

LIL' KICKERS SKILLS INSTITUTE WEEK 3 - 1/30-2/5



We are excited to announce that we are expanding for the Spring 2023 Season. We will be in Le Five in West Sacramento and Rancho Cordova. We are still in need of coaches for these locations. Please contact Kristine Spencer at kristine.olympus@gmail.com for more information.

UPCOMING EVENTS

JAN 2-APRIL 8 - WINTER SESSION

**FEB 6 - SPRING REGISTRATION OPENS
WEST SAC AND RANCHO CORDOVA**

FEB 14 - HAPPY VALENTINES DAY

FEB 20-26 - BRING A FRIEND WEEK

MARCH 5 - DAYLIGHT SAVINGS

**MARCH 13 - SPRING SESSION
WEST SAC AND RANCHO CORDOVA**

**FEB 27-MARCH 5 - PRIORITY REGISTRATION
NATOMAS/ROSEVILLE**

TBD - FANWARE SALE

WINTER 2023

Thank you for participating in our Winter 2022 Lil' Kicker's classes! We are enjoying coaching your kids each week!

Week 3 expect your child to be a little more comfortable in class as they are starting to understand what is expected of them and are learning what it is like to be in an organized class environment! We love watching our kids grow and learn as the season goes on. If your child is still on the shy side, don't worry, they will start to warm up and come out of their shell. We see that it takes 3-4 weeks for some kids to be comfortable.

LIL' TIPS - FREEZE

Lil' Kickers & Skills coaches use the word "Freeze" to stop games to transition or teach something different. We also use it when we have a child running "Out of Bounds" to try to get them to stop and not run off.

This is something that you can use at home to help your child to not run off.



SKILLS TIPS - DRIBBLING

DRIBBLING IS THE ACT OF MOVING THE BALL DOWN THE FIELD WITH YOUR FEET. YOU WILL SEE YOUR CHILD WORK ON DRIBBLING QUITE A BIT WHETHER IT IS WITH A SOCCER BALL OR SQUISHY BALL. WE LIKE TO TEACH THEM TO USE THE INSIDE OF THEIR FOOT TO DRIBBLE THE BALL AS THAT IS WHERE YOU HAVE THE MOST CONTROL.

WE TRY TO STAY AWAY FROM "TOE POKES" OR KICKING THE BALL WITH THE TOE OF THE SHOE. AS YOUR CHILD GETS TOLD AND THE KIDS GET STRONGER, USING THE TOE CAN LEAD TO A BROKEN TOE AS THE OTHER PLAYER TRIES TO STOP THE BALL.

WHERE ARE SOME PLACES THAT YOUR CHILD CAN PLAY AT HOME! SHARE YOUR PICTURES OF YOUR CHILD PLAYING DRIBBLING THE BALL ON OUR INSTAGRAM @LILKICKERSSAC!

WEEK 3 AREA OF FOCUS

BUNNIES: REPETITION & TRUST

THUMPERS: REPETITION & PROGRESSION

COTTONTAILS: COORDINATION

HOPPERS: SHARING

JACKRABBITS: COORDINATION

MICRO 4/5: TEAMWORK

BIG FEET: TEAMWORK

MICRO 6/7: PASSING

SKILLS INSTITUTE 5/6: DRIBBLING

SKILLS INSTITUTE 7/8: DRIBBLING

SKILLS INSTITUTE 9-12: DRIBBLING