

Session Planning Checklist

Pre-Session Setup

- Soft, level surface confirmed
- Lightweight balls (one per child)
- Colorful markers/cones placed
- Safety padding installed
- First aid kit accessible
- Music system ready

Safety Verification

- 1:1 parent-child ratio confirmed
- Equipment safety check completed
- Surface hazards removed
- Emergency procedures reviewed
- Temperature and lighting verified

Remember: At age 2, children have a 2-3 minute attention span. Plan for frequent transitions and maintain high energy throughout the session.

Activity 1: Rainbow Ball Control (5 minutes)

Setup Instructions

- Place colored markers in a small circle (2-foot diameter)
- Position soft balls at starting points
- Ensure 3-foot spacing between participants
- Parents positioned behind toddlers

Implementation Steps

1. Demonstrate gentle ball touching (30 seconds)
2. Guide toddlers to their starting positions
3. Encourage ball rolling with feet
4. Use color names for direction changes
5. Incorporate simple songs about colors

Teaching Tips:

- Use exaggerated movements in demonstrations
- Celebrate every attempt at ball contact
- Keep instructions to one word when possible
- Use musical cues for transitions

Success Indicators

Record observations about: - Ball contact attempts - Movement confidence - Emotional engagement - Parent interaction quality

Activity 2: Animal Soccer Moves (5 minutes)

Station Setup

- Create 4 animal-themed stations:
 - Elephant Station (slow, heavy steps)
 - Bunny Station (small hops)
 - Tiger Station (careful stepping)
 - Bird Station (arm movements)
- Place animal pictures at each station
- Set up balls at each station

Movement Patterns

| Animal | Movement | Sound |
|----------|----------------|-----------|
| Elephant | Stomp and kick | "Trumpet" |
| Bunny | Small jumps | "Hop hop" |
| Tiger | Careful steps | "Roar" |
| Bird | Wing flaps | "Tweet" |

Safety Reminders:

- Maintain close parent supervision
- Ensure adequate space between stations
- Monitor energy levels
- Allow for natural transitions

Activity 3: Musical Soccer Spots (5 minutes)

Setup Requirements

- Circular arrangement of spot markers
- Age-appropriate music selection
- One ball per child
- Parent positioning guide markers

Musical Selection Guidelines

- Simple, repetitive rhythms
- Clear start/stop points
- Familiar nursery tunes
- 2-3 different songs ready

Implementation Steps

1. Position parents and toddlers
2. Demonstrate basic movements
3. Start music (30-second intervals)
4. Guide movement between spots
5. Celebrate arrivals at new spots

Engagement Tips:

- Use animated expressions
- Incorporate simple counting
- Add color recognition
- Keep energy high but controlled

Session Reflection and Assessment

Individual Progress Tracking

| Skill Area | Observations | Next Steps |
|--------------|--------------|------------|
| Ball Control | | |
| Movement | | |
| Engagement | | |
| Social | | |

Parent Feedback Notes

Safety Incident Report