

Program Overview

Welcome to Toddler Soccer!

A developmentally appropriate program designed specifically for two-year-olds, focusing on:

- Fun-based movement exploration
- Basic motor skill development
- Parent-child bonding
- Safe and supportive environment
- Age-appropriate activities and equipment

Developmental Considerations

Physical Development

- Short attention span (2-3 minutes)
- Developing balance skills
- Basic running abilities
- Emerging coordination

Social Development

- Parallel play stage
- Need for constant praise
- Learning through repetition
- Basic following directions

Safety Guidelines

Essential Safety Protocols

- Maintain 1:3 adult-to-child ratio
- Use only soft, foam balls (Size 2-3)
- Ensure cushioned playing surface
- Establish clear boundaries
- Regular water breaks every 10 minutes
- First aid kit must be readily available

Equipment Checklist

Essential Equipment

- Soft foam soccer balls
- Colorful cone markers
- Floor spot markers
- Activity cards
- Music player

Support Materials

- Parent guide handouts
- Progress tracking sheets
- Achievement stickers
- First aid supplies
- Emergency contact list

Basic Movement Activities

Fundamental Movements

Walking Activities

- Ball walking
- Follow the leader
- Stop and go games
- Direction changes

Balance Activities

- Standing still with ball
- One-foot balance
- Stepping over ball
- Side-to-side movement

Ball Familiarization Games

Progressive Ball Activities

1. Seated ball rolling
 - Roll to parent
 - Roll to target
 - Roll and catch
2. Standing ball control
 - Gentle kicks
 - Stop the ball
 - Ball following
3. Movement with ball
 - Walk alongside ball
 - Push ball forward
 - Chase the ball

Session Structure

45-Minute Session Breakdown

1. Welcome Circle (5 minutes)
 - Greeting songs
 - Movement warm-up
 - Equipment introduction
2. Skill Activities (25 minutes)
 - 3-4 different activities
 - 5-7 minutes per activity
 - Transition time between activities
3. Free Play (10 minutes)
 - Guided exploration
 - Parent-child interaction
 - Skill practice
4. Closing Circle (5 minutes)
 - Cool-down activities
 - Celebration time
 - Goodbye songs

Progress Monitoring

Development Milestones

- Basic movement patterns
- Ball interaction comfort
- Following simple instructions
- Group participation
- Physical confidence

Assessment Methods

- Weekly observation notes
- Photo documentation
- Parent feedback forms
- Achievement checklists
- Progress reports

Parent Resources

Supporting Development at Home

- Create a safe practice area
- Use appropriate equipment
- Maintain consistent routines
- Celebrate small achievements
- Document progress regularly
- Communicate with instructors
- Join parent support network