Stay Home Season
Facilitator's Guide
SPRING 2020

¡SWB STAY HOME SEASON!
- Connect
- Play
- Keep Safe
As the COVID-19 pandemic forced schools to close and social, arts and sporting events to be canceled, soccer coaches and clubs across the country have worked hard to keep players connected and engaged. Through Zoom practices, team challenges, YouTube channels, and regular check-ins, coaches are staying connected to their players and creating an invaluable outlet and a source of remote community in these uncertain times—when players need it most.

Soccer Without Borders created the Stay Home Season to create a sense of belonging and to support healthy habits and mental health among youth across the country. During a time of increased youth isolation, Soccer Without Borders hopes to bring teams together virtually across borders in order to reintroduce structure, routine, and healthy competition into the lives of young people affected by this pandemic.

This Facilitator’s Guide will clarify the purpose and intention of this Stay Home Season and give coaches clear directions on the implementation and execution of the league. It will breakdown the schedule of the 5-week season and contain a complete step-by-step guide on how to participate, compete, and most importantly, track each team’s points.
The **Stay Home Season** is unique because any team can enter, any age group, any gender, in any location. There is no fee to participate.

To enter, a team must have a head coach and be a part of an existing organization that has completed liability paperwork, with coaches having permission to conduct Zoom or virtual practices with their players.

The head coach of every team must complete an online liability release form.

Teams will be put into brackets with up to 10 other teams, and will compete against the other teams in their brackets.

Teams commit to the 5-week long season. Teams host at least one virtual session per week and the league-wide Social Impact Challenge promoting service & connection every week.

**HOW TO WIN:** Teams compete against each other to have the highest percent attendance rate for virtual practices & completion rates of the weekly Social Impact Challenge.

**MORE PARTICIPATION = MORE POINTS**
The Stay Home Season is based on the following eight principles:

1. We all need a sense of belonging and community.

2. Young people need structure in their days.

3. Fun, competitive, remote programming conducted indoors will keep our communities and young people safe.

4. Social isolation is necessary for public health, but can create mental health risks.

5. Young people need encouragement and incentives to connect with their teammates, to stay active and informed, and to contribute to others.

6. Competition can be channeled to encourage participation, connection, and giving back.

7. Young people want to feel part of something bigger.

8. A nation-wide soccer competition will support health and wellness during social isolation and help individual coaches stay connected to their players.
This league is all about connection, positivity and staying safe and healthy. Soccer Without Borders staff use the following mantras to conduct our programs, and we ask that all teams adopt this approach to every aspect of the league, from conducting programs to reporting scores to celebrating:

**WE'RE GLAD YOU'RE HERE**

The opposite of isolation is inclusion. This season is designed to include everyone, no matter your age, gender, skill-level, or any other typical differentiator for organized sport. We believe that this season can bring people from all backgrounds together, particularly those who otherwise would not compete against each other.

**LEAVE YOUR SHOES AT THE DOOR**

We are humble in our approach to serving others. We leave our assumptions at the door, and are curious to learn from those who are different from ourselves, or who may be impacted differently by COVID-19.

**YOU PLAY YOUR BEST WHEN YOU'RE SMILING**

We believe that smiling and having fun is one of the most important things that we can do to stay healthy and positive, both on and off the field. Taking care of ourselves and others in our community is the inspiration for this Stay Home Season.

**KNOW THE "THINGY THING"**

We must be sensitive to the differences in experiences between people at this time. The COVID-19 pandemic has magnified the inequalities that exist in our world. If we have privileges, such as good health and internet access, we will strive to find ways to support others who do not.

**CELEBRATE THE PASS MORE THAN THE GOAL**

We all love competition and winning; however, they are not the main objectives of this season. We want to celebrate the new experiences that this season can create for us, including getting to know our teammates better, competing against those we otherwise wouldn’t get the opportunity to, and serving causes larger than ourselves.

**GET THEM TO THE FIELD**

We encourage our teammates to participate in this season, knowing that the more players who participate, the more that everyone benefits from this experience. We seek to support teammates who must overcome additional barriers to their participation in the Stay Home Season.
SWB sends each team's coach the week's challenge Monday morning.

Coach conducts a virtual practice or challenge.

Each coach updates the scoreboard with his/her team's weekly scores by 5pm PST.

Coach conducts a virtual practice or challenge.

Players complete the weekly challenge.

SWB sends out the updated weekly leader board.

*Zoom/virtual practices and challenge days subject to team's chosen schedule.*
Each team will conduct at least one Zoom or virtual practice per week run by the team's head coach. A Zoom practice should last 1 hour. The practice programming is subject to the individual team. The team earns points for each practice based solely on the rate of attendance.

We have found that Zoom practices are a fun way to connect with youth and foster connection. We hope that every team can complete at least one Zoom or virtual practice each week!

Encourage and highlight the importance of using the video function. Seeing everyone's faces creates a greater connection with your team!

**OPTIONAL PRACTICE COMPONENTS**

- Team Builder
- Fitness Exercises
- Ball Work
- Public Health / School Announcements

*SWB Stay Home Season! - Connect, Play, Keep Safe*
Every week Soccer Without Borders will announce the week’s **social impact challenge** to be implemented by the coach and completed by the players.

The weekly challenges are intended to promote service, health, and connection.

Even though the teams competing in the Stay Home Season may live in different communities, regions, timezones, and potentially even different countries, COVID-19 has affected everyone in some capacity. The weekly challenges will give teams the opportunity to work together in a different way and make an impact on their community.

Each challenge sent to the coaches will have a theme for the week. SWB will send a description of the week’s theme and the directions for completing the challenge. Each challenge will have three options ranging in difficulty and time commitment. Challenges are intended to be able to be completed by players individually. Coaches will choose which of the three options their team will complete each week.

SWB will send each coach the week's challenge by **Monday, 9AM PST/12PM EST**.

Players must complete the challenge and coaches must record the team's completion rate in the google spreadsheet by **Thursday, 5PM PST/8PM EST** each week.
Teams compete against each other to have the highest percent attendance rate for Zoom practices and the highest completion rates of weekly challenges. 

Each team will earn a score from 1-10 based on percent attendance for each Zoom practice & each completed challenge.

### TRACKING SCORES

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Club or Organization</th>
<th>Location</th>
<th>Team Virtual Session 1</th>
<th>SWB Challenge 1</th>
<th>Challenge Chosen? (A, B, or C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWB United</td>
<td>Soccer Without Borders</td>
<td>Oakland, CA</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boston Celtics</td>
<td>NBB</td>
<td>NA</td>
<td>3</td>
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<td>La Liga</td>
<td>Spain</td>
<td>7</td>
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<tr>
<td>Arsenal</td>
<td>EPL</td>
<td>England</td>
<td>12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Each coach will record their team’s score in the google spreadsheet (pictured above) every week by 5PM PST/8PM EST Thursday.

### HOW TO CALCULATE

If 33% of players attend, the team receives 3 points. If 66% attend, you receive 7 points. Round up or down from 5.

If there are 16 players on the roster, and 8 attend a Zoom practice, your team gets 50%, and will receive 5 points for the session in the overall standings.

One challenge per week will also be counted. If 16 players are on the roster, and 4 complete the challenge, your team earns a 25%, and get 3 points for the session in the overall standings.

### SCORING KEY

Each week, SWB will send out the weekly standings by Friday 12PM PST/3PM EST.
INDIVIDUAL AWARDS

As an optional, but fun way to incentivize participation, coaches can announce at the beginning of the season that they will have individual player awards.

- **Most Improved**
- **Motivator Award**
- **Positivity Award**
- **Highest Participation**

Actual award categories subject to each team’s coach.

TEAM PRIZES

- **SWB Shirts**
- **Equipment from league sponsors**
- **Virtual team visit from a professional player**
- **...and more!**

At the end of the Season, the team with the greatest number of points in each bracket will win a Team Prize!

The exact prizes are still to be determined, but the prizes listed above are some of the potential options!