

KIDS SPORTS NSW

2006 PROGRAMS

ALL CLASSES ARE AFTER SCHOOL HOURS

TERM 1- SOCCER SKILLS PROGRAM

BEGINNERS AND ADVANCED CLASSES. AGES 4 TO 12 YRS OLD. PRE-SEASON. A GREAT PROGRAM. BEGINNERS GET TO LEARN ABOUT THE GAME, LEARN BASIC SKILLS, SIDED GAMES AND LOTS OF FUN. ADVANCE KIDS WORKING WITH A LOT MORE SKILLS, TECHNIQUES AND GAME TACTICS (READING THE GAME) AND WORKING AS A TEAM. GREAT FUN. EXPERIENCED COACHES IN ALL AREAS OF THE GAME.

TERM 2- 8 SPORTS PROGRAM

IN THIS PROGRAM WE COVER 8 SPORTS OVER 8 WEEKS. 1 SPORT A WEEK. KIDS 5 TO 12 YRS OLD. KIDS GET THE VARIETY OF LEARNING ABOUT OTHER SPORTS. WITH EACH WEEK WE DO SKILLS AND DRILLS RELATED TO THAT SPORT. THEN GIVE THEM THE FULL GAME. ANY LEVEL OF ABILITY IS MOST WELCOMED. A GREAT PROGRAM, WORKING A LOT WITH HAN EYE CO-ORDINATION AND MOTOR SKILLS.

TERM 3- SPORTS ACTIVITY PROGRAM

THIS PROGRAM IS BASED ON A VARIETY OF SPORTING ACTIVITIES. BASED ON AND PUT TOGETHER BY KIDS SPORTS NSW AND THE AUSTRALIAN SPORTS COMMISSION. MOSTLY IT IS GAME RELATED, INDIVIDUALLY AND TEAMS. ALSO GIVES THE KIDS AN OPPORTUNITY TO ADD IN THERE OWN IDEAS AND HOW THEY CAN ACHIEVE THINGS IN DIFFERENT WAYS. THE GAMES ARE SET UP IN CATERGORIES.

1. INVASION GAMES
2. TARGET GAMES
3. STRIKING AND FIELDING
4. NET AND COURT
5. COOPERATIVE PLAY
6. WILDCARD (MIX & GROUP)

WE COVER A LOT OF ACTIVITIES AND SPORTS IN THIS PROGRAM. HEAPS OF FUN.

TERM 4- TO BE ADVISED- CHECK WEBSITE FOR UPDATES.

SCHOOL HOLIDAY PROGRAMS

JUNE / JULY HOLIDAYS

OPERATED BOTH WEEKS. 4 DAYS MON-THURS 3HRS A DAY. IT IS THE 8 SPORT PROGRAM FOR THESE HOLIDAY'S.
2 SPORTS PER DAY COVERED. TOTALING 8 SPORTS IN 4 DAYS.

OTHER SCHOOL HOLIDAYS TO BE ADVISED- CHECK WEBSITE FOR UPDATES.

4 & 5 YR OLDS SPORTS ACTIVITIES PROGRAM

THIS PROGRAM IS THE SAME AS ABOVE BUT JUST FOR THE 4 & 5YR OLDS. SO THE ACTIVITIES ARE ADJUSTED TO SUIT THE AGE OF THE KIDS. PERFECT FOR THE KIDS DEVELOPMENT. BUT MOST OF ALL ITS...

FUN

CHECK WEBSITE FOR UPDATED TIMES & DATES

TRY YOUR BEST'

