



On and Off the P.I.T.C.H.

Our signature youth soccer program is focused on introducing youth to soccer and creating positive health, social, and academic outcomes for its participants, with the following goals:

- Improve physical health through soccer skills and activity.
- Learn and practice healthy habits through lessons on nutrition and exercise.
- Practice life skills such as teamwork, discipline, perseverance, and respect.
- Improve educational achievement and provide external resources through community partners and referral support for students and families.
- Build confidence and personal growth through mentoring relationships with coaches and teammates.

On and Off the P.I.T.C.H. is designed to integrate the game of soccer with life, social, and emotional skills. Our program has two segments to every session:

On the P.I.T.C.H.: Centered around soccer and physical activity, the participants will complete a one-hour training session, including:

- *Warm up*
- *Skill of the day*
- *Skill Game*
- *Team Game*

Off the P.I.T.C.H.: Centered around our value model, each day is highlighted by one value of the PITCH Model. Coaches and participants will discuss and define the word, using participation and real time examples. Emphasis placed on the defined value throughout the activities of the day.

- P – Personal Accountability*
- I – Intellectually Engaged*
- T – Trust*
- C – Commitment*
- H – Humility*

At the conclusion of every session, each participant will receive a form of nutrition (Fruit, Snack, Hydration).

At the conclusion of the program, each participant will be rewarded a Ball, Bag, and Shirt.

Please contact Program Director, George Davis IV, gdavis@loucity.com for more information.