

GROUNDWORK *for a* HEALTHY LIFESTYLE

Positive Sports Experiences

Improved Motor Skills + Movements

More Opportunity for Social Play

Increased Peer Relationships

Improved Self-Esteem + Self-Confidence

Continued Commitment to Physical Activity

AGE 3-10



SPORTS PROGRAM

SPORTS

MON-FRI

3 PM - 7 PM

SOCCKER
BASKETBALL
VOLLEYBALL
FOOTBALL

CONVENIENTLY HELD AT
SNOWY FUN



Each one of our classes includes following sections:

- Cardiovascular Endurance
- Stretching + Flexibility
- Speed + Agility
- Strength + Anatomy
- Sport-Specific Skills
- Team-Building Activity
- Motor-Skill Challenge



YOUTH SPORTS SKILL-BASED PROGRAMS

**KIDZ
TALENTS**

CLASS OVERVIEW

50-MINUTE SPORT CLASS FOLLOWED BY 10 MINUTES OF OPEN PLAY

1

WARM UP
Stretching, Obstacle Course,
Physical Fitness

Sample: Obstacle Course
-Hoop Leaps



Sample: Stretching
-Frankenstein
-Reach + Hang
-Arm Circles

2

ACTIVE SPORT:
4 Different Sports:
Soccer, Football,
Volleyball, Basketball



Sample:
Key Skill
-Spiral Throw

Sample:
Accessory Skill
-Kicking



3

SPEED CONCEPT:
Speed and Agility

Sample: Speed Challenge



4

**INTRODUCTORY
STRENGTH TRAINING:**
10 Major Muscles

Sample:
-Muscle: Triceps
-Movement: Crab Walk
-Isolation: Tricep Dips



5

**TEAM
BUILDING**

**"GO
TEAM
GO!!"**



6

COOL DOWN:

Sample:
Parachute Game

Sample: stretches

Sample: Relax
-Waterfall + Bird

