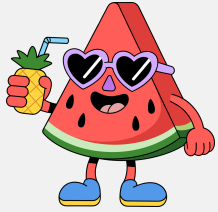


LIL' KICKERS SKILLS INSTITUTE JULY 20-26, 2026



SUMMER 2026



Handling the Heat

Heat Exhaustion and Heat Stroke are no joke. Precautions you can take to avoid this happening to you.

1. Wear loose-fitting, lightweight clothing.
2. Drink plenty of fluids (electrolytes, not just water. salt is the best electrolyte)
3. Take extra precautions with certain medications.
4. Never leave anyone in a parked car
5. Take it easy during the hottest parts of the day
6. Get acclimated - Go outside during the day time for 10-15 min each day.
7. Be cautious if you are at an increased risk

At Lil' Kickers, when it starts getting hotter, we take an extra water break so that the kids can stay hydrated.



Coming Soon

Lil' Kickers Soccer League (LKSL)

6 Weeks

Age Groups

4/5 Years - \$120

6/7 Years - \$120

8/9 years - \$120



We want to celebrate your birthday with you! Your birthday week, stop by the table for a little prize for your child! We love birthdays!



UPCOMING EVENTS

SUMMER SESSION JULY 7-SEPT 27, 2026

BRING A FRIEND WEEK - AUGUST 17-23, 2026

PRIORITY REGISTRATION WEEK - AUGUST 21-30

SUMMER REGISTRATION - JUNE 6-JUNE 27

FALL SESSION - SEPTEMBER 28-DECEMBER 20

WINTER SESSION - JANUARY 4-MARCH 28

LIL' TIPS

THE WORLD CUP JUST GOT FINISHED AND THERE WERE A LOT OF AMAZING GAMES, GOALS AND PLAYS.

REMEMBER THEY ARE PROFESSIONALS, TRAIN EVERYDAY FOR MULTIPLE HOURS PER DAY.

BE GENTLE WITH YOUR CHILD. THEY ARE NEW TO THE SPORT. THEY WILL MAKE MISTAKES AND THAT IS OK. WE LEARN FROM MAKING MISTAKES AND TRYING AGAIN AND AGAIN.

YOU DIDN'T START WALKING RIGHT AWAY, IT TOOK BALANCE, BUILDING CONFIDENCE FROM CONTINUING TO TRY.

AT LIL' KICKERS, WE HELP BUILD CONFIDENCE SO THEY BECOME BETTER PEOPLE AND PLAYERS.



SKILLS TIPS -PASSING THE BALL

WHEN WE PASS THE BALL TO OUR TEAM MATE, WE WANT TO PASS WITH THE INSIDE OR OUTSIDE OF THE FOOT. THIS WILL HELP TO PREVENT INJURIES AS THEY GET OLDER

INSIDE FOOT

OUTSIDE FOOT



HELLO SUMMER

WEEK 2 AREA OF FOCUS

BUNNIES: REPETITION & TRUST

THUMPERS: REPETITION & PROGRESSION



COTTONTAILS: COORDINATION

HOPPERS: SHARING

JACKRABBITS: COORDINATION

MICRO 4/5: TEAMWORK

BIG FEET: TEAMWORK

MICRO 6/7: PASSING

SKILLS INSTITUTE 5/6: DRIBBLING

SKILLS INSTITUTE 7/8: DRIBBLING

SKILLS INSTITUTE 9-12: DRIBBLING



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