



SPRING 2026

COURSE DESCRIPTIONS

“FIRST STEP” – 2 YRS. OLD

Our First Step program is specifically designed for 2-year-olds to be introduced to soccer. This is a parent-and-me program, so each child is expected to have an adult helper with them each week. The specific goals of this program include helping children learn to interact within larger groups, increasing their attention spans with the help of their parents through our interactive storytelling methodology, learning to kick and control a ball with their feet, and the introduction to a specific soccer skill. Each week we take the kids on a great imaginary adventure that stimulates their imaginations and teaches them about the world around them. We use songs and fun games to enhance their enjoyment. We end each session with a skills-for-stickers segment during which the children earn stickers for sharing what they have learned and for scoring goals. Weekly sessions are 45 minutes long.

“STEP UP” – 3 & 4 YRS. OLD

In our Step Up program, we help children who are 3 and 4 years old to become independent and grow in their own confidence. We encourage children to leave their parent's side and to join the group as we go on fantastic, interactive adventures that spark their imaginations as they develop their abilities to control a ball with their feet. We seamlessly integrate basic soccer skills into each session, and we also weave our special skill of the season into every class. After the adventure, the players all get to show off their mastery of the season's skill in our skills-for-stickers segment of each class. Week after week, we build the skill up so that the players learn at their own pace but are also challenged with new movements every week making this a fantastic gross motor skill development exercise. Each week ends with a game where we cheer the player on as they learn to control the ball and score goals in a non-competitive, but chaotic environment. Weekly sessions are one hour long.

“NEXT STEP” – 5 YRS. OLD

In our Next Step program, we prepare 5-year-olds for the transition to traditional soccer practices and games. We begin each week with the same adventure-based, storytelling methodology that is the hallmark of our program, but we reserve the more difficult or complicated skills for this age group. During our skill-for-stickers portion of our program, we place more emphasis on the players performing the skill correctly, although we always reward effort over success. During our mini games, we focus on players trying to attack the opponent's goal and to defend their own. Weekly sessions are one hour long.