

AN AGE SPECIFIC APPROACH TO  
LEARNING THE GAME OF SOCCER



FOR U5 F...RS

## AN AGE SPECIFIC APPROACH TO LEARNING SOCCER

The Soccer Heroes program has been designed to provide an age specific approach to learning the game of soccer. Utilizing the Soccer Heroes theme and our fun story based curriculum, this program engages players and parents alike and fosters a memorable first soccer experience. Soccer XS coaching support helps create a dynamic training environment and supports volunteer coaches, some of whom may be coaching for the very first time.

If your a parent of young children, you know that life is about play, fun and making friends. The Soccer Heroes program brings that same approach of fun, discovery and learning in a soccer program that engages the whole family and creates lasting memories.

This program supports the growth and development of players at ages 4-8 years old. The 14-16 weeks, age specific program, is a step by step interactive development guide for youth soccer organizations that run U8 soccer programs.

The curriculum is based around the adventures of Amazing Ava and Super Joel who get their super powers from a special soccer ball. The program is based around....

Story Telling | Motor Skills  
Development | Imagination & Play



# SOCCER HEROES

## The story of Amazing Ava and Super Joel!

One day Ava and Joel were just playing as normal brother's and sister's do, until they found a soccer ball in the bushes at the bottom of their garden. They had no idea where it came from, they had never seen a soccer ball like this before. It had a battery indicator on the side. Ava said they should take it to their mom and dad but Joel, who's a little bit mischievous wanted to play with it.

Joel placed his hands on the sides of the ball and a bright light started shining from the ball and the battery indicator started to charge up – suddenly Joel dropped the ball and began dribbling SUPER-FAST, turning with incredible speed around the garden. Ava had never seen her brother run so fast, he was fast as lightning.

Ava then placed her hands on the ball, the ball lit up again and the battery indicator started to charge up, she dropped the ball and started passing and shooting the ball with AMAZING accuracy, hitting every target she aimed for in the garden.

Ava and Joel knew there was something special about this soccer ball and from that day, they have been known as...

Pass  
Shoot  
Dribble



The soccer ball gives them super powers and every week Amazing Ava and Super Joel will take us on fun adventures so that we can learn their soccer super powers too!!

## AMAZING AVA & SUPER JOEL

DO YOU WANT TO BE SOCCER HEROES LIKE AVA & JOEL?





# SOCCKER HEROES

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PROGRAM AND CURRICULUM DEVELOPED BY  
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