

SOCCER 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: APRIL 20 - MAY 25

DETAILS:

Valley View Elementary- On campus field

TK/K: Coach pick up

Grades 1-6: Walk to field

DATE: EVERY MONDAY (SCHOOL CLOSURES EXCLUDED)

APRIL 20 - MAY 25

TIME:

TK/K: 1:10-2:10 PM

GRADES 1-6: 1:20-2:20 PM

All skill levels welcome • Program subject to minimum enrollment

Scan to
Sign Up!



OPENING HUDDLE

WEEKLY ACTIVITY
INTRO



SOCCER FITNESS GAME

INDIVIDUAL &
TEAM



SKILL BUILDING

FUN GAMES CHANGE
EACH WEEK



CLOSING HUDDLE

COOL DOWN +
MOTIVATION



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<https://gqr.sh/5Dqd>

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