

NON-SMOKER



COACH'S MANUAL

YOU SMOKE, YOU CHOKE.

SMOKER





Dear Coach,

There's a question on a lot of your players' minds – if not now, then soon – it's, "Should I smoke or not?" The answer seems like a no-brainer, but to young people it's a hard decision they have to deal with every day. And between being bombarded by seductive ads and being pulled by peer pressure, 3,000 young Americans decide to start smoking every day. And 1,000 of them will die prematurely from tobacco-related disease. That's a statistic none of us wants to see go up. And that's where you come in.

Next to a parent, a coach or a teacher is the most influential person in a young person's life. So don't downplay your impact. About 80% of adult smokers started smoking before they turned 18. You can change that. Just talk to your players. Tell them how smoking affects their play on the field and their lives off it. Tell them about how it shortens their breath; how it slows their reaction time; how it only leads to disease. Tell them, "You smoke, you choke." You're their coach. They will listen.

Thank you, Coach. The lessons you teach your players will last them a lifetime. With your help, that can be a long, long time.

Sincerely,

David Satcher, M.D., Ph.D.
Assistant Secretary for Health and
Surgeon General
U.S. Public Health Service
Department of Health and Human Services



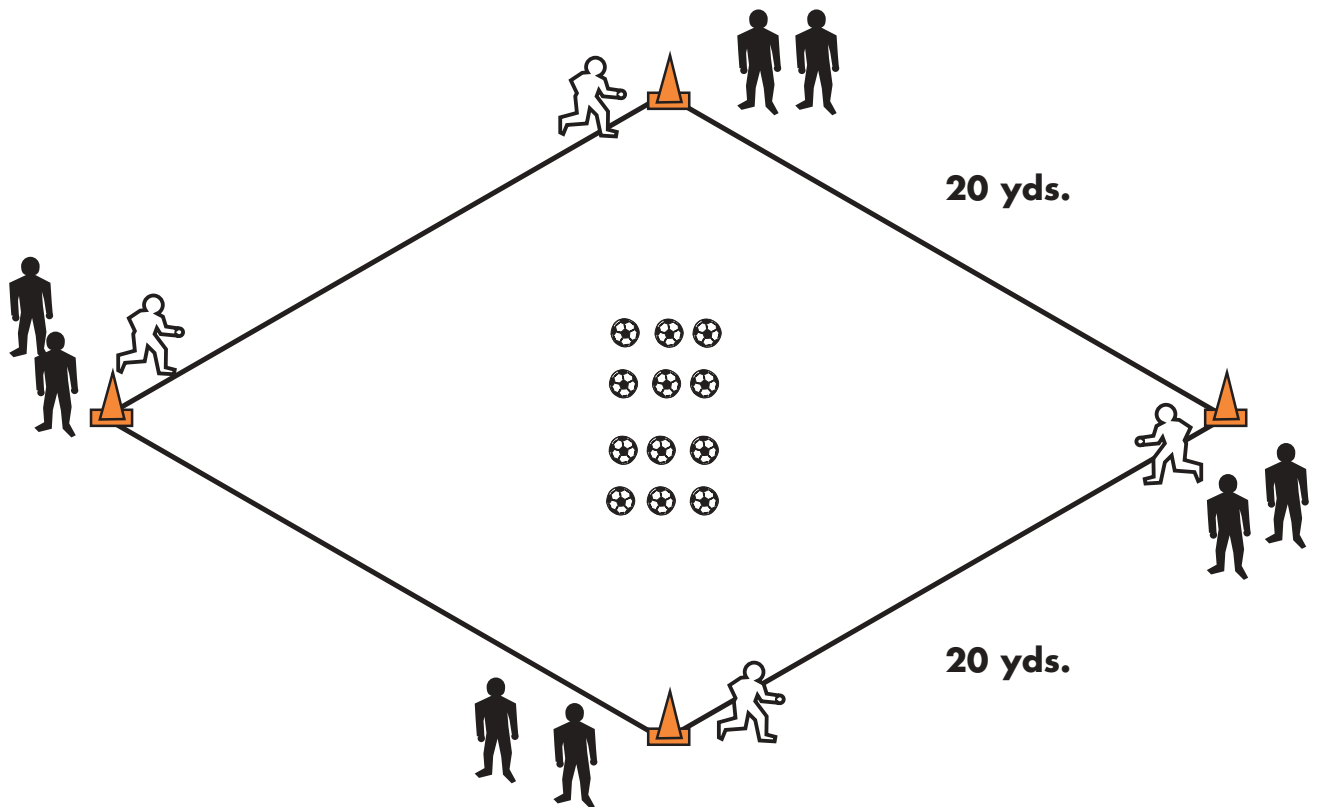
Coach, on the following pages you're going to find activities that will help your team become better soccer players. More than that though, these activities are designed to help you spread the word to your team about the real effects smoking can have on their bodies.

Feeling invincible is part of being young. And why not? They are young and strong. It's perfectly natural. We all felt that way. And while it's a wonderful way for young people to feel about themselves, it makes it harder for them to understand or even bother with the message about the effects of tobacco.

These drills help you do that. These drills teach your players about being in control in difficult situations. They'll learn that they can overcome something even when they are outnumbered. They'll find that there's a price to pay in making the wrong decisions. And learn the feeling of success by making the right ones.

In every case, in every activity, they'll be reminded that they can't achieve any of their goals without their health. They'll find out what it's like to try to do even the simplest thing when they're out of breath. They'll really know what you mean when you tell them how tobacco slows down reaction time, makes their hearts beat faster and decreases their performance.

That's a lot to learn, but they'll learn it. And, thanks to you, they'll learn it all while having fun.



Introduction

If the players on your team can learn to work together toward a common goal on the soccer field, maybe they can also learn to work together off the field to beat the peer pressure to use tobacco. Here's an activity that will teach your team to work together.

The Game

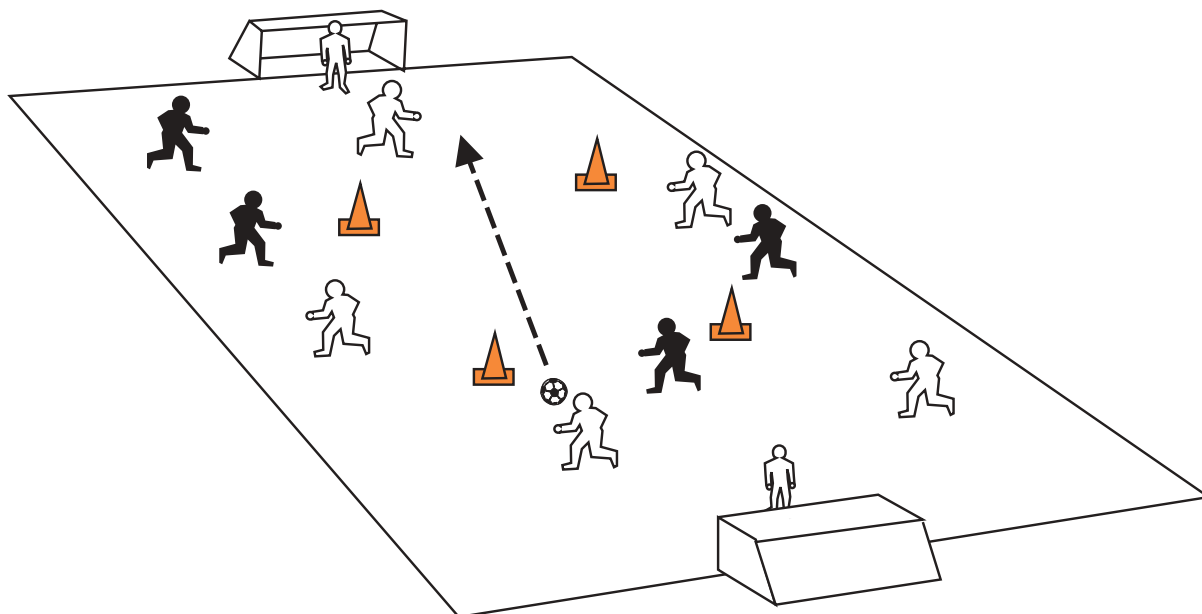
1. Object of the game is to get four balls back to your team's corner.
2. You can only work on moving one ball at a time.
3. You must dribble the ball back to your corner.
4. You can steal a ball from an opponent's corner.

Coaching Points

1. Since this is a competition meant for fun, players will not view it as a fitness session.
2. Since there are only 12 balls, players must steal from other groups.
3. Players must keep their heads up to see how the game is developing.

Variations

1. Let younger players use their hands to carry the ball first.
2. Let younger players steal the ball from their opponents while they are dribbling.



Introduction

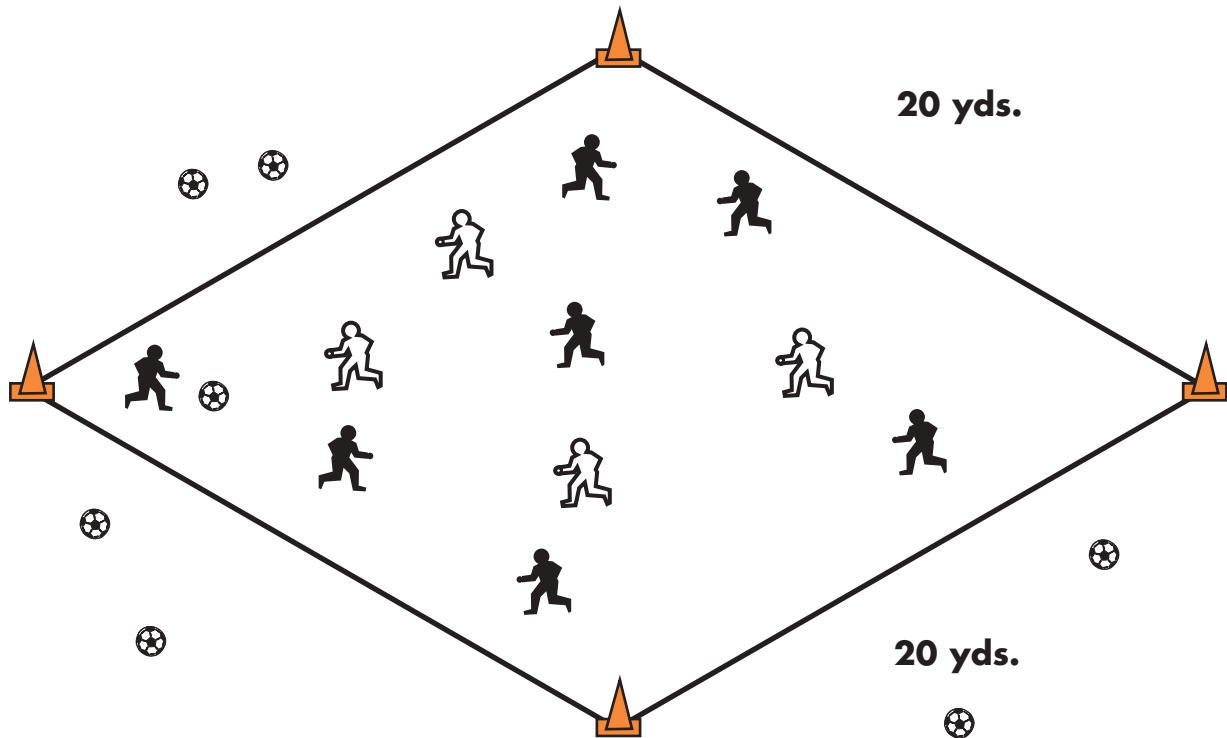
The "Death Zone" is an area where no one can venture safely without receiving a penalty. Tobacco use is a death zone to kids – anyone who enters there pays the price! Teach your kids to achieve their goals without entering the Death Zone.

The Game

1. Play a regular soccer game with two teams, goals and keepers.
2. Mark the middle of the field with the Death Zone.
3. No player may enter this zone, although the ball is allowed to pass through it.
4. If a player enters the zone, assess a 30 second to one minute penalty, giving the opponent a one-player advantage.

Coaching Points

1. This drill is designed to keep players spread out across the soccer field. Encourage the players to stay wide.
2. Vary the size of the Death Zone for desired results.



Introduction

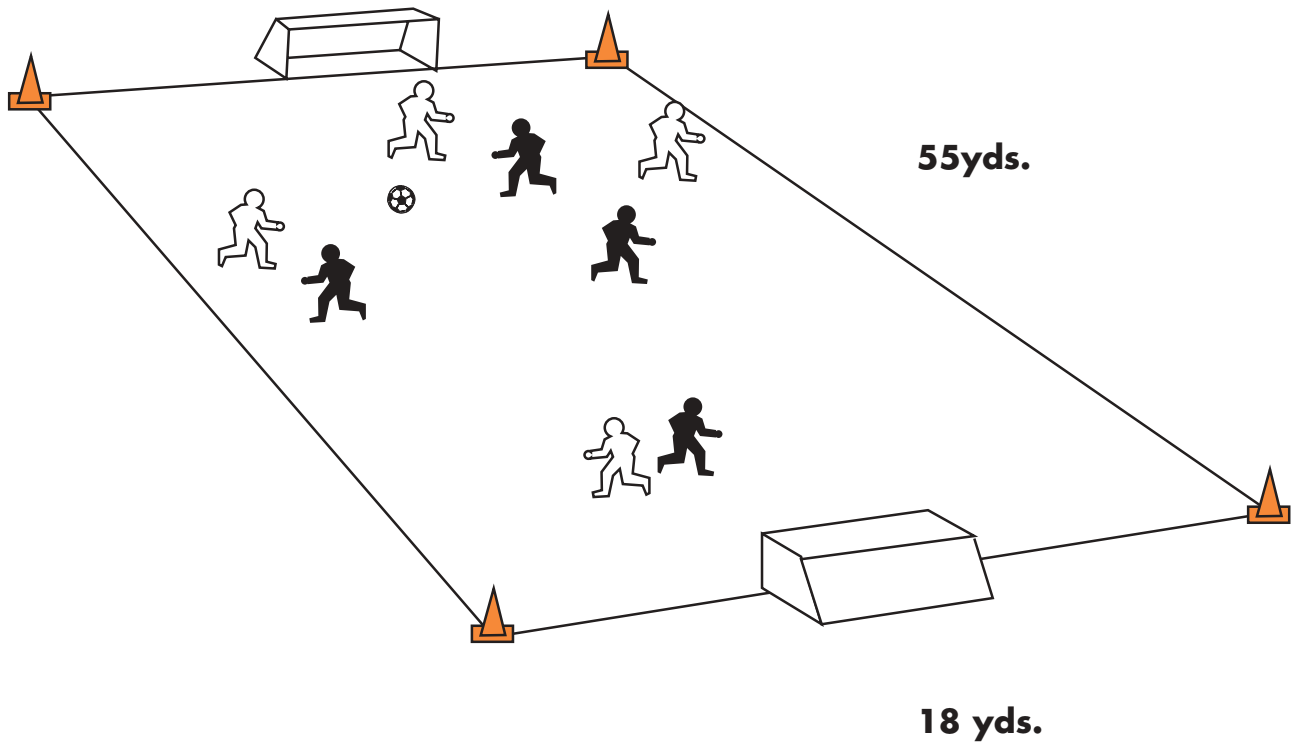
Sometimes, it may seem to your kids as if everyone they know is pressuring them to use tobacco. In fact, they would probably be surprised to learn that, on average, less than one out of every four people smoke cigarettes. Even if it seems like all their friends are smoking, they can beat the odds and stay tobacco-free. Here's an activity to show them that even when they may be outnumbered, they can still triumph.

The Game

1. Seven players try to possess the ball. 15 passes equal a goal.
2. Four players are collectively trying to gain possession and get the ball out of the space.
3. One point is awarded each time they get it out. A total of three points wins the game.

Coaching points

1. General fitness.
2. Ball control.
3. Anticipating and intercepting passes.



Introduction

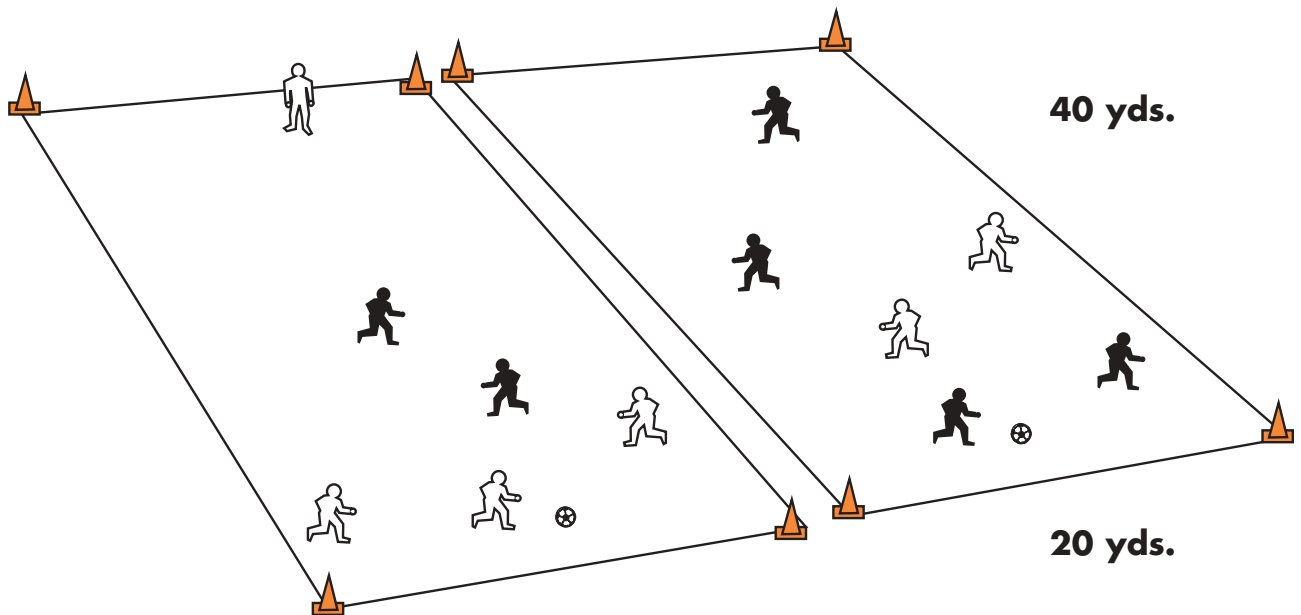
This activity is called "Battle Zone" because sometimes staying smoke-free seems like a battle. But, with the help of just a few dedicated smoke-free teammates, kids can win in the Battle Zone.

The Game

1. A regular four vs. four game.
2. Since the field is narrow and long, this game lends itself to direct play and counter attacking.

Coaching Points

1. Team shape.
2. Attacking and defending principles.
3. Fitness (you can't perform at this level if you're a smoker).
4. Penetration vs. possession decisions.



Introduction

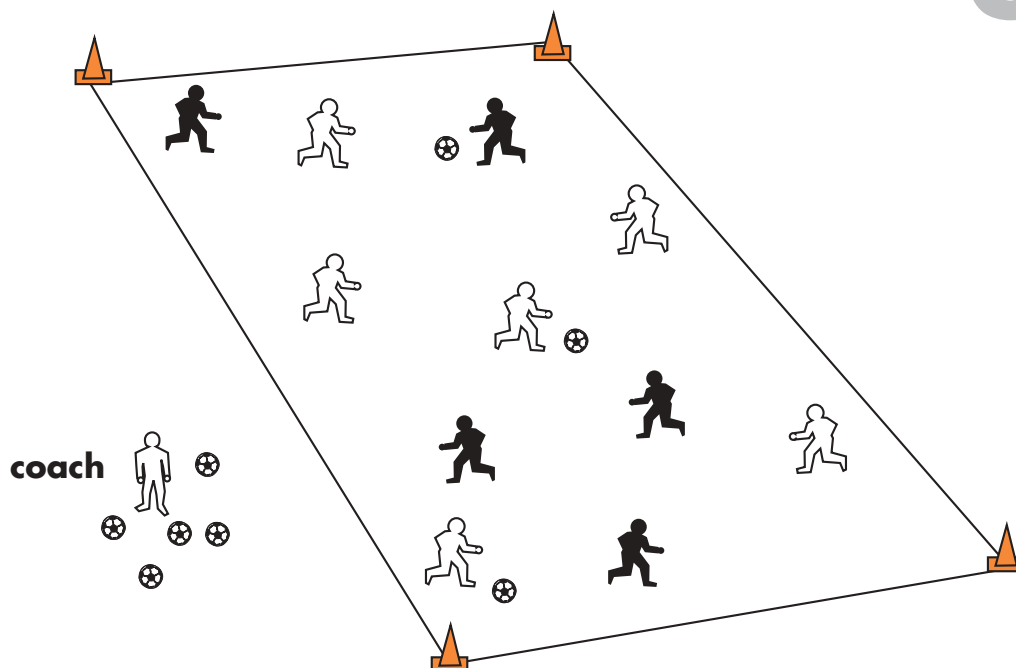
Ultimately, kids need to make their own decision as to whether or not they will smoke. Here's an activity that not only emphasizes the physical fitness that comes from being smoke-free, but also invites the kids on your team to make some decisions for themselves — decisions that will give them the best chance to succeed.

The Game

1. Two teams of six players each. Two grids as shown.
2. Two dark players are sent into the light players' grid. Two light players are sent into the dark players' grid.
3. These players are the defenders against the four remaining players.
4. The four attacking players try to split the two defenders with a pass for a goal.
5. If the two defenders win the ball and complete three passes, they take a goal away from the attacking team's total.
6. At the end of two minutes, send the two defenders back to report to their team. Keep track of the team's total.
7. Repeat sequence with two new players.

Coaching Points

1. Passing and receiving.
2. Supporting play.
3. Combination play.
4. Group defending principles. Pressure on the ball, cover slightly behind the pressuring defender so that splitting passes cannot be made.
5. It is a good idea to let the groups manage themselves and decide who they are going to send in together to defend. This enables leadership and demands cooperation.



Introduction

Being in control is the key to being successful in soccer and in life. This activity will help your kids learn to control themselves on the field, as well as teach them some of the skills that will help them make smart decisions off the field.

The Game

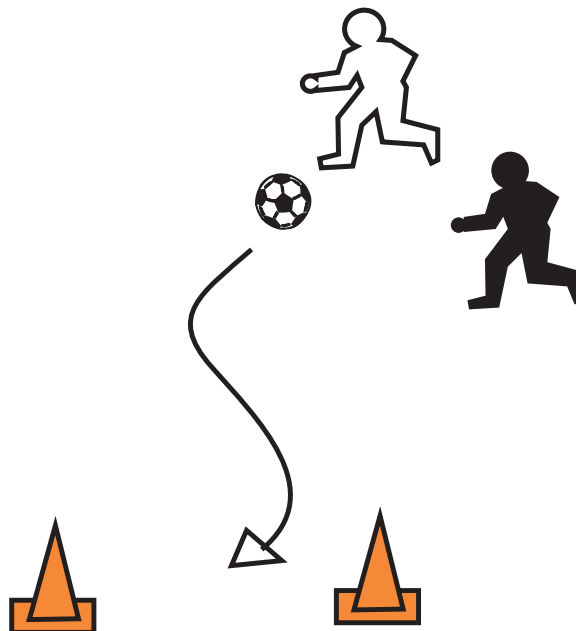
1. Start with two teams of equal number and three soccer balls.
2. On signal, players try to possess as many balls as possible.
3. On the coach's command, play stops and the team in possession of two or more balls wins that round.
4. Play several rounds.

Coaching Points

1. Players must use the skills of passing and dribbling to keep possession. They must also make decisions on where to run when they don't have the ball, when to pass or dribble and to whom to pass.
2. Encourage players to hold the ball against pressure. Many players, when faced with pressure from opponents, will just kick the ball away. If a player does decide to pass, it must be to another player.

Variations

1. Each player must hold the ball for a minimum of five touches before passing. This will force more dribbling and shielding of the ball.
2. Each player has only two or three touches. This will force more passing of the ball.
3. Players may only use their "good" foot.
4. Players may only use their "weak" foot. (Help players remember which foot they're using by pushing one sock down.)



Introduction

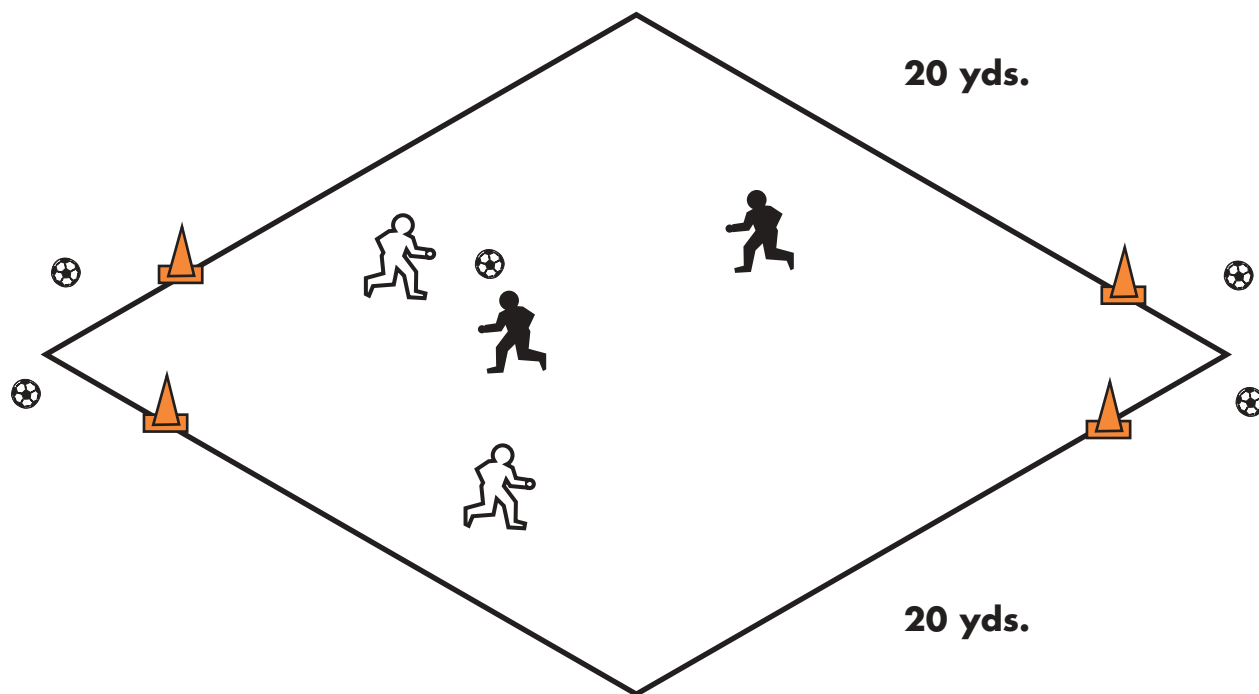
Each of the kids on your team will face a one-on-one choice in their lives – to smoke or not to smoke. If your kids know how to be in control, how to put themselves in the best position to achieve (score) their goals, they will have the best chance to succeed in making the tougher decisions that they will encounter in life.

The Game

1. Play one vs. one, trying to score through a two-sided goal.
2. There is no out-of-bounds.
3. The player in possession of the ball is the attacker, the other player is the defender.
4. Play games of one minute in duration.

Coaching Points

1. Individual defending: steer attacker away from the goal, tackle when the ball is exposed, get goal side when possession is lost.
2. Individual attacking: try to face the defender whenever possible, use change of speed or direction, shield when trying to maintain possession.
3. Dribbling.



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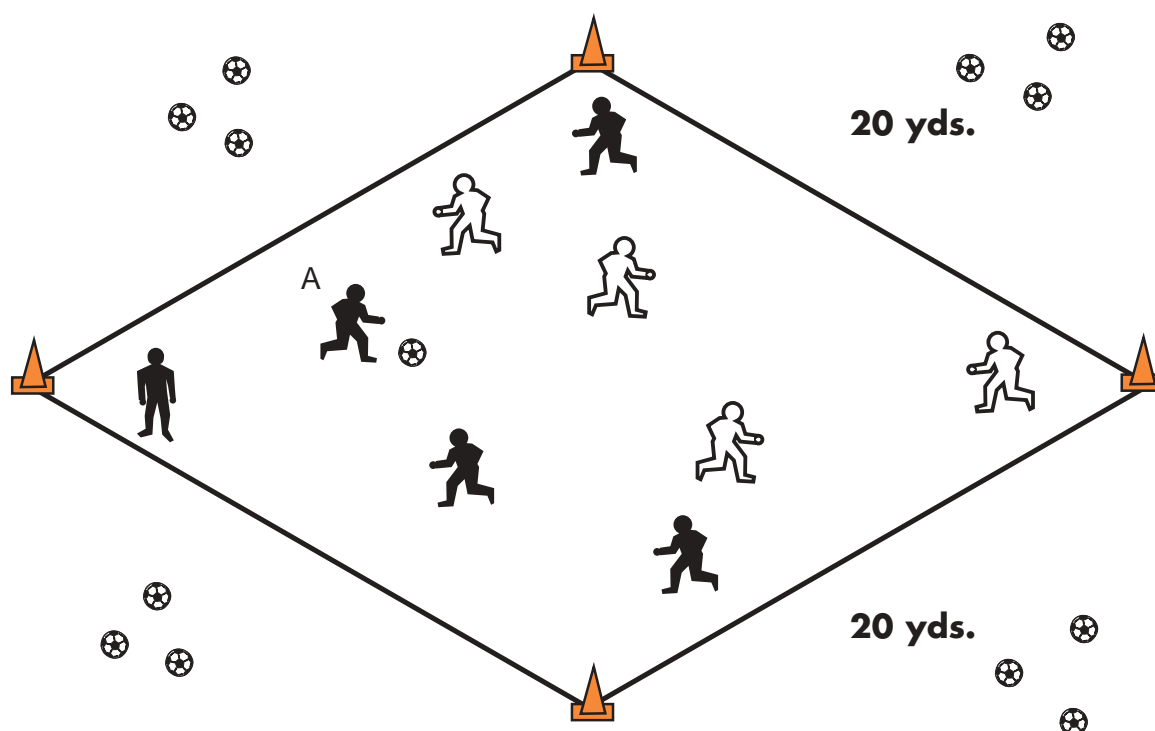
Every time your players smoke, they inhale toxic poisons into their lungs. Soccer is a sport that rewards those who are in the best physical condition. Here’s an activity where those who are in the best shape will triumph more often than not.

The Game

1. Two vs. two, with goals marked out in the corner of the grid.
2. Play a regular game with periods of about 2-3 minutes in duration.
3. Have extra balls ready to keep the game flowing.

Coaching Points

1. Pressure on the ball, do not allow first attacker’s head to come up.
2. Second defender must cover the goal, as well as be aware of the second attacker.
3. First defender tries to channel attacker into the sideline, away from the second attacker. (This is easier to do since the goals are in the corners of the field, the sideline comes up quicker.)
4. When first defender has made the play predictable, second defender tries to double-team.
5. Make sure the defenders stay balanced and do not become too spread out, enabling the attacking team to make splitting passes.
6. As soon as the ball is won, they can shoot. This is the best time to do so because the attacking team is not in a good defending position.



Introduction

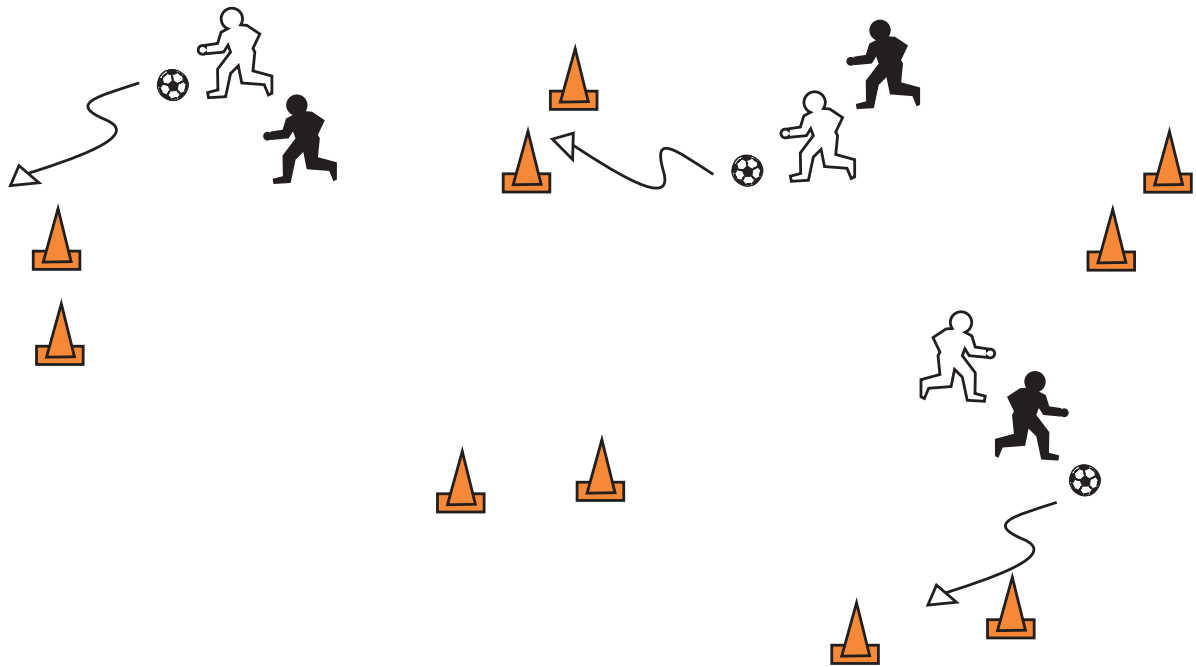
If your kids don't smoke, they will really know how good it feels to be in shape and in control. Showing those around them how fit they are and getting others to join their team is the object of this game.

The Game

1. Each player will need a ball.
2. Player A is IT and starts with the ball. All the other balls are around the sides of the gridded space (20 x 20 yards).
3. Player A dribbles and tries to hit the other players with a pass below the waist. When hit, the caught player gets a ball and joins Player A as IT.
4. Game is over when all players have been caught.
5. Last player caught starts with the ball for the next game.

Coaching Points

1. Encourage quick movements and sudden changes of direction to catch players off guard.
2. Encourage deceptive passing of ball: look one way, pass the other. Use outside of foot.
3. Free players should run, jump and use zig-zag movements to avoid getting caught.



Introduction

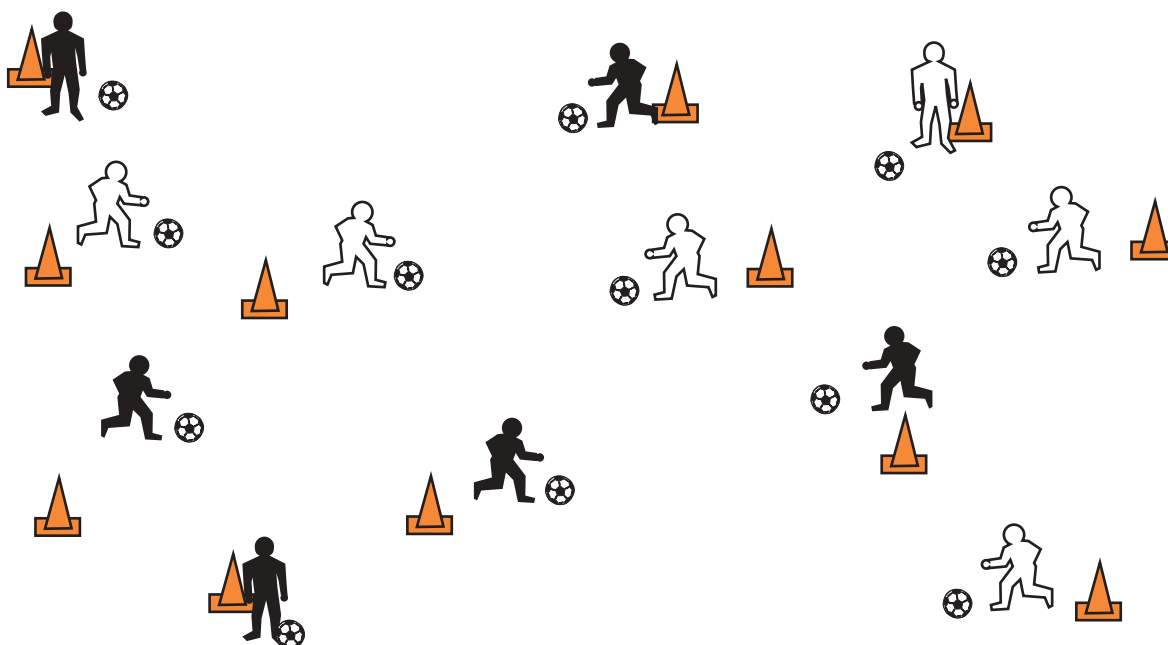
Have your kids practice scoring (achieving) their goals – it’s a great way to get them used to the feeling of success. One goal they should always strive for is to stay smoke-free. Here’s a game where it’s easy to score goals, but only when they’re in control and making good decisions.

The Game

1. Each player on the team is with a partner.
2. Whoever has the ball is attacking, whoever doesn’t is defending.
3. The player who dribbles the ball through either side of any of the goals gets a point.
4. The game keeps going after goals are scored, with the player in possession of the ball trying to score another goal.
5. Play games of 60-90 seconds.
6. Make sure that players keep their heads up when dribbling through a goal as there may be another pair coming through the other way.
7. Make goals at least four yards wide. The more players at the practice, the more goals needed.

Coaching Points

1. Individual attacking and defending.
2. Fitness.
3. Dribbling.



Introduction

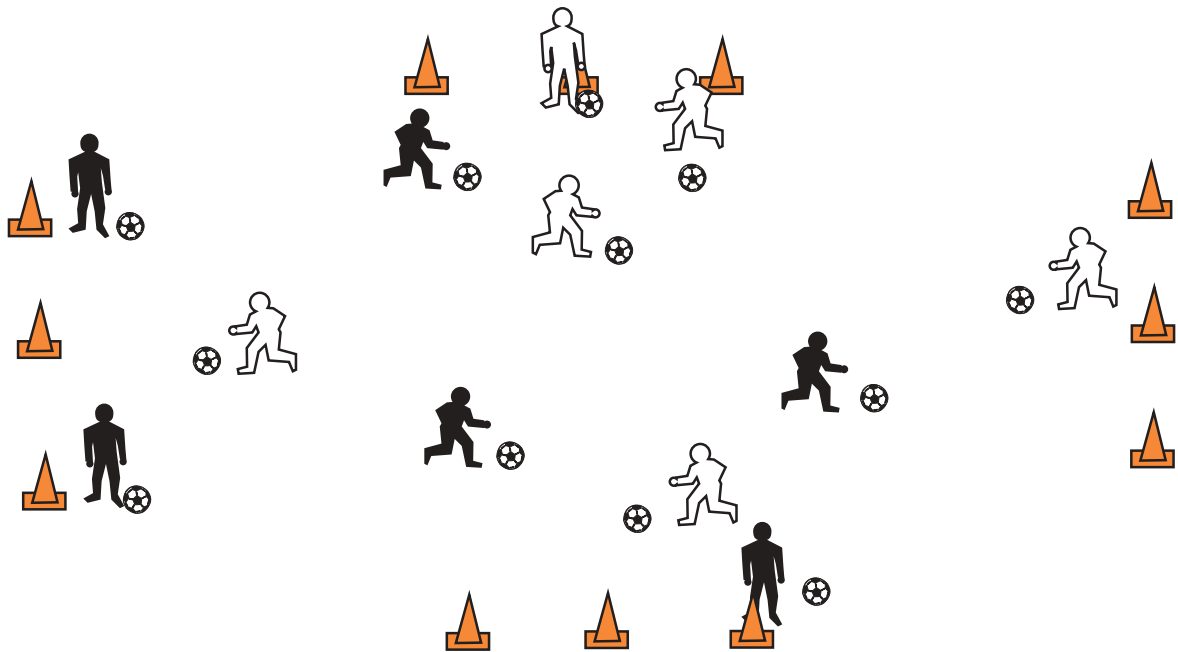
Ask your players to pretend that the cones in this activity are their lungs – the whole object is to keep them safe. Only with safe and healthy lungs, protected from the dangers of tobacco, can they win.

The Game

1. Define a rectangular space. Each player starts with a ball and a cone.
2. Each player must protect the cone while trying to attack and kick over other cones. Players must keep the ball under control while defending and attacking.
3. When defending, players must try to block attackers by keeping the ball and their bodies between the cone and the attacker.
4. On attack, players should try to maneuver around defenders while controlling the ball to get a clear kick at their cones. If a cone is kicked over, it can be set up again after an exercise like dribbling or juggling the soccer ball.

Coaching Points

1. This game allows players to stay included by doing some simple exercises. Choose activities that can be performed quickly so players can get involved.
2. Vary the activity to include exercises like push-ups, sit-ups, cartwheels, dribbling, pull backs, stepovers, touches on ball, hopping over ball, etc.
3. Make sure players control the ball while defending and attacking.
4. Watch for players who DEFEND or ATTACK more often.
5. Watch and help players determine when to attack and when to leave the cone, as well as when to defend and when to stay at home around the cone.
6. Help players remember to keep their bodies and the soccer ball between their cones and the attacker.
7. Explosive, quick moves will help attackers maneuver around defenders.



Introduction

Learning how to play on a team – when to lead and when to follow – can help your kids in almost all their decisions. Help them make the choice to lead by setting a smoke-free example. And let them know that it’s alright not to follow if others are asking them to smoke. Here’s an activity to help them stay fit, make good decisions and work together as a team.

The Game

1. Same space as in previous activity (Protect the Cone).
2. Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space.
3. Each player must have a ball. The group leader chooses a group captain. The captain must organize the group by which players will defend and attack.
4. On command, the game begins with players defending their cone or attacking other teams’ cones, while controlling their own soccer balls.
5. When a team’s cones are knocked down, the team can no longer attack.
6. The team with the last standing cone is the winner.

Coaching Points

1. Allow players to organize themselves with as little interference from group leader as possible. This will be valuable experience when they play organized soccer.
2. Watch which players have the most success at organizing groups. But make sure all get plenty of opportunities to be the leader.
3. Watch the group dynamics and switch players so all get to work together.



We, the undersigned members of

know that smoking harms our bodies and limits our goals both on and off the field. We pledge to be smoke-free for life because we care about our health and the health of those around us.

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www.cdc.gov/tobacco

