



Hey, Coach!

LET'S MAKE BUILDING HEALTHY BODIES FUN!

Soccer isn't just fun — it's also a healthful, body-building exercise. For teens, soccer is one of the most effective impact sports for building bone density. Combining weight-bearing exercise and the repetitive impact of running and jumping is considered crucial for healthy bone development. For more than a decade, Cabot Creamery has been in the forefront of educating our youth about the importance of calcium for strong bone growth. But good eating habits are not enough. For strong bones, exercise must go hand-in-hand with consuming calcium through dairy.

That's why the farm families of Cabot Creamery Co-operative have free soccer resources including:

- Skills and drills videos located on our website
- Nutrition tips for young athletes
- Recipes for fueling a healthy body

WHAT YOU WILL FIND IN OUR FREE SOCCER RESOURCES (CABOTCHEESE.COOP/SOCCER-CLINIC) :

ICE BREAKER DRILL

This drill is not only a great way for players to get to know each other, but also incorporates a great dribbling exercise. The players start by dribbling the ball towards another player. They must then shout out the name of the person they are moving towards, hence, "breaking the ice". As that person's name is shouted, that player must then take the ball and begin the process over again looking for a new player with whom to "break the ice".

NUTRITION TIPS FOR HIGH PERFORMANCE

Kids agree - soccer is fun. But it's also a healthy, bone-building exercise. Playing hard requires fueling up before, during, and after games. Milk, yogurt, and cheese are rich in high-quality protein and contain many essential nutrients for building muscle and bones. Four servings of dairy throughout the day contain enough calcium and protein to satisfy the needs of these growing athletes.

EAT RIGHT

Your players need to eat the right amount and mix of foods to support their higher level of activity. Eating for sports should be an extension of healthy eating for life, and Cabot has the recipes for both! Visit cabotcheese.coop/recipes for great kid-friendly recipes.

Find these free soccer resources at:
cabotcheese.coop/soccer-clinic



Fueling up for soccer with dairy is a fun, easy way to get the calcium and protein that your players need!

DAIRY DELIVERS

NUTRIENT RICH

Nutrient rich, providing many vitamins and minerals (including calcium, phosphorus, potassium, vitamin A, and more) which are needed to maintain good health and grow healthy bones.

PROTEIN-PACKED

Vital to grow and maintain healthy tissue and muscle, protein provides the energy that is needed for growing athletes.

BONE-BUILDING CALCIUM

A great source of bone-building calcium, cheese is the No. 2 source of dietary calcium for Americans.

NURTURE PLAYTIME

Being active is perhaps the most fun-filled way to help build stronger bones. In fact, pediatricians specifically recommend exercise for better overall bone health. Weight bearing activity (just like soccer!) may seem like child's play, but it actually signals the body to build more bone.



Apple Pie Protein Muffins with Cheddar

Makes 12 muffins

2 cups flour	2 eggs, beaten
1 cup Cabot Lowfat Vanilla Bean Greek Yogurt	½ cup low fat milk
4 oz. Cabot Sharp Cheddar, shredded	2 cups apples chopped ¼ inch dice
1 cup brown sugar	1 scoop Cabot Whey Protein
	½ tsp. cinnamon

PREHEAT oven to 350°F and get out a 12-cup muffin tin. **MIX** dry ingredients together in a medium bowl and your wet ingredients together in a separate medium bowl, as directed below. **ADD** the dry ingredients to the wet ingredients, mixing until well blended. Add the cheese and apples and fold in, mixing until they are just incorporated into the batter. **FILL** muffin cups with batter until batter almost reaches the top of each cup. **BAKE** for 25 to 30 minutes, or until the tops of muffins are golden brown. Remove from oven and let cool until muffins are safe to handle.

Calories 240, Total Fat 4.5g, Saturated Fat 2.5g Cholesterol 50mg, Sodium 100mg, Carbohydrates 41g, Dietary Fiber 1g, Protein 9g, Calcium 150mg

For free nutritional and educational resources, please visit:
cabotcheese.coop/youthful-matters

