

# LIL' KICKERS SKILLS INSTITUTE JULY 6-12, 2026



## SUMMER 2026

Summer Heat

We understand that it can get hot in the summer here at Lil' Kickers. Your child's safety is imperative. We will only be running morning classes and will be done by 11:00 am. We will also be taking 2 water breaks during the 50 minute class. We will bring water sprayers to use during the water breaks to help as well.

There are ways that you can help your child to acclimate to the weather.

Hydrate the night before class.

Spend time outside during times that your class is to acclimate them to the temperatures.

Dress your child appropriately for the weather



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

We can't wait to meet you



**We are kicking off our first week of the summer 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

- 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**



# HELLO SUMMER

## 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**

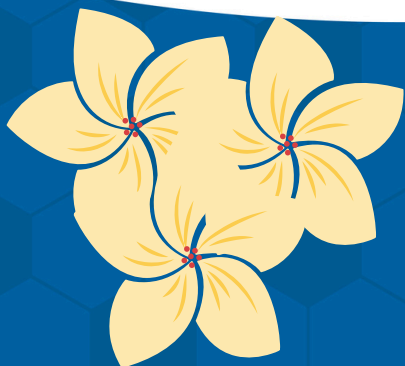
**SKILLS INSTITUTE 7/8: DRIBBLING**

**SKILLS INSTITUTE 9-12: DRIBBLING**



## 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:  
COORDINATOR Kristine Spencer  
website: [www.lkgreatersac.com](http://www.lkgreatersac.com)  
Phone: 916-573-4945  
Email: [natomas.olympus@gmail.com](mailto:natomas.olympus@gmail.com)