



## Class Descriptions

### **Bunnies: (18-24months, parent/child class)**

Toddlers and parents explore basic soccer and movement activities to develop gross motor skills. Classes include parachute activities, bubbles, lots of goal scoring and the famous cone towers!

Class is 40 minutes, once a week, child to coach ratio of 15:1.

### **Thumpers: (2-3 year olds, parent/child class)**

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 veteran bunnies who are not yet old enough for the Hoppers Level, and a perfect introduction to Lil' Kickers for new players who are just barely 3 years old.

Class is 40 minutes, once a week, child to coach ratio of 12:1.

### **Cottontails: (2 1/2- 3 1/2 yrs, adult interaction)**

Cottontails is a class 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 with-out an adult. The Cottontails curriculum is designed to build fundamental skills such as balance, coordination, and ball skills. Cottontails classes also help your child to 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 roll in the class, helping prepare them to transition into Hoppers classes.

Class is 50 minutes, once a week, child-to-coach ratio of 12:1.

### **Hoppers: (3-4 year old beginner)**

Three and four year-olds get a fast paced, fun exposure to the most popular sport in the world.

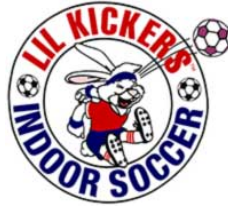
Classes focus on foot-eye coordination, dribbling, scoring and balance. Hoppers classes will also introduce the concepts of teamwork and cooperation. Hoppers will not play any competitive soccer games.

Class is 50 minutes, once a week, child to coach ratio of 7:1.

### **Jackrabbits: (3-4 year-old intermediate)**

Jackrabbits is a class designed for 3 and 4 year-olds who have either completed the Hoppers Level or have other soccer experience. Jackrabbits classes will focus on more complex ball skills (trapping and passing). Some small-sided soccer games will be introduced, as well as one-ball oriented games to prepare them for the transition into Micro Leagues.

Class is 50 minutes, once a week, child to coach ratio of 7:1.



## Class Descriptions

### **Big Feet: (5-6 year-old beginner)**

Big Feet classes are for 5 and 6 year-olds who have not played soccer before.

Big Feet will develop basic skills such as dribbling, passing, trapping, scoring, as well as be introduced to the ideas of sportsmanship and team play. Kids will play some small-sided soccer games and be encouraged to progress into Micro Leagues.

Class is 50 minutes, once a week, child to coach ratio of 12:1.

### **Micro Leagues: (4-7 year-olds with experience)**

Micro Leagues are non-competitive, developmental leagues for kids 4-7 years designed to enhance individual and team skills with an emphasis on fun and safety. Micro Leagues are for children who have prior soccer experience.

Class is 50 minutes, once a week, 30 minutes instruction, 20 minutes scrimmage, child to coach ratio of 12:1.