

# SOCCKER FITNESS FUN

# super soccerstars



## AT SUNSET RANCH ELEMENTARY!

Move, learn, build and have fun with fitness-based soccer activities & games!  
Each class is **1 hour** with approximately **40 minutes** of active soccer play, plus water breaks and instruction

**AFTER SCHOOL ON TUESDAYS: JANUARY 20 - MARCH 17**

**Scan to  
Sign Up!**



### DETAILS:

**Sunset Ranch Elementary- On campus field**

**TK/K: Coach pick up**

**Grades 1-3: Walk to field**

**DATE: EVERY TUESDAY (SCHOOL CLOSURES EXCLUDED)**

**JANUARY 20TH - MARCH 17TH (EXCEPT FEB. 17TH)**

### TIME:

**TK/K: 2:30-3:30 PM**

**GRADES 1-3: 3:40-4:40 PM**



**All skill levels welcome • Program subject to minimum enrollment**

### OPENING HUDDLE

**WEEKLY ACTIVITY  
INTRO**



### SOCCKER FITNESS GAME

**INDIVIDUAL &  
TEAM**



### SKILL BUILDING

**FUN GAMES CHANGE  
EACH WEEK**



### CLOSING HUDDLE

**COOL DOWN +  
MOTIVATION**



### CONTACT

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<https://gqr.sh/WREK>

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