



SOCCER



Key Fundamentals

- introduction to soccer
- dribbling/ball control
 - passing/sharing
 - striking the ball

Positions & Rules

- offense
- defense
- goalie
- handball
- penalty/foul
- yellow card
- red card

Skills & Moves

- trapping
- toe-taps
- popcorn
- drag-back trun
- shielding
- step-over
- fake shot
- scissors
- chipping
- smashed potato
- bunny hop
- roll-over
 - L-turn
- juggling
- punting
- + more!



Game Play(ages 3+)

- Playing positions
- Tournament play
- For games we keep score & teach our players all the elements of winning & losing.
- Respect your opponents and your own team.
- Developing emotional maturity is the key factor.

Bonus Games & Challenges

- muscle-strengthening exercises
- speed & agility games
- We include a multitude of games & challenges that promote overall skill & character development.
- All games & challenges are age level appropriate. Games can vary from teamwork to individual challenges.



skills & moves are dependent upon age level

