

## Have Fun

### Coach Talk:

The #1 reason why we're here to play soccer is to **Have Fun!**

Soccer is fun because you get to run around a lot and learn new skills like passing, dribbling, shooting and juggling. Soccer also teaches you how to get along with others and how to work together as a team. You can also learn a lot of important lessons that can help you in school and at home. Finally, soccer provides a break from some of the hard things you have to do like homework and doing chores around the house.

- Why is it important to have fun when you play soccer?

### Story:

Maria's favorite sport is soccer. She loves to play because it is so much fun. She also likes making new friends and improving her soccer skills. Maria's mother is a good soccer player and she likes to practice with her mom. The night before a soccer match, Maria has a hard time sleeping. She thinks about the game and how much fun it's going to be to put on her jersey and play soccer. Win or lose, she loves the competition and playing together with her teammates. Sometimes the team will go out together for ice cream after the game. Those are the best days!

- Can you name some of the reasons why Maria loves soccer?
- What are some of the reasons why you like soccer?

### Parents' Corner:

When kids are asked why they play sports, the number one reason they give is to have fun. Here are the results commonly given in surveys:

1. To have fun,
2. To make friends,
3. To improve my skills and learn to play the sport well,
4. For the excitement and challenge of competition, and
5. To be a part of a team and learn team work.

Michigan State researchers Martha Ewing and Vern Seefeldt came to the same conclusion in 1989. Their study of 28,000 boys and girls around the country asked, why do you play sports?

The top answer then was “fun,” followed by “to do something I’m good at” and “to improve my skills.” “Winning” did not crack the top 10.