



Lil' Kickers
Co-Ed Boys & Girls



Sono Field House
365 Dr. Martin Luther King Jr. Dr.
Norwalk, CT 06854
203-604-9030
www.sonofieldhouse.com

Class Descriptions & Schedule –Winter '10 Session

Bunnies (18-24 mos) classes guide toddlers in learning basic soccer skills while building fundamentals such as balance and coordination. Classes incorporate activities that are geared toward a toddler's unique way of learning and include parachutes, bubbles, noodles, cones, lots of goal scoring and more. Adult participation is required.

Thumpers (25-35 mos) 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 and a perfect introduction to Lil' Kickers for new players. Adult participation is required.

Cottontails (2.5-3.5 yrs) 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 without a parent or caregiver. The Cottontails curriculum is designed to build fundamental skills such as balance, coordination, and ball skills. 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, helping prepare the child to transition to the next level. Adult participation is required.

Hoppers (3-4 yrs) classes are designed to be fun and fast paced. Classes focus on building balance, coordination and fundamental soccer skills through creative play and also help develop listening skills, cooperation and teamwork. Hoppers classes are the first class where children participate independently.

Jackrabbits (3-4 yrs) classes are designed to help transition children into 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 yrs) classes are for five and six year-olds who have not played a lot of soccer before, or who respond better to a low-key environment. Classes build basic soccer skills (dribbling, passing, trapping, scoring) and develop a sense of confidence on the field. Players will also learn sportsmanship and team play. Some small-sided, yet non-competitive soccer games are played to enhance learning how to apply skills in game situations.

Micro (4-9 yrs) classes include 15-20 minutes of instruction and 20-25 minutes of non-competitive scrimmaging.

Micro 4/5 classes are for four and five year olds with previous soccer experience who are ready for more of a challenge. Players learn more advanced fundamental soccer skills through fun, age-appropriate and creative skill building games and have the opportunity to practice those skills in non-competitive scrimmages.

Micro 6/7 classes are for six and seven year olds with previous soccer experience who are ready for more of a challenge. Classes balance the use of fun games and technical drills with non-competitive scrimmaging to teach new skills each week.

Micro 8/9 classes are designed for eight and nine year olds who have little or moderate experience playing soccer. Players will learn a new fundamental soccer skill each week and have the opportunity to practice those skills in non-competitive scrimmages.



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YOUTH SOCCER**



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Availability	Class	Ages	Primary Day	Time	Start/End Date
	Bunnies	18-24 Months	Monday	10:30-11:20am	1/4-3/22
	Bunnies	18-24 Months	Friday	9:30-10:20am	1/8-3/26
Full	Bunnies	18-24 Months	Saturday	10:00-10:50am	1/2-3/20
	Thumpers	2-3 Years	Monday	11:30-12:20pm	1/4-3/22
	Thumpers	2-3 Years	Friday	10:30-11:20am	1/8-3/26
	Cottontails	2.5-3.5 Years	Monday	9:30-10:20am	1/4-3/22
	Cottontails	2.5-3.5 Years	Friday	11:30-12:20am	1/8-3/26
Full	Cottontails	2.5-3.5 Years	Saturday	11:00-11:50am	1/2-3/20
	Hoppers	3-4 Years	Monday	9:30-10:20am	1/4-3/22
	Hoppers	3-4 Years	Monday	11:30-12:20am	1/4-3/22
Full	Hoppers	3-4 years	Monday	4:00-4:50pm	1/4-3/22
Full	Hoppers	3-4 Years	Saturday	10:00-10:50am	1/2-3/20
	Hoppers	3-4 Years	Friday	9:30-10:20am	1/8-3/26
	Hoppers	3-4 Years	Friday	11:30-12:20pm	1/8-3/26
	Jackrabbits	3-4 Years	Monday	10:30-11:20am	1/4-3/22
	Jackrabbits	3-4 Years	Friday	10:30-11:20am	1/8-3/26
	Jackrabbits	3-4 Years	Friday	12:30-1:20pm	1/8-3/26

Contact Lil' Kickers Director Mary Kieran-Mendez for more information: mary@sonofieldhouse.com

Please Note: * SFH Membership & Registration Fees Apply.

Please review schedules carefully prior to registering for a session - Sono Field House is unable to grant refunds.

Sono Field House cannot guarantee availability of any spots & is not liable if a particular session is sold out.

Sono Field House reserves the right to change, modify, or cancel any schedule at any time.



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	Micro	4-5 Years	Monday	5:00-5:50pm	1/4-3/22
	Micro	4-5 Years	Thursday	4:00-4:50pm	1/7-3/25
	Micro	4-5 Years	Saturday	10:00-10:50am	1/2-3/20
	Micro	4-5 Years	Saturday	12:00-12:50am	1/2-3/20
	Big Feet	5-6 Years	Monday	4:00-4:50pm	1/4-3/22
	Big Feet	5-6 Years	Thursday	4:00-4:50pm	1/7-3/25
	Big Feet	5-6 Years	Friday	12:30-1:20pm	1/8-3/26
Full	Micro	6-7 Years	Monday	5:00 -5:50 pm	1/4-3/22
	Micro	6-7 Years	Thursday	4:00-4:50pm	1/7-3/25
	Micro	6-7 Years	Saturday	11:00-11:50pm	1/2-3/20
	Micro	6-7 Years	Saturday	12:00-12:50am	1/2-3/20
	Micro	8-9 Years	Monday	4:00-4:50pm	1/4-3/22
	Micro	8-9 Years	Saturday	11:00-11:50pm	1/2-3/20

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