



Toolkit Introduction

In order to create an age-appropriate soccer environment geared towards success and education, Washington Youth Soccer has developed the Soccer in Schools toolkit. The toolkits are aimed towards instructors at schools, clubs, associations or community centers who wish to use age appropriate soccer activities to introduce children to healthy lifestyles and nutritional information.

Schools Program Toolkit is aimed towards Washington Youth Soccer Clubs and Associations who are interested in starting and developing a Soccer in Schools program to support their local schools, connect with elementary aged youth and build community partnerships.

Schools Curriculum Toolkit is an introduction to the curriculum, how to implement the curriculum and the Soccer in Schools curriculum for each grade level. The Soccer in Schools curriculum pairs the Age Appropriate Training Curriculum with basic nutritional information to meet and support the Washington State grade learning standards. This toolkit will help organize and inform your school session.

The information included in these toolkits was created and compiled by Washington Youth Soccer. The Age-Appropriate Training Curriculum was created by the Washington Youth Soccer Technical Department. The Nutritional content was created by USDA, WINForum Sports Nutrition Game Plan and MLS accordingly.

We hope this toolkit helps support and develop your soccer program.

For more information please contact Heather Turney, Member Services and Outreach Coordinator at heather@WashingtonYouthSoccer.org

Enjoy!