

Flitwick Eaglets

EVERY TUESDAY AT LEISURE CENTRE FROM 20TH APRIL 2010
(INDOOR SESSIONS 14:45-15:15 & 15:45-16:15)



SEE BELOW FOR DETAILS OF HOW TO BOOK YOUR **FREE** SESSION:

Flitwick Eaglets is a gentle introduction to football and sports for all children aged 3 to 6 years of age. Through a fun filled session we aim to teach some basic skills with our mini footballs, goals and other training aids. All of the games and exercises focus on fun, which is the best way to help players develop.

The sessions will help your child :

- Learn basic football skills from top coaches.
- Meet lots of new friends.
- Improve fitness and co-ordination.
- Have loads of fun.

Our sessions are Multi Sports so the boys and girls will get the chance to learn some new skills and games as well as take part in the popular football activities.

Free Trial Sessions - come down and join us for a free coaching session, it's the best way to see what we do! If you like what you see, then your child can join in the fun with the rest of boys and girls.

Sessions are every Tuesday starting from Tuesday 20th April 2010, indoor at the Flitwick Leisure Centre.

Interested....

Please call Lynda Gazeley on 01525 714948
or email us at Eaglets@Flitwickeagles.org





Not just about football

Joining in with the Flitwick Eaglets will help the children become more confident with themselves and around other boys and girls. The boys and girls will benefit from key development aspects:

New Friends

We are a friendly Charter Standard Community Club, with a group of coaches who welcome any new players and parents, no matter how nervous they might be and we will do everything we can to make everyone feel at home.

Teamwork

Some exercises involve forming groups, or teams and the boys and girls will learn to help each other in order to compete against another group.

Fitness & Co-ordination

With the help and support of the parents we aim to keep your child as active as possible throughout the session, however there's no pressure and the kids can sit with their parents on the sidelines at any time if they need a break or just don't feel like it.

Discipline

Teaching the kids how new games and exercises work is a key part of our coaching role. Understanding when it's 'your turn' is a great step for the kids and coaches. Children learn how to play and enjoy themselves within the coaching system, this helps them develop and enjoy themselves in a fun environment.

Self Progression

Football might be a team game, but like everything else, it's made up of individuals. A fundamental aim for us at Flitwick Eagles is to teach the boys and girls to develop, progress and improve themselves. Whether it's a fancy turn with the football, or improving at one of our co-ordination games, once the boys and girls start to work on their progression, there'll be no stopping them.