

Dear Youth Soccer Families,

Please see below information on the Mass Youth Soccer Strong program.

The #MassYouthSoccerStrong program was developed to provide resources, tools and inspiration to build healthy habits for physical activity, nutrition and mental wellness for youth athletes.

Throughout the months of January, February and March 2021, Mass Youth Soccer will be providing free content activities and challenges to help engage players and assist them in taking responsibility in their own development as soccer players, athletes and people.

Through the promotion of regular physical activity, healthy wellness habits and regular practice of mental training techniques, Mass Youth Soccer's #MassYouthSoccerStrong program is aiming to help children develop the skillset and mindset to help them thrive on and off of the soccer field.

[Please click here to visit the Mass Youth Soccer Strong Program webpage](#)

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