



Class Descriptions

Beginners To Winners – Pre K Children

Itty Bitty 's: 24-35 months. This is a parent participation class. Class is 30 to 40 minutes followed by a 10 minute small sided game time. Itty Bitty 's is an introduction class to "Beginners to Winners". Toddlers & parents explore social, movement and soccer skills together. Gross motor skill development to include: running, shuffling, jumping, stopping, balance, kicking. Participants will learn basic cooperation and listening skill development. Itty Bitty's will also get experience in small group learning environment. The class is safe, positive, fun and good exercise for child and parent.

Mini 's: 36 – 47 months. The Mini's class is not a parent participation class. Class is 40 minutes followed by a 10-minute small sided game time. Parents and kids play organized games together to develop listening skills, balance, beginner ball skills, foot-eye coordination. Gross motor skill development to include: running, running backwards, skipping, shuffling, stopping, jumping, balance and kicking. Socially they will learn to further cooperate with others, listen to instructions and learn to play organized games. In addition participants will be introduced to teamwork as they develop dribbling and shooting soccer skills.

Little Strikers: 4 and 5 year olds. This is not a parent participation age group. Classes are 40 minutes followed by 10-15 minutes of small sided game play. Little Strikers will have Beginner classes for new participants and Experienced classes for those children that have taken Mini's or Little Strikers before. Little Strikers will further development more complex motor skills and soccer skills. Little Strikers will build on technical soccer abilities for dribbling including fakes, turns and receiving. Basic soccer instruction for those that have never played before. Children will be introduced to rules of the game, passing and scrimmaging. Instructors will teach soccer concepts through fun games with storylines to keep the participants active and engaged .

Junior Strikers: 6 to 8 year olds. This is not a parent participation age group. Classes are 40 minutes followed by a 10-15 minute small sided game. Junior Strikers is a non competitive, developmental class to enhance individual and team skills with an emphasis on fun. Most participants will have previous experience but beginners are welcome. The sessions will work on gross and fine motor skill development. The sessions will include game activities that teach soccer concepts and skills. Participants will build upon technical soccer abilities to include dribbling , turning, receiving, passing and shooting. More advanced game concepts will be introduced to include team shape and defensive principles of pressure/cover. Players in Junior Strikers will be prepared and encouraged to play in recreational Sports Lodge leagues. The Junior Striker Class is a great way to get quality instruction and build skills for players looking for additional soccer development.

Strikers: 9 to11 year olds. Strikers classes are 40 minutes followed by a 10-15 minute small sided game. Strikers is for any young soccer player wanting to enhance their skills, tactics and learn the game. Strikers is a non competitive, developmental class with the goal of teaching kids the game of soccer. A perfect class for a new player or an experienced player wanting to improve. All concepts of soccer are implemented to include individual skill work for dribbling, 1v1, shielding, receiving, passing and shooting.. The emphasis is on individual skill development, not winning.