

# Soccer Programs for Preschoolers

## QUASARS!

*Very bright soccer stars, giving off more energy than one hundred giant galaxies!*

(For Boys & Girls – Ages 3 & 4 – “Parent and Tot” Soccer)

The QUASARS! program is an introduction to the game of soccer. QUASARS! learn about the game while trying various basic athletic movements and soccer skills in fun and imaginative ways.

QUASARS! explore different soccer skills and concepts as they dribble, pass and shoot through miniature soccer fields that often include hula hoops, bean bags, parachutes and plenty of imaginary friends and locations.



## PULSARS!

*Rapidly spinning soccer stars that emit wild pulses of energy!*

(For Boys & Girls - Ages 5 & 6 – “Micro-Soccer”)

Built on the foundation of the Quasars! program, the PULSARS! follow a micro-soccer format which introduces and reinforces basic skills and techniques central to the game. Fun, dynamic activities provide maximum touches on the ball with little to no “waiting for a turn”.

Certified soccer coaches lead PULSARS! through fun games and drills focussed on the basics of dribbling, passing/receiving, shooting and basic goalkeeping. Sessions conclude with a Micro-Soccer game where the STARS! get to test their new skills in a 3 vs. 3 game situation.



More information, schedules and registration forms are available at:  
[www.futurestarsoccer.ca](http://www.futurestarsoccer.ca)

or by email to:  
[futurestars@accesscomm.ca](mailto:futurestars@accesscomm.ca)

Future STARS!