

# LIL' KICKERS SKILLS INSTITUTE MAR 31-APRIL 6, 2025



We are so excited for our Spring Session. Our coaches have been training and are excited to meet you this week!

We offer classes in Natomas, Roseville and The House Athletics (Indoor)

We are kicking off our first week of the spring session! If you are new to the program, welcome! If you have participated before, welcome back. We love coaching your kids and watching them grow!

## UPCOMING EVENTS

**MARCH 31-JUNE 29 - SPRING SESSION**

**APRIL 19 - ROSEVILLE - NEUROADAPTIVE ONLY CLASSES**

**APRIL 20 - NO CLASSES FOR EASTER**

**APRIL 28-MAY 4 - BRING A FRIEND WEEK**

**MAY 2-11 - SUMMER PRIORITY REGISTRATION**

**Soccer Class**  
**Saturday, April 19, 2025**

We are excited to announce a special partnership with Lil' Kickers to bring an adaptive soccer class to our community! This program is designed to provide a fun, inclusive, and supportive environment for children of all abilities to enjoy soccer.

**Ages: All Ages Welcome**  
Minors must be accompanied by parents at all times

**Cost: \$5 per participant**  
**Time: 10:00am-11:00am**  
**Location: Nela Luken Park**  
2350 Pleasant Grove Blvd.,  
Roseville, CA 95747  
Soccer lesson will be on grass

SCAN HERE TO REGISTER

In Partnership With:

For More Information: [Rec@ucpsacto.org](mailto:Rec@ucpsacto.org) | [www.ucpsacto.org](http://www.ucpsacto.org)

Rain and heat

Spring weather can be unpredictable. The safety of the kids come first. Sometimes we do have to cancel a class due to air quality, rain or heat. We do our best to notify you within an hour of the first class or earlier. If it is sprinkling, we will have class. In the event of heavy rain or lightning, classes will be cancelled. We do offer makeup classes during the week..

## LIL' TIPS

NEW ENVIRONMENTS OR COACHES CAN BE SCARY FOR YOUNG CHILDREN. YOUR CHILD MAY BE SHY OR CRY. THAT IS OK. OUR COACHES WILL ENCOURAGE THEM TO PARTICIPATE THROUGHOUT THE CLASS. DON'T GET DISCOURAGED. IT CAN TAKE 3-4 WEEKS FOR YOUR CHILD TO ACCLIMATE TO A COACH OR CLASS.

# WEEK 1 AREA OF FOCUS

**BUNNIES: REPETITION & TRUST**

**THUMPERS: REPETITION & PROGRESSION**

**COTTONTAILS: LISTENING**

**HOPPERS: LISTENING**

**JACKRABBITS: LISTENING**

**MICRO 4/5: TEAMWORK**

**BIG FEET: TEAMWORK**

**MICRO 6/7: DRIBBLING**

**SKILLS INSTITUTE 5/6: DRIBBLING**

**SKILLS INSTITUTE 7/8: DRIBBLING**

**SKILLS INSTITUTE 9-12: EVALUATIONS**



## SKILLS TIPS - DRIBBLING THE BALL

WHEN WE DRIBBLE WITH THE BALL, WE WANT TO CHILD TO USE THE INSIDE OF THEIR FOOT TO DRIBBLE WITH THE BALL. IF THEY START AT A YOUNG AGE, THEY WILL BE LESS LIKELY TO INJURE THEIR TOE WHEN THEY GET OLDER. WE USUALLY START ENCOURAGING THIS AT ABOUT 3-4 YEARS OF AGE IN OUR HOPPERS AND JACKRABBITS CLASS. WE ALWAYS ENCOURAGE THE CHILDREN TO USE THEIR FEET, HOWEVER, SOME OF THE 18 MONTH-3 YEAR OLDS WILL STILL USE THEIR HANDS. THIS IS OK AS THEY ARE LEARNING.

Lil' Kickers Greater Sacramento Website: ALL LOCATIONS  
[www.lkgreatersac.com](http://www.lkgreatersac.com)

### NATOMAS

COORDINATOR Jordan Dirksen

916-572-4945

[lkgreatersacramento@gmail.com](mailto:lkgreatersacramento@gmail.com)

### THE HOUSE ATHLETICS

COORDINATOR Sharon Wright

949-910-3712

[tha.lkgreatersac@gmail.com](mailto:tha.lkgreatersac@gmail.com)

### ROSEVILLE

COORDINATOR Alexsadra Pragar

916-666-9471

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