

OUR VISION

Soccercise Starz trademark will become a recognised symbol of excellence in its field. Our Soccer program will provide services and products that enrich, support and celebrate the youth of today and the starz of tomorrow.

PHILOSOPHY

Soccercise will develop and constantly strive to maintain high levels of service and coaching to all our schools and player's. We are committed to improving players soccer skills, fitness, co-ordination and confidence by coaching in a fun and constructive environment.

KIDS INTRODUCTION TO SOCCERCISE STARZ

With South Africa having hosted a successful world cup, what better reason to introduce your children to the great game of soccer.

- Soccercise provides an early training platform for children aged 3-8 years old where they will learn various skills, not only in soccer, but other sports that involve playing with a ball.

- Our trained coaches will provide skills needed for youngsters to become more confident on the sports field.

- Each session will be 30 minutes per week, ensuring we keep their attention span active.

- These sessions will be held at the child's school, and will be on the same day and time throughout the year. Lessons will not be refunded or made up if a child is absent or due to bad weather.
- If you would like your child to stop soccer please give us one month written notice.

BASIC SOCCER SKILLS

Children between the ages of 3 - 8 years will be taught:

- Eye co-ordination
- Kicking a soccer ball
- Turning with a ball
- Passing and Shooting
- Heading
- Throwing a ball
- Trapping the ball
- Movement – running forward/ backwards, sideways and jumping.

These will assist in the development of body awareness and control, visual perceptions, motor skills and spatial awareness.



CONTACT INFORMATION:

Jhb Head Office
Tel: 011 882-3428
Fax: 011 882-3427
Email: info@soccercise.co.za
Website: www.soccercise.co.za

See attached insert for a representative in your area.

PLAYERS WILL ALSO LEARN MANY LIFE SKILLS

- Listening skills
- Balance
- Co-ordination
- Gross motor skills
- Muscle development
- Confidence
- Concentration
- Teamwork and sportsmanship
- Health and fitness
- Good manners

EXTRA—MURAL ACTIVITY & MOVEMENT HELPS DEVELOP

- Neater hand writing
- Sit comfortably on a classroom chair
- Improved concentration
- Eye strength
- Copying from books
- Ability to follow instructions
- Muscle memory
- Interaction with his/her peers

STUDIES SHOW

- Children have less access to large gardens and open spaces to run and play with balls.
- Children are at risk of spending too much time in front of computers, TV's and playing handheld games.
- Security limits children from going outside and playing ball sports.

NEW !!! BIRTHDAY PARTIES

- In addition to soccer lessons at schools we now offer soccer parties and we hire out jumping castles. Our energetic coaches will entertain your children, playing soccer related games, at a venue of your choice.
- Contact our head office for information and prices on our jumping castles and soccer parties.
Head office: 011-882-3428