

"Making Little Dreams a Reality"

The Tot Soccer Program for children ages 3 to 6 years old emphasizes improvement of gross motor skills and development of fundamental soccer technique while having fun. Classes are loosely structured with lots of positive reinforcement and activities that change quickly and often to hold the interest of children. Classes are limited to one session per week for less than an hour each and include a supervised drink break. Skills are introduced through a variety of exercises and games within a small play group of less than ten children. The small group encourages personal interaction and social development. Individual and group activities are designed for success, fostering growth of confidence and self-esteem.

CURRICULUM:**I. Gross Motor Skills:**

- Jogging on toes w/ associated exercises:
- Toss and catch ball
- Bounce and catch ball (can do this simultaneously w/ Coach)
- Toss and catch ball while turning 360 (“spin” w/ and w/o ball)
- Touch ground with parts of body: 1-2 knees/1-2 hands
- Sit - balance with all feet and hands in air/then combine 1-2 hands/ 1-2 feet touching ground
- Stop/turn around/roll ball between legs/turn back around/pick up
- Jog backwards and side ways
- Stop/touch ground with 2 hands/step R foot to R hand/step L foot to L hand/stand up
- Skip
- Skip and clap - eg - front to back; or, over head/shoulders/sides
- Hop on one leg/both legs
- Push outs - take one big step from wall/hands on wall/push out
- Crushes - push ball hard against wall
- Frog jumps - hold ball between feet while standing/bend knees/jump up/catch ball
- Lay on back/hold ball between feet/lift ball with legs/catch ball with hands
- 2-hand toss ball/run after it/pick it up and run back, or dribble back w/ feet
- Drop ball while jogging and foot catch or sole of foot trap and dribble to target
- 2-way jogging - one side jogging past other - add ball touches for challenge
- Circuits w/o ball: run around cones/thru cones/1-2-leg hop over cones/etc
- “Caterpillar” - single file - hand ball over head/between legs to player behind - last player runs to front (could also do side hand-offs)...fun to do this as a race
- Balance ball between 2 foreheads while standing - w/o touching the ball, try to go down to tummy and back up without allowing ball to drop

II. Ball Touches:

- Foot catch
- Sole of foot trap
- Lift ball w/ foot
- Thigh bounce/catch
- Bounce/touch up w/ instep
- Head to hand/ground
- Bounce/head to ground/control w/ ft
- Throw-in
- Dribble on toes/to lineBall
- Tap/1-2 feet (“switch feet”)
- Pull Back/1-2 feet
- Roll Forward/1-2 feet
- Roll Sideways/R - L foot
- Skip and dribble
- Skip/touch ball to thigh
- Dribble between feet - walk or jog

III. Turns:

- Pull Turn - inside of Foot (180 turn)

IV. Games:

Touches:

- Work Trucks –
 - Crane – pick up ball
 - Dump Truck - lift ball with straight arms from front to back of head and drop over back
 - Bulldozer - dribble slowly
 - Pile driver – head ball to ground, catch the bounce, and repeat
 - Wrecking Ball - drop ball to ground and control with sole of foot
- Pancakes - switch feet on ball, slowly while standing, or quickly while hopping (pancake mix) - now drop ball on ground and control with sole of foot (“make” a pancake)
- Train - follow one another along a painted or taped line while dribbling the ball between the feet (AKA “monster walk”)

Sprinting:

- Duck, Duck, Goose
- Race to cone or line and back
- Tag - hand tag or “tail tag” - more than one tail gives extra “life”
- Harry Potter Tag - you’re a statue if tagged by Voldemort, and released if touched by another “wizard”
- Chain Tag - when tagged, holds hands to form a long chain
- Crows and Cranes - 2 lines back to back - call one and other turns to tag - if called, run to safety - if tagged, join other team

Dribbling:

- Stop Ball w/ Parts of Body - coach calls part of body, eg, head/elbow/knee/tummy/"bum"/etc and everybody stops
- Freeze - on call, tots stop w/ part of the body they choose - select a different part each time - invent - Coach names each creation
- Switch - static or active - w/ static, 1st find and stand with foot on ball in space, then on call run to another ball - w/ active, dribble, and on call stop ball w/ foot and run to another ball
- Magnet - static or active - w/static, 1st find and stand in space then dribble to target on call - w/ active, begin by dribbling
- Thru Gates/over "bridge"/thru "hourglass"/thru "forest" - disk cones/change of speed
- Treasure Hunt - add to treasure by taking cones one at time from "Treasure Is." (center circle), then other players w/ or w/o ball ("rowboat") - stop ball w/ foot when picking up cone
- Visit Your Favorite Place in Town - dribble and stop at cone - where are you?
- Follow The Leader - try to stay close while dribbling in a line
- Red Light/Green Light - stop-and-go dribbling - use colors or Tot names for commands - go/stop/Crash/turn/stop w/ body
- Bye, Bye - same as RL-GL, except if still moving on 'Red,' go back to last player
- Race Car - 1st, 2nd, 3rd speed - dribble slow to very fast in a straight line
- Pod Racing - dribble fast around cone oval from start line to finish
- Judging - dribble for form and control - take turns "judging" the group looking for the "best" dribbler
- Gold Rush - race between groups of 2/3 players - 1/group runs to center, pick up a cone, dribble ball back and hand tag teammate - game ends when cones are gone
- Dribble Race - "push" ball - don't kick it, and stop w/ foot on top before hitting wall - use pull turns to change direction
- Pony Express - relay race - one partner dribbles a first leg holding a cone - pass the cone to partner #2 who dribbles the second leg, sets cone down and returns to tag partner #1, who then returns home and repeats the process (can be played w/o a ball "horse")
- Sportsplex Derby - 2 lines of players("teams") facing, coach in middle and off to side w/ all balls - C calls 1 - 2 names from each side and rolls 2 - 4 balls into middle - players race to balls, turn and dribble quickly back to their side
- Captain Commando - dribble thru players laying on the ground w/ arms by side/legs together (Level 1); thru players laying down making snow angels (Level 2); thru players walking around slowly w/ arms at their side (Level 3); thru players walking around slowly w/ arms extended (Level 4);
- Dribble Tag - everybody it - tag as many as you can w/ hand while dribbling your ball - avoid getting tagged

Dribbling (cont):

- House on Fire - 2-3 balls (flames) - everybody else w/o - dribble in grid (house) - tag with hand - switch ball if tagged
- Lifting Tag - (for older tots) 2-3 balls in goal box - tag by lifting ball with foot and touching player - take over ball if tagged
- Dribbling/Shielding: Fox in the Henhouse - protect ball w/ body, turn and push away from pressure - play in the indoor penalty box
- Rescue Rachel - “rescuers” dribble their “lasers” (ball) into the “castle courtyard” where “guards” try to kick balls away - dribble into “dungeon,” grab “Rachel” and out the back
- Polar Bear - dribble towards prone “sleeping polar bear” - when “pb” challenges, turn/shield and dribble beyond “safe line”
- Ghosts in the Graveyard - dribble towards prone ghost, then away and back to the “village” when challenged - cross fingers and send ghost packing w/ shout “back to the graveyard”
- Ultimate Polar Bear - for points - same as PB with added challenge of cones in middle and no ‘safe line’ - must dribble thru entire cone field before “pb awakes to get points - when challenged, dribble back thru cones and stop ball at wall, facing wall w/ foot on top, without getting tagged - get 1 pt each successful run - play game to 5 pts
- Bear Territory - dribble past pressure, from one side to other
- What Time is it Mr. Wolf? - time = number touches - stop w/ foot after each set of touches - at “lunch time,” turn quickly and escape to safety
- Kick Out - don't leave your ball while kicking others out
- Freeze Tag - you're frozen if ball is stopped by a foot on top and unfrozen if another ball is dribbled through your legs
- Four Corners - dribble from one corner box to another for 1 minute - how many corners can you go thru?
- Spider’s Web/Snow Angel/Peter Rabbit - place all balls behind “spider” clinging to a “web” (net)/or “angel” moving her wings/or Mr McGregor in the house - tip-toe up behind, and dribble away to home before getting caught
- Leprechaun Forest/Haunted Pumpkin Patch/Land Before Time - theme cone “forest”/”patch”/”island” - dribble thru with change of speed, slow to fast to avoid getting caught by “leprechauns”/”ghosts”/”dinosaurs” when challenged
- Ninja Castle - “super heroes” dribble around “castle courtyard” avoiding the “villain” trying to tag balls w/ foot on top - if tagged, you’re off to the “dungeon” and are released only by the touch (thumb to thumb) of an active player
- Turkey Chase - everyone w/ ball - one (“Indian”) w/o - play on ½ field - “Indian” tries to get ball (egg) - if so dribbles to “tepee” (goal box) to deposit - “turkeys” do not contest if ball lost, instead run to get next available ball - if no further balls available, become an “Indian”

Dribbling/Shooting:

- Flash - dribble in box, then on call shoot at goal
- Over the River & Thru the Woods - dribble over the center line, then thru cone “forest” for shot on goal - watch out for the “wolf” hiding in his cone “house” or behind a “tree” (cone) - for challenge, have tots dribble from the side, thru two cones, then turn to dribble thru the “woods”
- Smash Ball - everybody shooting at C’s (or another designated) ball
- Light-Saber Tag - ball = light saber, each shooting at everyone else’s ball
- Pirate Ships - 2 “crews” shoot at opposing cone cannons - then “board” the “enemy” by dribbling in close and shooting
- Dungeons & Dragons - “Knights” try to dribble their “mystical package” (ball) thru one or more dungeons protected by “dragons” in crab position - once thru the dungeon(s) deliver the “package” to the “castle” (goal) with a shot
- Ball Tag - one person “it” shoots at others below the knees - if tagged, join the tagger - play on ½ field, or in a line in front of tagger where you run toward base to avoid “tag”
- Laser Tag - teams of 2 or 3 shoot at other balls or players below the knees - can also play 1 against everybody else
- Rabbit Hunt - shoot at moving target (another player or ball) - encourage dribbling closer to target before shooting
- Championship Rabbit Hunt - hit the rabbit 5x and take his place
- Chaos - dribbling in a square - on call (name/color of clothes/birth month/etc) dribble thru crowd and shoot on goal
- Freeze Ball - everybody with ball dribbling on ½ field - 1-2 “it” shoot at your ball - if hit, you’re frozen until touched by another player’s ball (also can freeze with a foot on ball)
- Swamp Monster -plr w/ vest and ball tries to shoot other balls in grid - if ball is hit, put on a vest and join the “monsters”

Shooting:

- Turkey Hunt - hit tall cones - single/line of cones/stack of cones
- Bowling - shoot at tall cones (“pins”) on goal line
- Conehead Bowling - across width of goal box - shoot at stationary player standing on opposite side of box - join the coneheads if you hit a “conehead” - [also play this using Throw ins]
- Power Rangers - shoot at tall cones, in 2-3 cone configurations: “cannon”/”alien commander”/”alien rocket ship”/”radar”
- Against Wall for Form, Accuracy and Power - who shoots hardest?
- Under Bridge - 2 children holding hands - ball rolled under “bridge” - run under hand “bridge” and shoot
- Thru Tunnel - line of children close together, facing away from goal, legs apart - C rolls ball thru “tunnel” - last in line turns and shoots

Shooting (cont):

- Star Wars - shout "May the Force be With You" and "jedi knights" shoot from two sides as "darths" run the "gauntlet" from one side of field to other - join the "knights" if hit
- Ghosts in the Pantry same as Star Wars - shout "GITP" and "ghost busters" shoot "slime balls" at "ghosts" running past - join busters if hit
- Ghosts in the Meadow - ghost busters shoot at ghosts running away from them - ghosts stand in front of the "busters" who shout "GITM" - ghosts try to run to other side without getting hit - join busters if hit
- River Pirates - villagers, including mayor, constable, librarian, teacher try to hit pirate "boats" (balls) as they "sail" by - join the shooters if boat is "sunk"
- Fire Punch - 2 opposing teams w/ ½ balls each - kick all balls over center line as fast as you can including those shot at you - earn a point whenever all balls are on opposing side
- Blasters = Fire Punch for the younger - on width of field - no score
- Battle Star Galactica - pairs of tots w/ one ball per pair shoot at line of tall cones in middle ("cylons") - keep score
- Merry-Go-Round - a high tempo game - everyone in line at top of box holding ball - C rolls ball - chase and hit hard shot, run after rebounding ball, pick it up ball and run back to line in finishing the circle

Passing:

- Soccer Golf - tall cone semi-circle "holes" - vary layout and values
- Against Wall for Form, Accuracy and Power - who is most accurate?
- London Bridge - Coach stands w/ legs apart - three passes thru legs and C moves to another spot
- From one side to the other and through a collection of cones and/or wandering tots serving as obstructions in the middle - keep moving so you can see the ball coming
- Star Wars/River Pirates - (see Shooting) - practice passing to feet

Heading:

- Head ball thru C's legs then off C's hand into goal - jump and head
- Monster Truck Heading - C tosses ball - head back over players laying down
- "Showtime:" Tots take turns combining techniques to make their own creative presentation - running, jumping, kicking dribbling, ball touches, turns, etc. - anything they want to do - one at a time or all at once

Soccer Carnival:

- 1-3 tots/station - # stations depends on # tots - each tot works 1 min
- rotate clockwise between stations - begin with a practice round - then have a scoring round - if time permits have a third round to improve personal best:
- Shoot - use good shooting form (steering foot/power foot) to hit trash barrel from short distance - score 1 pt per hit
- "Pass"- strike the ball under a bench from short distance - for added challenge lay a chair on its side against the bench to narrow the opening under the bench - score 1 pt per pass under
- Throw - use good throw-in form from to throw the ball as far as possible - three cone lines 4 yards apart - 1st line is 1pt; 2nd - 2 pt , 3rd - 3pt
- Dribble - use good form to dribble through several cone gates - score 1 pt each time thru a gate
- Head - toss ball/or hold on hand for tots to head as they run to goal - use good form -score 1 pt for each head into the goal
- Run - relay run, two lines facing - run to the line you face and tag first player in line, who then runs to the opposite line, repeat - score 1 pt per each tot after completing one cycle
- Punt - punt ball from short distance into a circle - 1 pt each time ball is punted into the air and lands in the circle