



Soccer Sprouts Class Descriptions

Seeds

18-24 Months

In this parent/child interactive class, toddlers are introduced to sports with an emphasis on fundamental soccer skills. Fun games and colorful equipment such as hoops and parachutes engage the littlest players and assist in motor skill development.

Seedlings

25 – 35 Months

Seedling classes introduce toddlers to ball skills with the help of their parents. Classes offer fun activities that focus on balance, coordination, and basic ball skills. Classes are ideal for toddlers who have outgrown the Seeds class, or are new to Soccer Sprouts.

Sprouts

2.5 - 3.5 Years

Sprouts is the next step for Seedlings who are not ready for the independence in the Buds class, or an introduction for three year old children who are new to soccer and are not ready to participate on their own. Sprouts activities are intended to improve motor skills and introduce the basic concepts of soccer such as dribbling and shooting. Sprouts will also enjoy games that include parachutes, hoops, bubbles, and will keep them active and entertained.

Buds

3 – 4 Beginners

The Buds program is an introduction to soccer for children 3 to 4 years old. Buds classes help children learn to be a part of structured group activities without their parents' assistance. Using creative and imaginative games, weekly Buds classes will focus on basic soccer skills such as passing, dribbling, and shooting. Classes will also introduce the concepts of teamwork and cooperation.

Saplings

3 - 4 Intermediate

Sapling classes are for children who have participated in Buds classes or have prior soccer experience. Saplings classes will focus on building more advanced skills such as passing, trapping, and dribbling with control. Fun and creative games will enable children to learn soccer skills while having fun and being active.

Redwoods

5 – 6 Beginners

Redwood classes are a fast-paced introduction for older children with little or no prior soccer experience. Redwoods activities will develop balance, foot-eye coordination, and will introduce fundamental soccer skills such as dribbling, passing, and ball control. Redwoods will learn these skills in a non-competitive, fun environment.

Aspens

4 - 5 Advanced

Aspen classes are designed for children who have prior soccer experience. Through fun games, technical drills, and small sided games, children will build on their skills while keeping active and learning the game of soccer.

Junipers

6 – 7 Years

Six and seven year olds will learn or build upon fundamental soccer skills in creative games, technical drills, and scrimmages. It is a perfect program to prepare children for outdoor soccer leagues or to keep their skills polished during the soccer season.

Sequoias

8 -10 Years

Older players will have fun while learning new advanced skills and reinforcing fundamental soccer skills in Sequoia classes. Coaches will challenge Sequoias during technical drills and short sided games. Drills will focus on building skills, awareness, and the ability to work as a part of a team. Sequoias will be introduced to defensive and offensive tactics, trapping, volleying, heading, cutting, and other skills that will prepare them for outdoor soccer leagues, or keep their skills strong during the season.

Sprouts Fit and Fun Classes

3-4 Years and 5-6 Years

Our Fit and Fun classes offer creative activities and games to keep children active and having fun! The class introduces pre-sport activities such as throwing, kicking, jumping, and running and helps to develop balance and coordination. Fit and Fun classes emphasize the importance of fitness and promotes social and emotional development. Your child is sure to have fun!