



FoodBall is a program aimed at supporting the curriculum delivery in South Africa through a project that has developed a nutritional plan for learners in the school sports arena. Further to this, will be the upgrade of sports fields, transfer coaching skills to educators, identifying and developing talent at primary and secondary schools through offering life skills in youth based social programs.

FoodBall has set the following minimum targets for its learner athlete participating in football. Currently over 640 000 learners are registered with the Department of Education in the Free State, over 390 000 primary school learners, thus targeting a 10% uptake of football for 2015 /16 in primary schools.

- ⚽ 39 000 - Primary school learners for mass participation
- ⚽ 37 800 - Learners from secondary schools
- ⚽ 15 150 - Learners from combined schools

Using FoodBall as the “kickoff point, the “project aims to feed, train & develop:

- ⚽ 90 000 learner athletes
- ⚽ 1 000 Educators in grassroots football coaching in schools
- ⚽ 75 Town School Coaches
- ⚽ 18 Local Municipal Coaches
- ⚽ 5 District Coaches

“I don’t believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball.”

Roy Maurice Keane

(*1971: former captain of Ireland and Manchester United)



The training of these Coaches will create;

- 280 Schools Coach Mentoring and Support position
- 101 Full time/Part time coaching positions

Over 1 381 people will be trained to provide Support to Curriculum Delivery in the Free State and empowered with the tools to run the project.

The School Sport Empowerment Scheme will monitor, evaluate and report on the project using the Sport Information Management System (SIMS). Participants and Stakeholders will be included in a tangible community of common interests, be offered various forms of assistance and support and join a well-documented and reachable pool of talent.



Power Foods is proud to drive the FoodBall project. We have launched numerous sustainable projects such as this which make a difference to many South Africans.





FoodBall Ambassador

Affectionately known as “Mr. Cool #2”, Thabo Benett Nthethe was born on the 3rd October 1984 in Bloemfontein. Thabo’s love for football took him from the dusty streets of his home township to captain both Bloemfontein Celtic FC and Mamelodi Sundowns FC as a professional player.

When Bafana Bafana was under the reigns of Coach Gordon Igesund, Thabo earned his Bafana Bafana Caps and also being Captained the senior national team. He is a South African football defender who currently plays for Premier Soccer League club Mamelodi Sundowns FC.

His journey started in the amateur ranks with teams like Dragon United FC, Bloemside Wavers FC, FC Milan United and Jamaican Stars FC. I started playing for Bloemfontein Celtic FC in July 2002 whilst they were playing in the first division, as a team we worked hard to gain promotion to the PSL. In 2004/2005 season we gained that promotion and finally we were Professional Players. I have been part of Celtic since 2002 and ultimately Captaining the team for 4 seasons until I joined Mamelodi Sundowns FC in January 2014 and in that same year we won the Premier League.

I have a passion for uplifting children and love to see them doing well as they grow. For some time now I have been independently assisting schools and small teams with sports equipment, renovating sports facilities and coaching clinics. I felt more could be done. It is for that reason that I am proud to state that I have joined “FoodBall” as their Ambassador where I believe I can add even more value to children and the sport of football”.

A key driver of mine is to teach children that with dedication and good nutrition one can reach the highest level in your chosen sport such as I have done to date. In 2011 Thabo married his high school sweetheart Disebo. They live in Gauteng with their two children Bokang and daughter Othabetsi.

