

SOCCKER FITNESS FUN

super soccerstars



AT VALLEY VIEW 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

EARLY RELEASE MONDAYS: JANUARY 26 - MARCH 23

**Scan to
Sign Up!**



DETAILS:

Valley View Elementary- On campus field

TK/K: Coach pick up

Grades 1-3: Walk to field

DATE: EVERY MONDAY (SCHOOL HOLIDAYS EXCLUDED)

JANUARY 26TH - MARCH 23RD (EXCEPT FEB. 16TH)

TIME:

TK/K: 1:30-2:30 PM

GRADES 1-3: 2:40-3:40 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**



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<https://gqr.sh/Ak8R>

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