



Soccer Life Program by Mission Life

1. Introduction

Soccer Life is a training program focused on promoting, in the youth of the populations of interest, technical and tactical competitions in Soccer (Football), by practicing technical exercises with the ball and learning tactical concepts of movement of the players within a playing field, the development of these practices strengthens the cognitive part of the youth, generating health and mental strengthening to be prepared and face the challenges that the pre and adolescent stages imply in places where drug addiction and vices, in general, have become issues related to public health.

Additionally, Soccer Life seeks that their interest group, through sports, healthy living, value creation, and character formation, build a true relationship with God that allows them to build a solid life based on biblical principles.

2. Vision

To be a well-established sports training school in our Child Centers, starting with Nueva Colombia, Cartago, and any other partnership formed thereafter.

3. Mission

Our mission is to provide the children in each of Mission Life Child Centers the opportunity to discover their athletic talents by providing them with a soccer training school that seeks to create in the youth habits based on discipline, effort, and family values as an extension to the Mission Life development programs.

4. Justification

Statistics show us that a large percentage of youth and children between 7 and 18 years old in many of these areas are using drugs; this leads us to a real and clear picture of the need for a structured sport to induce children and youth to be occupied in a healthy and productive activity, which is why we propose a comprehensive work.

The impact of adding this to our project is to be of great magnitude since it is focused on working with socially disadvantaged populations and the most excluded in marginal areas of Colombia and Rwanda, forming with them capacities with which they can be social agents fully capable of achieving a better quality of life.



The boys and girls of these localities and, in general, of the surrounding neighborhoods have great potential, but for different circumstances, they rarely have the opportunity to develop due to different

causes quitting very early in the systematic practice of sports. The specific needs of sports are one thing, and those of the child athlete are another. For this reason, the requirements and contents programmed in the pedagogical plan for Soccer are adapted to the needs of the student's level, skills, and techniques vary according to their age. On the other hand, the pedagogical and methodological importance proposed for Soccer lies in its aim to improve or develop motor potentials and develop human potentialities such as affective, cognitive, and cultural.

Physical activity may also have other psychological and social benefits that affect health. For example, the participation of individuals in a sport or physical exercise can help build stronger self-esteem (Sonstroem, 1984), a positive self-image among women (Maxwell and Tucker, 1992), and an improvement in the quality of life among children and adults (Laforge et al., 1999).

These advantages are probably due to a combination of physical activity and the sociocultural aspects that can accompany this activity. Being physically active can also reduce self-destructive and antisocial behaviors in the young population (Mutrie and Parfitt, 1998).

In the psychological context, various therapeutic situations are associated with sports practice if physical activity is considered an ally in the intervention processes of such frequent pathologies as stress, anxiety, and depression.

Also, physical activity can be observed as a protective element for the appearance of personality disorders, work or academic stress, social anxiety, lack of social skills, and decreased work, social, and family impact of post-traumatic stress.

There is theoretical evidence that indicates that physical exercise has a strong influence on factors that had not been previously considered. See emotional states such as anxiety and depression, decreased stress, and improvements in intellectual and cognitive capacities, supported by functional changes from the practice of physical activity and sport. This implies that sports activity can be considered a central and fundamental element in health promotion programs for children- youth populations with and without specific pathologies -such as learning difficulties, hyperactivity symptoms, and some mental and behavioral deficiency cases. Once again, only a systemic bio-psychosocial environmental perspective of the human being allows us to understand that the different physiological and cognitive functions are interrelated and that positive changes or modifications in some will affect changes and modifications in different spheres of the human organism.



Soccer Life is a state but also mental, making young people increase their self-esteem, obtain good results in their studies, and

develop in healthy environments to escape vices, depression, and even decision-making that could lead to suicide, currently occurring between 10 to 29 years of age.

5. General objective:

Strengthen the mental and personal health of vulnerable children, adolescents, and young people between the ages of 7 and 18 by developing sports attitudes in soccer.

6. Specific objectives:

- Obtain the respective funds to update the soccer fields where soccer classes are done.
- Create an annual technical and sports training program to enhance the soccer skills of children and adolescents who will be part of the sports school.
- Obtain the human resources and implements necessary for playing soccer.
- Recruit 120 vulnerable children and youth during 2024-25 to become part of the established technical and sports training program.
- Strengthen principles and values in vulnerable children and youth so that they are not only good athletes but people with healthy habits and high self-esteem, who are mentally healthy, and who do good to their community.
- Develop family workshops that strengthen them as the nucleus of society, increasing the security of young people to be part of a family.
- Medical monitoring of school members in terms of physical development and creating healthy habits.
- One potential idea is the development of soccer camps specifically designed to invite and host soccer programs from other countries. This could be a unique opportunity for those participating in short-term mission trips to engage with and learn from individuals from different cultures while fostering a shared love for soccer. By providing a safe and welcoming environment for these programs to participate in, we can help facilitate positive experiences and impact both on and off the field.

7. Benefits

The creation of the Sports for Life school seeks to generate the following benefits:

- Generate greater security and tranquility in the neighborhood communities and surrounding areas where Mission Life's child development centers are
- Soccer Life sports training school



- General
- Discover talents that, in the future, will be the base of our teams

- To become professionals in different sports
- Bring Jesus' message of salvation to families in the neighborhoods Mission Life supports, which seeks to consolidate the family as the nucleus of society.

8. Population

Children, adolescents, and young people, men and women between the ages of 7 and 18 at risk, victims of discrimination and/or violence from low social strata in Cartago, Colombia, starting with 40 children.

9. Structure of the program

9.1 Learning stages

Soccer is the most practiced sport in Colombia and Rwanda; it increasingly has a higher level of popularity due to the great achievements of national players, It is practiced in rural and urban areas, and soccer has become a daily passion that motivates thousands of boys and girls to practice.

The structure of the training program includes the elementary and necessary principles in the teaching and application of the sport of soccer through a planned and structured work program where students can start learning, supporting, improving, and performing in the sport.

In "Soccer For Life," four learning stages will be managed, characterized by each being focused according to the evolutionary needs of the players and according to the biological ages, which is more appropriate because it is based on the affective, cognitive, and motive of the human being.

A. initiation stage (7- 9 years)

In this stage, we begin with an approach to games and activities related to soccer to improve ****psychomotricity** and basic motor skills. It is also essential to influence psychomotor coordination through games without neglecting group games of cooperation and opposition since it helps them to strengthen communication, which is very important in sports to better interact with the group in a competitive activity.

Children who participate in this stage can start motor development based on exercises that correct any problem the child has.

The objectives to be achieved at this stage are:



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- Develop basic coordination skills specific to soccer
- Build an interrelationship between motor functions and the psychic life of the individual; the body is considered the anchor of sensorimotor, emotional, cognitive, and social experiences.
- Maintain the level of flexibility based on joint mobility exercises.

B. Training Stage (10-12 years)

At this stage, we will not leave the game as the central engine of the session but focus on elements of perception and decision in attack and defense so that the team game begins. Thus, games that integrate opposition and collaboration and numerical superiority and inferiority are recommended for this age group. In addition, we will continue to develop coordination exercises and apply individual techniques with the ball, providing precise passes and direct shots where joint work will be essential to carry out the activities. The objectives to be achieved at this stage are as follows:

- Acquire basic skills to master the ball.
- Master the elementary individual technical actions.
- Begin the technical work from routes and circuits.
- Develop space-time capacity to improve coordination sensorimotor.
- Expand the strength of muscle groups for the power of extremities.
- Increase the load density to obtain a better body condition for soccer.

C. Performance stage (13 to 15 years)

In this stage, we begin fully with the systematic training that has Soccer, where the dynamics, the workloads, and the recoveries are scheduled in a training plan. At the same time, the individual technique of the ball will be generated in the foreground since it will be the axis of the development of the student's technical-motor process.

The objectives to be achieved at this stage are as follows:

- Apply the different game systems in a competition.
- To develop the tactical, technical, and strategic actions implemented in the work plan.
- Maintain adequate aerobic resistance for soccer.

D. Consolidation stage (16-18 years)

At this stage, we increase soccer's systematic training in such a way that there is an internalization of movements on the field. Physical strengthening processes accompany the individual ball technique.



The objectives to be achieved at this stage are as follows:

- Achieve a body mass concerning the size of the student.
- Use in the game the different rotations generated during the training.

9.2 Training

Sports training is a process in which we apply a series of stimuli to generate effective student development and improve physical condition through planning and structuring a program. Likewise, this soccer project will be implemented through the development of criteria that are managed in this sport:

A. Physical:

- Endurance: Where extensive aerobic and anaerobic endurance work is carried out.
- Speed: This aspect improves the reaction speed, the anticipation speed, and the cyclic and acyclic movement speed.
- Strength: Where explosive strength and maximum strength stand out.
- Flexibility: Passive joint mobility on one side and active mobility on the other are directly related to force.
- Coordination: Motor direction, Motor combination, Agility, and Skill are the four points that compose it.

B. Technical:

- Practice with the ball, which involves everything that passes, definition, reception, with all parts of the body that the regulations allow.
- No-ball technique, positioning on the court, marking, running away, fighting for the ball, etc.

C. Tactical:

- Planning.
- Preparation.
- Party organization.
- Objectives.
- Analysis.



D. Psychology

- Motivation.
- Psychic qualities.
- Mental strengthening

E. Spiritual

- Knowing Jesus
- Born to Faith
- Relationship with God
- Spiritual values

10. Resources

10.1 Human Resources

- Boys and girls from 7 to 18 years old.
- Expert trainer for all stages of learning
- Sports assistant for each training session.
- Administrative assistant
- Project leader

10.2 Didactic resources

- Soccer balls No. 3, 4 and 5, 30 units total
- 20 cm polyethylene cone
- Training bibs
- Polyethylene saucers
- Acrylic board
- Tactical training table
- Stopwatch
- Fox whistles
- First aid kit

11. Indicators

Chart table



The first

on the results, actions will be taken to improve or redefine the training schools strategy.

2024; based

12. Evangelistic approach

Soccer Life training is based on biblical factors; therefore perseveres the truth, respect, and good treatment of its members. It seeks through the generation of "real" spaces to have the possibility that each athlete knows the biblical principles that allow him to form his character to care for and build a life with true purpose.

13. Donations

- Soccer Life needs resources for its operation, so we go to the social sense of companies to help us. Donations can be in the following ways.
- Monetary through the www.Missionlifechange.org website to cover Snacks and food for us to provide children and adolescents who are part of the school after training sessions.
- Equipment for training and sports classes.
- Products belonging to the establishment's production may be leftover items, withdrawn due to collection and/or rotation expiration, or foods with upcoming expiration dates.
- Cash donations are also accepted.
- Benefits: Tax relief for donations through a donation certificate issued by Mission Life. and free publicity during training for participants and the family nucleus.



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Stage of regular exercise and health-related quality of life

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** Psychomotricity is, first of all, a concept: part of Social Sciences. It is a psychotherapy focused on body mediation. It is based on the interrelationship between motor functions and the psychic life of the individual; the body is considered the anchor of sensorimotor, emotional, cognitive, and social experiences.

■ [Definition of Psychomotricity by Marion BORY.pdf](#)