

## Kids For Kids Academy Soccer Super Stars: A Multi Skills Soccer, Fitness, and Wellness Program



The Multi-skills program at Kids for Kids Academy is designed to introduce soccer skills, activities and games for young soccer players ages 2 ½ to 11 years old. The professional, friendly coaches design and develop all classes to ensure each child gets a fun filled, rewarding experience. Coaches work with players to introduce innovative activities and games aimed at;



- Motivating and empowering all players while teaching sharing and teamwork.
- Creating a nurturing environment for all players to learn and succeed in our educational program by our professional and experienced coaching staff.
- Allowing players to master basic coordination and agility with and without a soccer ball while creating an environment that builds confidence.
- Providing opportunities for exercise to promote increased physical fitness and good health.

The goal of the program is to create a stimulating environment for all players to learn and succeed introducing key life skills, such as social inclusion, teamwork, respect for others and the ability to share. In this educational program, our coaches work with players to teach important skills using fun games, where players learn to develop their motor skills as well as communication skills through basic instruction.

The program is professionally designed to develop motor skills, promote fitness and create self-confidence. It provides adventure soccer games, to focus on skill acquisition and comfort with the ball for all players. Additionally, the program includes movement education for all players, including invasion games, maze games and activities that work on players' flexibility. A pre-adolescent strength program focuses on the essential ABC's of players (agility, balance and coordination). Organized drills and games are run by our professional friendly coaching staff

In addition to soccer, classes also take part in other sports and physical education classes with Coach Jackie. Soccer/Phys Ed classes are held once a week in addition to our daily gross motor instruction on our playground. Our playground is divided into four areas with specialty equipment by age for toddlers, preschoolers, and elementary kids.

The playground has bonded rubber to create a safe fall zone as well as artificial grass on all three playgrounds as well as the soccer field. Thirty misting fans help keep kids cool so that we can be outside safely for 45 minutes at a time as we aim to reduce obesity through physical activity.

