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Soccer for Moms: Game & Parenting Essentials for Healthy Kids

Kerrie Paige

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With more than threee million youth soccer players in the United States, there are approximately an equal number of adults driving them to and from the field, too! As the popularity of soccer continues to boom, it's becoming a very common activity that can be a tool through which parents can share healthy life skills and attitudes with their school-age children. *Soccer for Moms* demystifies the rules of soccer for moms (and dads!) who may have never played the game themselves, and it provides useful instruction if they need to coach a game. Aside from actual rules of the game, “rules of life” are also shared and suggested in a friendly format. The book builds on the team-centered focus of soccer and also provides a wealth of useful information on improving kids' healthy life skills, such as nutrition, fitness, teamwork, relationships, discipline, sportsmanship, safety, and even fundraising. Parents will feel ready to "get in the game" when they're encouraged and empowered to share in their children's excitement by training and playing in their own leagues, as well as coaching and volunteering for their kids. This book fills a void in parenting information for normal, healthy school-age children and presents it in a comprehensive yet humorous guide to raising healthy soccer players from kindergarten to college.

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