

- **Lil' Kickers**

### **Bunnies (18 to 24 months)**

Classes introduce toddlers to soccer with games that allow them to run, play as a group and kick a ball. They gain basic soccer skills while building fundamental skills such as balance and coordination. Classes incorporate activities that are geared toward a toddler's unique way of learning and including parachutes, bubbles, noodles, cones, lots of goal scoring and more.

### **Thumpers (Ages 2-3 years old)**

Parents and kids, led by one of our instructors, play organized games together to develop listening skills, balance, ball skills and foot-eye coordination. Thumpers is the ideal next step for Bunnies veterans who are not yet old enough for the Hoppers level, and a perfect introduction to Lil' Kickers for new players.

### **Cottontails (2.5 to 3.5 years old)**

Classes are designed for children who are ready for more of a challenge than a Thumpers class, but who are not quite ready to be on the field without a parent or caregiver. The Cottontails curriculum is designed to build fundamental skills such as balance, coordination, and ball kicking. Cottontails classes also offer another component-helping your child build a sense of independence. As children progress through the session and become ready for more independence, parents can choose to transition to a less active role in the class.

### **Hoppers (3-4 years old-Beginner)**

Classes are designed to be fun and fast paced. Classes focus on increasing balancing skills, coordination and fundamental soccer skills. We utilize creative games and help kids develop listening skills, cooperation and teamwork. Hoppers classes are the first class where children participate independently.

### **Jackrabbits (3-4 years old-Intermediate)**

Classes are designed to help transition children into non-competitive team play. Children play creative games to develop fundamental soccer skills and will also be introduced to more one-ball oriented games and scrimmaging. The focus of the scrimmages will be to help players understand how to apply skills in different situations and building teamwork. Some small sided non-competitive soccer games are introduced.

### **Big Feet (5-6 years old-Beginner)**

This class is for children who have not played soccer before. These classes concentrate on giving beginning kids a set of basic soccer skills (dribbling, passing, trapping, scoring) and some confidence on the field. Kids will be introduced to the ideas of sportsmanship and team play. Kids will play some small-sided, non-competitive soccer games to help prepare them for Micro Classes.

## **Micro Classes (4-5 YEARS, 6-7 YEARS, 8-10 YEARS-INTERMEDIATE)**

These classes are non-competitive and are designed to enhance individual and team skills, with an emphasis on fun and safety. Micro Classes are for kids who have played soccer before either in Lil' Kickers or another program.

- 50 minutes of class time with 15-20 minutes of instruction and 20-25 minutes of scrimmaging
- Teams will field no more than four players at a time
- Everyone gets equal playing time
- There will be no goalies
- We will not keep score or league standings

- **Skills Institute-Level I**  
**AGES 5/6, 7/8, 9-12**

Focus will be on basic fundamentals of player development:

- dribbling
- passing
- shooting
- trapping
- how to use these skills effectively in a game

Level 1 will take players through weekly sessions of fundamental skill building and competitive drills/games to develop self-confidence in practice and game situations.

- **Skills Institute-Level II**  
**AGES 5/6, 7/8, 9-12 (RECOMMENDATION ONLY)**

Focus will be on continual development of:

- individual technique
- field awareness
- speed and agility

Level 2 will take players through a challenging 50-minute weekly session of driving competence of the fundamentals, defining of positions, and development of personal strengths and how to contribute those strengths to enhance team play.