



Totshots Coaches:

The Totshot Program is geared towards children ages 3 - 5 years of age. It is an introductory league designed to teach youngster the basic skills of soccer, teamwork and sharing, while participating in creative programming with his or her peers.

To begin, we have divided the children into teams and divisions determined by their birth dates. Through the course of the program children may switch teams in order to find their place amongst other children of similar social behaviors, personalities and motor skills.

Players are required to bring their balls to each session and are to be wearing shin guards and soccer cleats or a running shoe and in full uniform. Program will start on time so please stress to your parents the importance of arriving early to ensure that the children are ready to start right at 1:00 pm.

Each session will begin with a warm up which will be followed by the skills & drills portion of the program. Each week a basic skill will be introduced through an obstacle course, or fun game and activity. Each field will have a referee who will be able to demonstrate and help you with the skill for the week. We encourage you to get as many parent helpers as you need in order to keep the children focused and moving.

The skill portion will be followed by a game. This is the most enjoyable part of the evening. Your goal is to encourage and point them in the right direction. Keep them moving and running after the ball. Make sure you get on the field with them and give them constant direction. The referees will do their best to teach them the proper rules like when to take a throw in, goal kicks and of course not to pick up the ball with their hands. You need to make sure they are listening to the whistle and stop when ever it is blown.

If you have any questions or concerns, please direct them to Sarah Stewart, the program director. Have fun!

What to expect from your TotShotters

- Most of your players will cry immediately when they get hurt. Some cry even when they are not. If individuals around them make it a big deal, so will they.
- No matter how loud you shout, or how much they “practice” it, they can not or will not pass the ball.
- Some will come off the field in need of a toilet. Some will stay on the field when they should be going to find a toilet!
- The only player to hold a position is the goalkeeper. Don’t even consider teaching positional play.
- Twenty seconds after the start of a game, every player will be within 5 feet of the ball - that’s ok, just go with it.
- Several players will slap at the ball with their hands, or pick it up, several parents will yell at them not to do that.
- During a season, you will end up tying up at least 50 to 60 shoelaces.
- They will do something that is very funny. Make sure that you laugh.