Indoor Winter Soccer
Ages 3-7 • Boys & Girls
Montclair State University
Recreation Center

Soccer Squirts is the perfect soccer class for boys & girls age 3-5. Often Imitated, never duplicated; learn the game through a series of fun based games and scrimmages.

Each session focuses on maximizing participation and learning the fundamental skills of soccer through a variety of fun structured activities, all designed to stimulate a child’s imagination and develop motor skills.

All games are introduced and developed with emphasis on safety, fun and learning.

• Boundaries & Exploration
• Movement with the ball
• Control
• Passing
• Shooting

Pre-Academy Soccer
ages 5-7

The path to becoming a real soccer player; Pre-Academy is the ideal step for players that have graduated United Soccer Academy’s Soccer Squirts.

Players are introduced to the basic techniques of dribbling, passing and shooting through structured exercises and fun, small-sided scrimmages. Players will also learn about fundamentals of the game, such as keeping possession and team work.

Classes are designed to provide a platform that teaches players the skills to progress on to FootworX, NetBursting and other USA specialist programs.

• Dribbling
• Turns & Moves
• FootworX
• Developmental Fours
• Small-sided Games

Winter Listings
All classes listed take place INDOORS at:
MSU Recreation Center
located at Webster Ave

Winter 2016: January—March

Age: 3-4 yrs ; 4-5 yrs; 5-7 yrs
Price: $139
Class Length: 7 week program (starting w/c Jan 10)
Days: Saturdays & Sundays

Time: 9am-10am—Saturdays
      10am-11am—Sundays

Age: 3-4 yrs (Soccer Squirts)

Time: 10am-11am—Saturdays
      11am-12pm—Sundays

Age: 4-5 yrs (Soccer Squirts)

Time: 11am-12pm—Saturdays
      9am-10am—Sundays

Age: 5-7 yrs (Pre-Academy Soccer)

No class on Feb 6 (Saturday) or Feb 21 (Sunday) due to a scheduled University event.

In the event of inclement weather (snow) there is one scheduled makeup class at the end of the session.
First Play Basketball

US Sports Institute's First Play Basketball is an ideal introduction to the sport for children who want to learn key skills, in a low pressure, fun environment.

The main focus of the class is to develop a well rounded understanding of the game through exciting games and drills. Our professional coaches will teach the basic techniques of dribbling, passing, shooting and defense through a series of inclusive group activities.

Each session will end with small sided, game realistic scrimmages, allowing each player the chance to showcase newly learned skills during structured team play. USSI's First Play Basketball is the perfect starting point for any future aspiring MVP.

Dribbling • Passing • Shooting • Defense • Team Work

Winter Listings

All classes listed take place INDOORS at:
MSU Recreation Center
located at Webster Ave

Winter 2016: January—March

| Age:       | 5-7yrs; 7-9yrs; 9-12yrs |
| Price:     | $139                    |
| Class Length: | 7 week program (starting Jan 17) |
| Days:      | Sundays                 |
| Time:      | 9am-10am                |
| Age:       | 5-7 yrs                 |

| Time:      | 10am-11am               |
| Age:       | 7-9 yrs                 |

| Time:      | 11am-12pm—Saturdays     |
| Age:       | 9-12 yrs                |

No class on Feb 21 due to a University event.

In the event of inclement weather (snow) there is one scheduled makeup class at the end of the session.