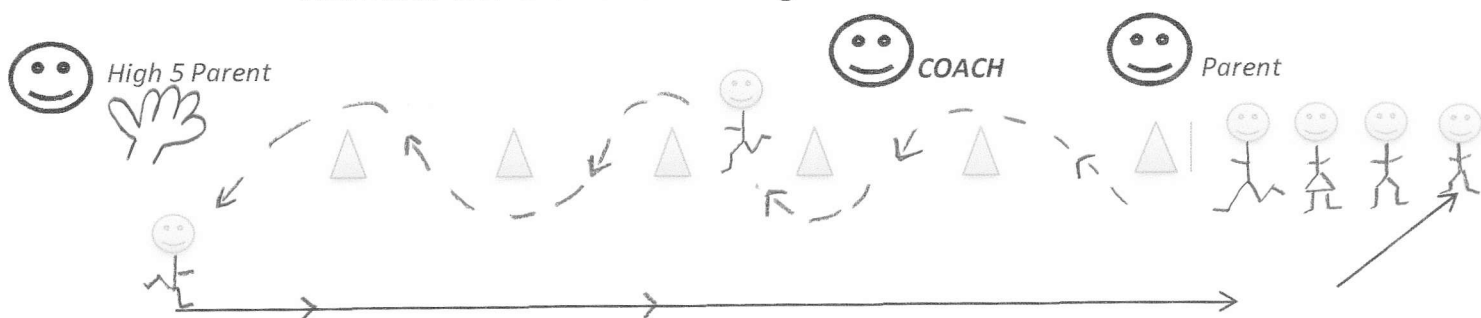


Junior Tots Program Week 1

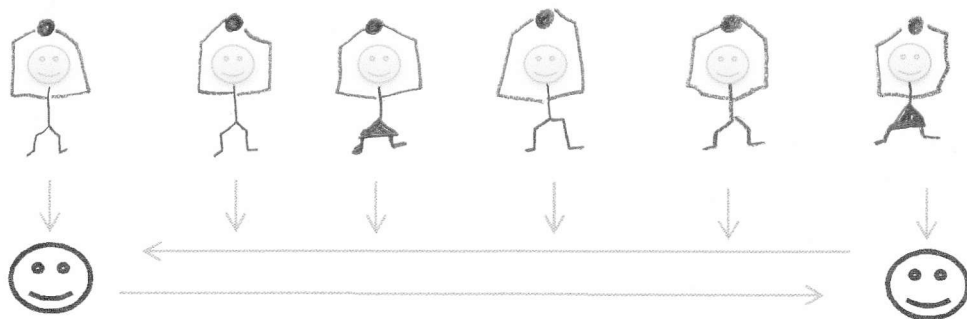
- 9:00 – 9:10 Warm up – two laps around field followed by stretching
While stretching – explain – Why we stretch, No Hands, Who the referee is and what he/she does.
- 9:10 – 9:15 What the whistle means (stop & look at the ref)
Have kids run around and when the whistle blows – stop, freeze & look at the referee.
- 9:15 – 9:20 Dribbling – step touch when whistle blows stop put foot on ball and look at the ref. Repeat – speed up --- slow down
Technique – keep ball close to feet. Don't let ball get too far in front
- 9:20 – 9:30 Line up behind pylons. Have players run through the pylons (no balls) and then back to the end of the line. After everyone has gone once we are going to try to dribble the ball through the pylons – “High five” the parent volunteer and then dribble straight back to the end of the line.



- 9:30 – 9:35 Water break – get ready for games
- 9:35 – 9:55 Games – switches ever 3 – 4 minutes.
- 9:55 Shake hands then short stretch. HOME

Junior Tots Program Week 2

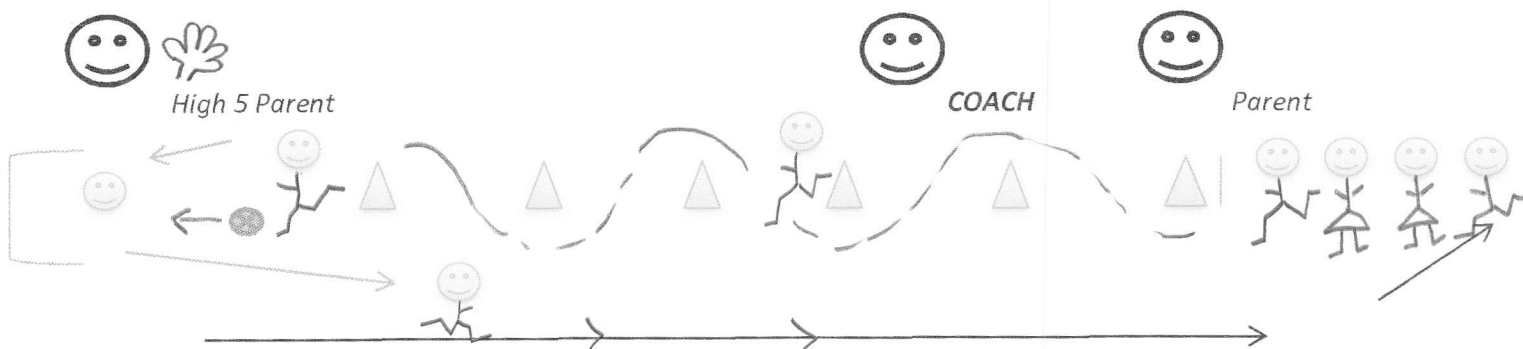
- 9:00 – 9:10 Warm up – two laps around field followed by stretching
While stretching – explain – Why we stretch, No Hands, Who the referee is and what he/she does.
- 9:10 – 9:20 What the whistle means (stop & look at the ref)
Dribbling – step touch when whistle blows stop put foot on ball and look at the ref. Repeat – speed up --- slow down
Add **whistle blows- 2) if referee has arm up and puppet showing - players must sit on the ball
1) Arm down no puppet –players stop and put foot on the ball
- 9:20 – 9:30 Throw Ins: Line players up along white line. Show how to do a proper throw in – put some glue on the bottom of your shoes. Stick your feet to the ground. Bring the ball back behind your head with two hands and launch the ball into the air over the eyes like an airplane in the direction you want to throw it. Have two or three parent volunteers be the catchers and go down the line having the players throw the ball to them.
Remember ** feet must never leave the ground – no jumping. ** the body must not twist and the ball must be released in the air above the eyes.



- 9:30 – 9:35 Water break – get ready for games
- 9:35 – 9:55 Games – switches ever 3 – 4 minutes.
- 9:55 Shake hands then short stretch. HOME

Junior Tots Program Week 3

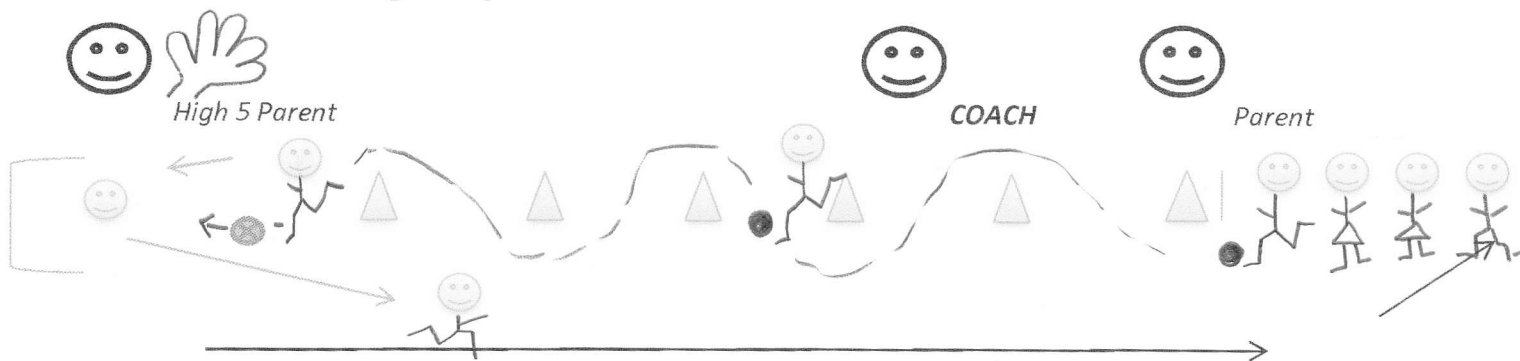
- 9:00 – 9:10 Warm up – two laps around field followed by stretching
While stretching – explain – Why we stretch, No Hands, Who the referee is and what he/she does.
- 9:10 – 9:20 What the whistle means (stop & look at the ref)
Dribbling – step touch when whistle blows stop put foot on ball and look at the ref. Repeat – speed up --- slow down
Add **whistle blows- **3)** Referee holds up two arms & two puppets players will tap on top of ball alternating feet (tap tap)
2) If referee has arm up and puppet showing - players must sit on the ball
1) Arm down no puppet –players stop and put foot on the ball
- 9:20 – 9:30 Place one player in net as goalie, line up the rest of the players behind pylons. Have players run through the pylons (no balls) and kick a stationary ball into the net. The person who kicks the ball then becomes goalie and the goalie joins the end of the line.



- 9:30 – 9:35 Water break – get ready for games
- 9:35 – 9:55 Games – switches ever 3 – 4 minutes.
- 9:55 Shake hands then short stretch. HOME

Junior Tots Program Week 4

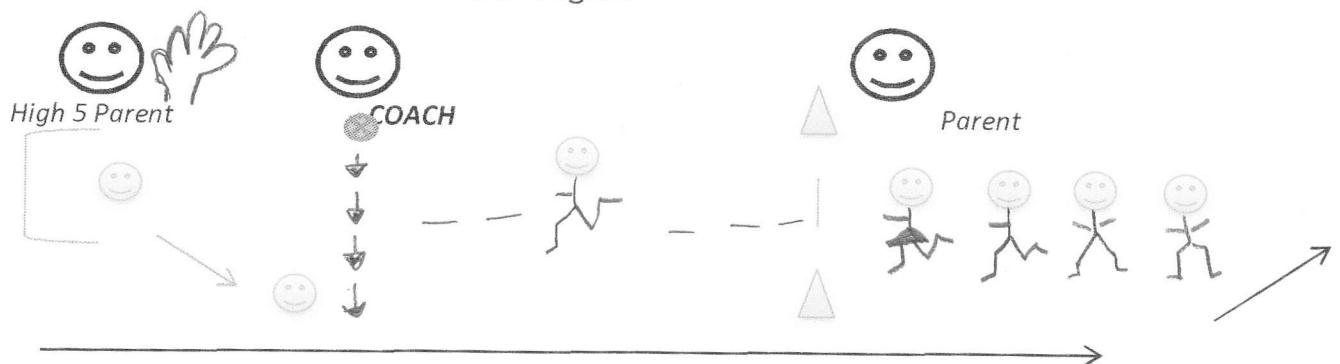
- 9:00 – 9:10 Warm up – two laps around field followed by stretching
While stretching – explain – Why we stretch, No Hands, Who the referee is and what he/she does.
- 9:10 – 9:20 What the whistle means (stop & look at the ref)
Dribbling – step touch when whistle blows stop put foot on ball and look at the ref. Repeat – speed up --- slow down
Add **whistle blows- **4)** Referee puts his hands on his head –players bend over and put their head onto their ball (bums up)
3) Referee holds up two arms & two puppets players will tap on top of ball alternating feet (tap tap)
2) If referee has arm up and puppet showing - players must sit on the ball
1) Arm down no puppet –players stop and put foot on the ball
- 9:20 – 9:30 Place one player in net as goalie, line up the rest of the players behind pylons. Have players run through the pylons dribbling the ball and kick the ball into the net. The person who kicks the ball then becomes goalie and the goalie joins the end of the line.



- 9:30 – 9:35 Water break – get ready for games
- 9:35 – 9:55 Games – switches ever 3 – 4 minutes.
- 9:55 Shake hands then short stretch. HOME

Junior Tots Program Week 5

- 9:00 – 9:10 Warm up – two laps around field followed by stretching
While stretching – explain – Why we stretch, No Hands, Who the referee is and what he/she does.
- 9:10 – 9:20 What the whistle means (stop & look at the ref)
Dribbling – step touch when whistle blows stop put foot on ball and look at the ref. Repeat – speed up --- slow down
Add **whistle blows- 5) – Referee puts his hands on his tummy and yells goalie’s ball – players pick up ball and hold it tight against their tummies.
4) Referee puts his hands on his head –players bend over and put their head onto their ball (bums up)
3) Referee holds up two arms & two puppets players will tap on top of ball alternating feet (tap tap)
2) If referee has arm up and puppet showing - players must sit on the ball
1) Arm down no puppet –players stop and put foot on the ball
- 9:20 – 9:30 Place one player in net as goalie, line up the rest of the players behind pylons line. Have players run towards the net then roll the ball across the face of the net as the players run towards the net -- the idea is to have both the player and ball moving and for the player to strike a moving ball. The player becomes goalie and the goalie joins the end of the line. Try this from different directions and angles.



- 9:30 – 9:35 Water break – get ready for games
- 9:35 – 9:55 Games – switches ever 3 – 4 minutes.
- 9:55 Shake hands then short stretch. HOME