



## Micro Classes (4 - 9 years)

**Micro 4/5** classes combine skill building games and drills with scrimmages to optimize learning in a non-competitive atmosphere. Classes are separated by age.

- In 50 minutes of class there will be 15-20 minutes of instruction and 20-25 minute of games.
- Team will field no more than four players at a time.
- Everyone gets equal playing time.
- There will be no goalies.
- Scores are not kept.
- Child/Coach Ration 12:1

DEVELOPMENTAL MILESTONES	5 Years
Social-Emotional	<ul style="list-style-type: none"> <li>• Likes to try new things</li> <li>• Likes to show off, is often boastful and seeks approval from adults</li> <li>• Knows right from wrong</li> <li>• Understands sharing, but doesn't always want to share</li> <li>• May express anger and frustration physically</li> <li>• May be exclusive in terms of playing with others</li> <li>• May get embarrassed when they make mistakes</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>• Improved attention span and ability to concentrate</li> <li>• Can follow more complex instruction</li> <li>• Improved vocabulary and better grasp of language</li> <li>• Likes to reason or argue</li> <li>• Loves dramatic play and is more elaborate with fantasy play</li> <li>• Interested in cause and effect</li> <li>• Has a basic understanding of time</li> </ul>
Physical	<ul style="list-style-type: none"> <li>• Runs well, gallops, skips, hops</li> <li>• Improved balance, can balance on one foot</li> <li>• Is no capable of more complex body coordination skills</li> </ul>

**Micro 5/6, Micro 5/6 Advanced** classes combine skill building games and drills with scrimmages to optimize learning in a non-competitive atmosphere. Classes are separated by age.

- In 50 minutes of class there will be 15-20 minutes of instruction and 20-25 minute of games.
- Team will field no more than four players at a time.
- Everyone gets equal playing time.
- There will be no goalies.
- Scores are not kept.
- Child/Coach Ration 12:1

DEVELOPMENTAL MILESTONES	6-9 Years
Social-Emotional	<ul style="list-style-type: none"> <li>• Peer world is expanding and is more important to them</li> <li>• May compare themselves with others</li> <li>• May have a strong desire to do things well/right and be upset with failure</li> <li>• Find criticism difficult to handle</li> <li>• View things in very black and white terms (good or bad, right or wrong)</li> <li>• Continue to be self-centered</li> <li>• May be preoccupied with rules</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>• Though children at these ages aren't able to think and act as adults do, they do possess skills to understand and follow more complex instruction</li> <li>• Need concrete examples (detailed description or actual demonstrations) with instruction</li> <li>• Improved problem solving abilities</li> <li>• Increased attention span</li> </ul>
Physical	<ul style="list-style-type: none"> <li>• Good sense of balance</li> <li>• Fine motor skills are improving</li> <li>• Can catch and throw balls (ability improves with age)</li> <li>• Enjoys testing muscle strength</li> </ul>