



# LITTLE CHAMP SPORTS

## MARCH 2020 NEWSLETTER



The March syllabus will focus primarily on your “Little Champ’s” soccer skills. We’ve timed this to help prepare the kids for the upcoming spring seasonal sport. We will continue to develop our soccer skills for the improvement of footwork, shooting, and defense. Becoming proficient in leg/foot skills translates well into virtually every sport.

### **MARCH: SOCCER**

- Sport related warm up – appropriate muscles and needed flexibility involved
- Introduction to Soccer
- Foot dexterity – one foot & both feet
- Trapping & Passing – with partner
- Defense
- Shooting – target drills
- Game skills – cones & goals



Please understand the LCS program was not designed to throw a ball around and start a baseball or soccer game within minutes of the start of class. The purpose of LCS is to establish the proper framework for development of the basics of sports: coordination, agility, locomotive movements, range in motion and flexibility. These skills are the basis for progression in all sports. After all, you must know how to stand before you walk, and walk before you can run. With this in mind, the first few classes focus on general ball skills and spatial awareness. The exercises and drills are very basic, and also help with hand-eye and foot-eye coordination.

### **SPRING BREAK:**

No classes will be held during this time period. However, some church enrichment programs and private schools may differ. At these schools, we follow their closings.

Classes will not be held during Spring Break.  
**Gwinnett County: MARCH 30 - APRIL 3**

**Atlanta Public Schools, Cherokee,  
Cobb, DeKalb, Forsyth, Fulton, Hall, and  
Henry Counties: APRIL 6-10**

### **Inclement Weather Reminder**

*Creative Movement and Dance follows the same cancellations for inclement weather as the county in which your child’s school is located. Classes will be made up within 30 days of the cancellation. Day and time will be posted in the lobby.*  
**Please remember to visit our website and subscribe to our monthly newsletter.**

[www.CreativeMovementAndDance.com](http://www.CreativeMovementAndDance.com)

(678) 482-2264 Info@CreativeMovementAndDance.com