

# All Star Sports Instruction Online Zoom Classes May 2020

[Don't miss out on these ATHLETICS classes!](#)

Get the kids outside to enjoy these online sports programs that the whole family can enjoy!

Register today for these three 2-session classes.

Stay tuned for all New Virtual Summer Sports programs starting in June!

## **Virtual Basketball Program**

Basketball Fundamental and skill work will be covered to focus on basic mechanics to build confidence then adding fun challenges to keep participants engaged. We will cover dribbling, passing and age appropriate shooting technique.

- **Mandatory Equipment:** Basketball, hard surface to dribble, cones or cone substitute, Partner (parent or sibling)
- **Optional/Ideal equipment:** Basketball Hoop, 3<sup>rd</sup> Partner (parent or sibling)

Online Zoom 30 minute virtual class

Ages: 3-5

ATE24-510 M 4:20-4:50 pm May 25-Jun 1 \$20 2 classes

ATE24-511 Th 11-11:30 am May 21-28 \$20 2 classes

## **Virtual Soccer Program**

Virtual Soccer will keep everyone active and engaged both mentally and physically! Our virtual lesson plan is designed to teach the game by developing skills with drills and fun challenges while still engaging everyone.

- **Mandatory Equipment:** soccer ball, cones or cone substitute, Partner (parent or sibling)
- **Optional/Ideal equipment:** Soccer goal, 3<sup>rd</sup> partner (parent or sibling).

Online Zoom 30 minute virtual class

Ages: 3-5

ATE00-514 M 3-3:30 pm May 25-Jun 1 \$20 2 classes

ATE00-515 Th 11:40 am-12:10 pm May 21-28 \$20 2 classes



## **Virtual T-ball/Baseball/Softball Program**

All Star Sports Instruction provides basic building block to succeed at all levels. Players in this program will become confident as we work on the proper mechanics of catching, throwing, fielding, base running, batting, and fun weekly class challenges. This fun and exciting program will prepare each player for the T-Ball, coach or kid pitch leagues once we are able to take the field again!

- **Mandatory Equipment:** glove, baseball and tennis ball (or soft squishy ball), Bat, Partner (parent or sibling)
- **Optional/Ideal equipment:** Tee for hitting, 3<sup>rd</sup> partner (parent or sibling)

Online Zoom 30 Minute virtual class

Ages: 3-5

ATE01-514 M 3:40-4:10 pm May 25-Jun 1 \$20 2 classes

ATE01-515 Th 12:20-12:50 pm May 21-28 \$20 2 classes