with the inside, outside, and sole of the left and right feet.	Learning Objective Describe the benefits of healthy eating.
2	Passing/Receiving: Push Pass and Receiving the Ball	Energy Balance: Energy In – Energy Out
	Learning Objective <ul style="list-style-type: none"> • Demonstrate the push pass. • Demonstrate receiving the ball with the inside of the foot. 	Learning Objective Describe the relationship between what people eat, their physical activity level and their body weight.
3	Dribbling: Running With the Ball	Healthy Habits: Listening to Our Bodies
	Learning Objective Demonstrate change of speed, acceleration and deceleration while controlling the ball.	Learning Objective Explain the benefits of eating in moderation.
4	Passing/Receiving: Redirecting the Ball and Passing Techniques	Healthy Habits: Healthy Eating On the Go
	Learning Objective Demonstrate the push pass, instep pass and receiving the ball with the inside of the foot.	Learning Objective Name at least three examples of healthy and less healthy foods to eat on the go.
5	Dribbling: Shielding the Ball	Beverages: Healthy vs. Less Healthy
	Learning Objective Demonstrate shielding the soccer ball from an opponent.	Learning Objective Compare and contrast healthy and sugary beverages.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
6	Passing/Receiving: Instep and Volley	Beverages: Hydration
	Learning Objective <ul style="list-style-type: none"> Demonstrate receiving the ball out of the air with feet, chest and thighs. Demonstrate the push pass and instep pass. 	Learning Objective Summarize how often youth should drink water.
7	Finishing: 1 vs. 1 Attack and Inside of the Foot	Food Groups: Eating a Variety of Foods
	Learning Objective <ul style="list-style-type: none"> Demonstrate shooting with plant foot facing target and contacting the ball with a locked ankle. Demonstrate at least two ways to manipulate the ball past an opponent. 	Learning Objective <ul style="list-style-type: none"> Name all five food groups. State that an anytime meal or snack will include foods and beverages from different food group.
8	Passing/Receiving: Space, Support, Possession	Food Groups: Reading Nutrition Labels
	Learning Objective Demonstrate the tactical concepts of possession and support.	Learning Objective Demonstrate how to read a nutrition facts label for serving size, calories, saturated fat, trans fat, fiber and sugar.
9	Dribbling: Turning and Shielding	Fruit: Daily Requirements
	Learning Objective Demonstrate turning and shielding the ball from an opponent.	Learning Objective <ul style="list-style-type: none"> State that adolescents ages 12-14 should eat 2 cups of fruit each day. State at least one of the beneficial nutrients that fruit contains.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
10	Passing/Receiving: Combination Play	Fruit: Natural Sugars vs. Added Sugars
	Learning Objective Demonstrate at least one combination play: overlapping run, wall pass or double pass.	Learning Objective Explain the difference between natural sugars found in fruit and added sugars in less healthy foods and beverages.
11	Defending: Defensive Stance and Recovery Run	Vegetables: Daily Requirements
	Learning Objective Demonstrate a defensive stance against an opponent.	Learning Objective <ul style="list-style-type: none"> State that adolescents ages 12-14 should eat 2.5-3 cups of vegetables each day. State at least one of the beneficial nutrients that vegetables contain.
12	Passing/Receiving: Possession and Transition	Vegetables: Variety
	Learning Objective <ul style="list-style-type: none"> Demonstrate possession and support. Demonstrate tactical transition. 	Learning Objective Name at least one vegetable from each of the five subgroups: dark green, red/orange, starchy, legumes, other vegetables.
13	Finishing: Instep and Volley	Grains: Daily Requirements
	Learning Objective Demonstrate striking the ball with the laces, both on the ground and out of the air.	Learning Objective <ul style="list-style-type: none"> State that adolescents ages 12-14 should eat 6-8 oz. of grains each day. State at least one of the beneficial nutrients that grains contain.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
14	Passing/Receiving: Space and Width	Grains: Whole Grains and Fiber
	Learning Objective Demonstrate the tactical concept of creating space and width.	Learning Objective <ul style="list-style-type: none"> Identify examples of whole grains and refined grains. Describe the benefits of consuming adequate fiber.
15	Dribbling: Vision of the Field	Protein: Daily Requirements
	Learning Objective Demonstrate the tactical concept of dribble penetration.	Learning Objective <ul style="list-style-type: none"> State that adolescents ages 12-14 should eat 5.5-6.5 oz. of protein each day. State at least one of the beneficial nutrients that proteins contain.
16	Passing/Receiving: Space and Depth	Meats, Beans and Nuts: Sources of Iron
	Learning Objective Demonstrate how to find open space to generate effective passing opportunities.	Learning Objective Name one benefit of consuming enough iron.
17	Defending: Poke Tackle, Block Tackle, Defending as a Unit	Dairy: Daily Requirements
	Learning Objective <ul style="list-style-type: none"> Demonstrate the poke tackle and block tackle. Demonstrate the tactical concept of defending as part of a unit. 	Learning Objective <ul style="list-style-type: none"> State that adolescents ages 12-14 should consume three cups of dairy each day. State at least one of the beneficial nutrients that dairy contains.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
18	Passing/Receiving: Redirecting the Ball and Passing Techniques	Dairy: Calcium
	Learning Objective Demonstrate improved ability to pass the ball with the inside and laces of the foot.	Learning Objective Describe the benefits of consuming adequate calcium.
19	Finishing: 1 vs. 1 Attacking	Breakfast: Jump Start
	Learning Objective Demonstrate improved ability to penetrate with the dribble and beat opponents.	Learning Objective <ul style="list-style-type: none"> State that breakfast should be eaten every day. Define metabolism.
20	Passing/Receiving: Receiving Out of the Air and Volleying	Breakfast: On-the-Go Scenarios
	Learning Objective Demonstrate improved ability to volley and receive the ball out of the air.	Learning Objective Identify healthy options when grabbing a quick breakfast or breakfast on the go.
21	Defending: Pressure, Cover, Balance	Sugars: Natural vs. Added
	Learning Objective <ul style="list-style-type: none"> Demonstrate defensive stance. Demonstrate the tactical concept of pressure, cover and balance. 	Learning Objective Identify anytime sugars that can be found in fruits and low-fat or nonfat milk.

Session #	Soccer Topic and Objectives	Nutrition Topic and Objectives
22	Goalkeeping: Ready Stance and Grips	Sugars: Sources
	Learning Objective Demonstrate the goalkeeping techniques of ready stance, w grip and diamond grip.	Learning Objective Identify added sugars in foods such as sodas, candies, cereals and cookies.
23	Defending: Block Tackle and Pressure, Cover, Balance	Review: Energy In – Energy Out
	Learning Objective <ul style="list-style-type: none"> • Demonstrate improved performance of the block tackle. • Demonstrate improved performance of the tactical concept of pressure, cover and balance. 	Learning Objective Describe the relationship between what people eat, their activity level and their body weight.
24	Finishing: Placement and Power	Review: Healthy Bodies, Healthy Minds
	Learning Objective Demonstrate improved ability to shoot the ball with the inside and laces of the foot.	Learning Objective Describe how to use MyPlate and Nutrition Facts Labels for guidance on serving sizes, calories, fiber, etc.