

Stay Home Season Facilitator's Guide SPRING 2020



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As the COVID-19 pandemic forced schools to close and social, arts and sporting events to be canceled, soccer coaches and clubs across the country have worked hard to keep players connected and engaged. Through Zoom practices, team challenges, YouTube channels, and regular check-ins, coaches are staying connected to their players and creating an invaluable outlet and a source of remote community in these uncertain times—when players need it most.

Soccer Without Borders created the **Stay Home Season** to create a sense of belonging and to support healthy habits and mental health among youth across the country.

During a time of increased youth isolation, Soccer Without Borders hopes to bring teams together virtually across borders in order to reintroduce structure, routine, and healthy competition into the lives of young people affected by this pandemic.

This Facilitator's Guide will clarify the purpose and intention of this **Stay Home Season** and give coaches clear directions on the implementation and execution of the league. It will breakdown the schedule of the 5-week season and contain a complete step-by-step guide on how to participate, compete, and most importantly, track each team's points.



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ELIGIBILITY

The **Stay Home Season** is unique because any team can enter, any age group, any gender, in any location. There is no fee to participate.

To enter, a team must have a head coach and be a part of an existing organization that has completed liability paperwork, with coaches having permission to conduct Zoom or virtual practices with their players.

The head coach of every team must complete an online liability release form.

Teams will be put into brackets with up to 10 other teams, and will compete against the other teams in their brackets.

Teams commit to the 5-week long season. Teams host at least one virtual session per week and the league-wide Social Impact Challenge promoting service & connection every week.

HOW TO WIN: Teams compete against each other to have the highest percent attendance rate for virtual practices & completion rates of the weekly Social Impact Challenge.

MORE PARTICIPATION = MORE POINTS



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STAY HOME SEASON PRINCIPLES

The Stay Home Season is based on the following eight principles:

1

We all need a sense of belonging and community.

2

Young people need structure in their days.

3

Fun, competitive, remote programming conducted indoors will keep our communities and young people safe.

4

Social isolation is necessary for public health, but can create mental health risks.

5

Young people need encouragement and incentives to connect with their teammates, to stay active and informed, and to contribute to others.

6

Competition can be channeled to encourage participation, connection, and giving back.

7

Young people want to feel part of something bigger.

8

A nation-wide soccer competition will support health and wellness during social isolation and help individual coaches stay connected to their players.



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SEASON MANTRAS

This league is all about connection, positivity and staying safe and healthy. Soccer Without Borders staff use the following mantras to conduct our programs, and we ask that all teams adopt this approach to every aspect of the league, from conducting programs to reporting scores to celebrating:



WE'RE GLAD YOU'RE HERE

The opposite of isolation is inclusion. This season is designed to include everyone, no matter your age, gender, skill-level, or any other typical differentiator for organized sport. We believe that this season can bring people from all backgrounds together, particularly those who otherwise would not compete against each other.



LEAVE YOUR SHOES AT THE DOOR

We are humble in our approach to serving others. We leave our assumptions at the door, and are curious to learn from those who are different from ourselves, or who may be impacted differently by COVID-19.



YOU PLAY YOUR BEST WHEN YOU'RE SMILING

We believe that smiling and having fun is one of the most important things that we can do to stay healthy and positive, both on and off the field. Taking care of ourselves and others in our community is the inspiration for this Stay Home Season.



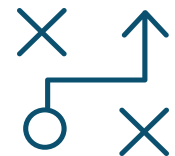
KNOW THE "THINGY THING"

We must be sensitive to the differences in experiences between people at this time. The COVID-19 pandemic has magnified the inequalities that exist in our world. If we have privileges, such as good health and internet access, we will strive to find ways to support others who do not.



CELEBRATE THE PASS MORE THAN THE GOAL

We all love competition and winning; however, they are not the main objectives of this season. We want to celebrate the new experiences that this season can create for us, including getting to know our teammates better, competing against those we otherwise wouldn't get the opportunity to, and serving causes larger than ourselves.



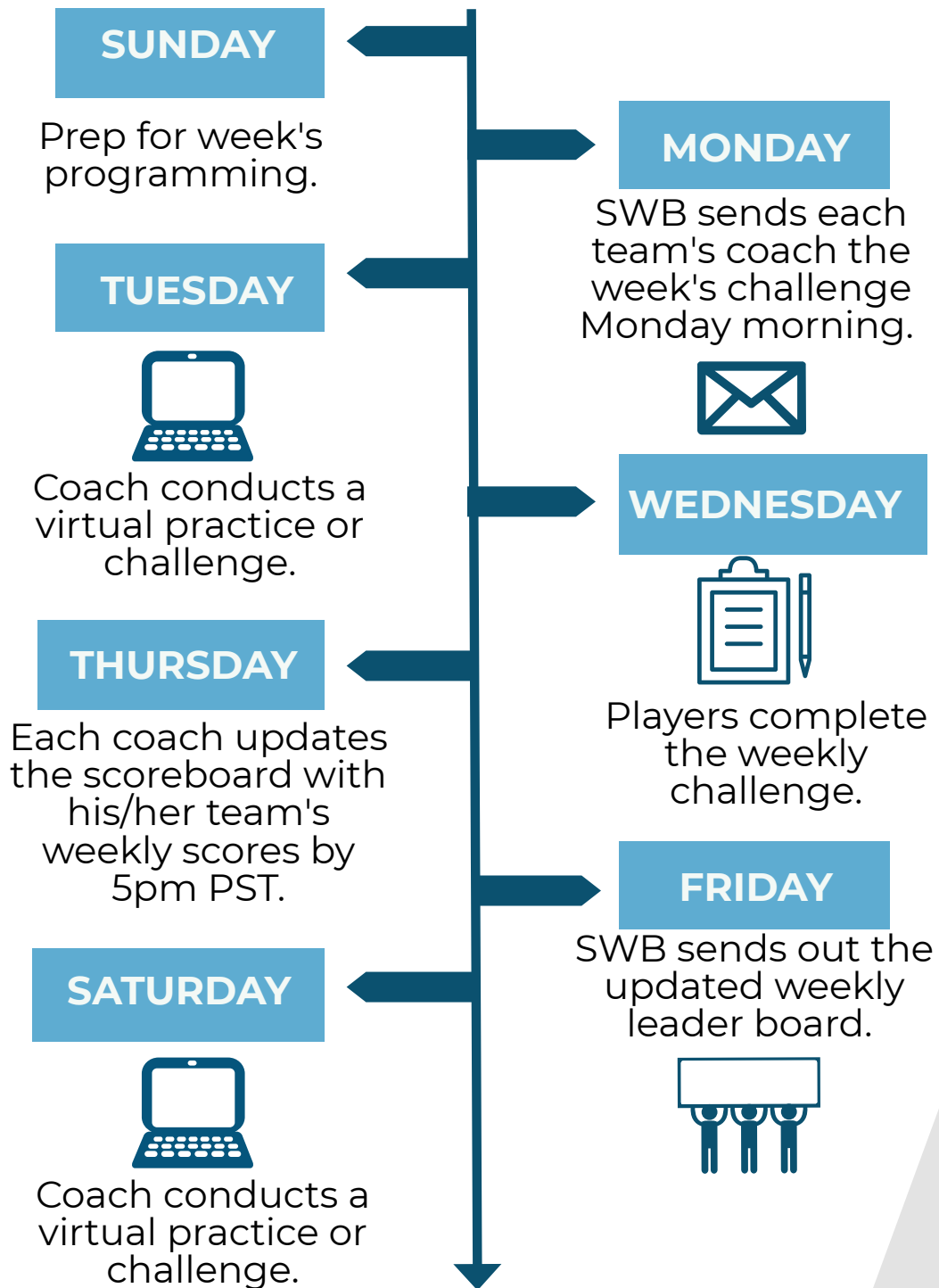
GET THEM TO THE FIELD

We encourage our teammates to participate in this season, knowing that the more players who participate, the more that everyone benefits from this experience. We seek to support teammates who must overcome additional barriers to their participation in the Stay Home Season.



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SAMPLE WEEKLY SCHEDULE



*Zoom/virtual practices and challenge days subject to team's chosen schedule.



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ZOOM/VIRTUAL PRACTICES



Each team will conduct **at least one** Zoom or virtual practice per week run by the team's head coach. A Zoom practice should last **1 hour**. The practice programming is subject to the individual team. The team earns points for each practice based solely on the rate of attendance.

We have found that Zoom practices are a fun way to connect with youth and foster connection. We hope that every team can complete at least one Zoom or virtual practice each week!



Encourage and highlight the importance of using the video function. Seeing everyone's faces creates a greater connection with your team!

OPTIONAL PRACTICE COMPONENTS

Team Builder



Fitness Exercises



Ball Work



Public Health / School Announcements



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WEEKLY CHALLENGES

Every week Soccer Without Borders will announce the week's **social impact challenge** to be implemented by the coach and completed by the players.



The weekly challenges are intended to promote service, health, and connection.

Even though the teams competing in the **Stay Home Season** may live in different communities, regions, timezones, and potentially even different countries, COVID-19 has affected everyone in some capacity. The weekly challenges will give teams the opportunity to work together in a different way and make an impact on their community.

WEEK 1

local community building



WEEK 2

global community building



WEEK 3

environment



WEEK 4

public health



WEEK 5

soccer for development



Each challenge sent to the coaches will have a theme for the week. SWB will send a description of the week's theme and the directions for completing the challenge. Each challenge will have three options ranging in difficulty and time commitment. Challenges are intended to be able to be completed by players individually. Coaches will choose which of the three options their team will complete each week.



SWB will send each coach the week's challenge by **Monday, 9AM PST/12PM EST.**

Players must complete the challenge and coaches must record the team's completion rate in the google spreadsheet by **Thursday, 5PM PST/8PM EST** each week.



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TRACKING YOUR TEAM'S POINTS



Team rosters must be submitted at the beginning of the **Stay Home Season**, and percent attendance will be tracked against roster size.

There is a 12-player minimum to participate. There is no maximum.

Teams compete against each other to have the highest percent attendance rate for Zoom practices and the highest completion rates of weekly challenges.

Each team will earn a score from 1-10 based on percent attendance for each Zoom practice & each completed challenge.

TRACKING SCORES

Team Name	Club or Organization	Location	Week 1		
			Team Virtual Session 1	SWB Challenge 1	Challenge Chosen? (A, B, or C)
SWB United	Soccer Without Borders	Oakland, CA	1		
Boston Celtics	NBA	MA	3		
Athletico Madrid	La Liga	Spain	7		
Arsenal	EPL	England	10		

Each coach will record their team's score in the google spreadsheet (pictured above) every week by **5PM PST/8PM EST Thursday**.

HOW TO CALCULATE

If 33% of players attend, the team receives 3 points. If 66% attend, you receive 7 points. Round up or down from 5.

If there are 16 players on the roster, and 8 attend a Zoom practice, your team gets 50%, and will receive 5 points for the session in the overall standings.

One challenge per week will also be counted. If 16 players are on the roster, and 4 complete the challenge, your team earns a 25%, and get 3 points for the session in the overall standings.

SCORING KEY

		Size of Roster												
		24	23	22	21	20	19	18	17	16	15	14	13	12
Number of Players Attended	24	10												
	23	10	10											
	22	9	10	10										
	21	9	9	10	10									
	20	8	9	9	10	10								
	19	8	8	9	9	10	10							
	18	8	8	8	9	9	10	10						
	17	7	7	8	8	9	9	10	10					
	16	7	7	7	8	8	8	9	9	10				
	15	6	7	7	7	8	8	8	9	10	10			
	14	6	6	6	7	7	7	8	8	9	9	10		
	13	5	6	6	6	7	7	7	8	8	9	9	10	
	12	5	5	5	6	6	6	7	7	8	8	9	9	10
	11	5	5	5	5	6	6	6	6	7	7	8	8	9
	10	4	4	5	5	5	5	6	6	6	7	7	8	8
	9	4	4	4	4	5	5	5	5	6	6	6	7	8
	8	3	3	4	4	4	4	4	5	5	5	6	6	7
	7	3	3	3	3	4	4	4	4	4	5	5	5	6
	6	3	3	3	3	3	3	3	4	4	4	4	5	5
	5	2	2	2	2	3	3	3	3	3	3	4	4	4
	4	2	2	2	2	2	2	2	2	3	3	3	3	3
	3	1	1	1	1	2	2	2	2	2	2	2	2	3
	2	1	1	1	1	1	1	1	1	1	1	1	2	2
	1	0	0	0	0	1	1	1	1	1	1	1	1	1

Each week, SWB will send out the weekly standings by **Friday 12PM PST/3PM EST**.

MORE PARTICIPATION



MORE POINTS



INDIVIDUAL AWARDS

As an optional, but fun way to incentivize participation, coaches can announce at the beginning of the season that they will have individual player awards.



Highest Participation



Most Improved



Motivator Award



Positivity Award

Actual award categories subject to each team's coach.

TEAM PRIZES



SWB Shirts



Equipment from league sponsors



At the end of the Season, the team with the greatest number of points in each bracket will win a Team Prize!



...and more!



Virtual team visit from a professional player

The exact prizes are still to be determined, but the prizes listed above are some of the potential options!