

# FREE Youth Soccer Instructional



For beginners age 5 - 7

**Starts Saturday, December 3**

## FORMAT:

This is a free class for **beginners** age 5-7. It focuses on basic warmup, stretching and dribbling skills.

When the coaches determine that a player has progressed beyond the beginner level, that player will graduate from the class and be ready for the Mighty Cubs Academy class or the Youth Recreational Soccer League.

## REQUIRED EQUIPMENT:

- Flat soled or turf indoor soccer shoes, or tennis shoes
- NO outdoor cleats permitted
- Shinguards, which must be covered by long black socks.

No equipment or uniforms will be provided.

Shinguards as well as socks and indoor soccer shoes are available for purchase in the Silver Creek Sportsplex Pro Shop at reasonable prices.

## SCHEDULE:

- Saturday mornings, 9:00 - 9:45 am
- Please arrive early to check in at the soccer desk each time you come to class.

## MEMBERSHIP:

Membership is not required for this free instructional program.

## RELEASE FORM:

A release form signed by a parent or legal guardian is required for each participant.

## QUESTIONS?

Please contact our soccer desk at 408.224.8774 or email [info@GoToPlex.com](mailto:info@GoToPlex.com)



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