

# SSA LITTLE KICKERS PROGRAM 2019

## OVERVIEW

The Little Kickers program is a **developmental program** that emphasizes soccer skills, play, and positive peer interactions. The goal of the program is to keep kids active, learning, and having fun. In order to be successful, adult leadership is vital! Both SSA coaches and parent leaders should be willing to be active and engaged with kids for the entire time. There should be constant positive reinforcement of both skills and behaviors as well as a plan for keeping kids motivated. Stations are designed to be fun and fast paced. They will focus on increasing balancing skills, coordination and fundamental soccer skills. We utilize creative games and help kids develop listening skills, cooperation and teamwork. Little Kickers activities are designed to help transition children into non-competitive team play and scrimmaging. The focus of the scrimmages will be to help players understand how to apply skills in different situations and building teamwork.

## ORGANIZATION

Each session will begin with a large group warm-up session. Kids will then be randomly divided into two even groups. This will be followed by 6-8 minute activities led by a head coach and assistant coaches. The kids will do a cheer before transitions. Water breaks will take place between sessions. Total time will be 45 minutes.

The number of sessions depends up the number of Little Kickers. They will play on Monday nights or Tuesdays at the NMU practice fields on the corner of Wright St. and Lincoln Ave.

## REQUIREMENTS

Parents will be required to stay for the entire time. Snacks are not organized or provided. Players should bring their own water bottles and will be required to wear shin guards. Participants can choose to wear tennis shoes or soccer cleats. SSA provides the goals, balls and other field equipment.

Session Cancellation: The U4 Coordinator may cancel any session due to extreme heat or inclement weather. The U4 Coordinator will work with coaches to determine when conditions warrant a cancellation. The presence of lightning and/or thunder will automatically warrant a cancellation.

All players will have a t-shirt provided for them and should be picked up at the first session. Pictures will be taken at the field on the second week of games. Details will be on the website and an order form will be given out.