

Program Overview:**Age Group:** 2-year-olds**Session Duration:** 45 minutes**Class Size:** Maximum 9 toddlers (1:3 ratio)**Focus Areas:** Motor skills, social interaction, basic movement patterns**Parent Involvement:** Required for all activities

✓ Soft foam balls (Size 2-3)

✓ Colorful cones

✓ Floor markers

✓ Musical instruments

✓ Reward stickers

✓ First aid kit

✓ Activity cards

✓ Boundary markers

Pre-Session Setup (15 minutes before)

*[Arrive early to prepare space and equipment]***Setup Checklist:**

- Inspect floor surface for hazards
- Create circular welcome area with spot markers
- Set up 3 distinct activity zones with cones
- Prepare music system and playlist
- Layout equipment for first activities
- Post visual schedule cards

Safety Priorities:

- Pad any sharp corners in activity area
- Ensure 6-foot spacing between activity zones
- Check all balls for proper inflation
- Verify emergency exits are clear

Welcome Circle (5 minutes)

"Hello soccer friends! Can everyone find their special spot with mommy or daddy?"

0:00-0:05

*[Use cheerful, animated voice and gestures]***Welcome Routine:**

1. Soccer Star Song (2 mins)

Sing: "I'm a little soccer star, watch me play, here's my soccer ball, let's have fun today!"

2. Ball Introduction (2 mins)

Give each child their colored ball to hold

3. Movement Warm-up (1 min)

"Can you hug your ball? Now reach up high!"

Warm-Up Activities (10 minutes)

0:05-0:15

Activity 1: Ball Friends (3 minutes)

- Parents help toddlers hold ball
- Walk in circle while singing
- Stop and bounce on signal

"Let's walk with our ball friends! Can you give your ball a big hug?"

Activity 2: Animal Moves (4 minutes)

- Hop like bunnies with ball
- Stomp like elephants
- Crawl like bears

"Show me how your bunny hops with the ball!"

Activity 3: Stop and Go (3 minutes)

- Use tambourine for signals
- Move when music plays
- Freeze when music stops

Engagement Tips:

- Use exaggerated movements
- Praise every attempt
- Keep instructions simple
- Model with enthusiasm

Skill Development (20 minutes)

Station 1: Rolling Fun (7 minutes)

0:15-0:35

- Sit facing parent
- Roll ball back and forth
- Count rolls together
- Vary rolling speeds

"Gentle rolls to mommy/daddy! Ready, set, roll!"

Station 2: Follow the Path (7 minutes)

- Create cone pathway
- Walk with ball between cones
- Parent guides from behind

"Can you follow the magic soccer road?"

Station 3: Goal Celebration (6 minutes)

- Push ball toward goal
- Celebrate each goal
- High-fives all around

"Score a goal and show me your happy dance!"

Cool Down Activities (5 minutes)

Gentle Movement Series:

0:35-0:40

- Ball Hugs
"Give your soccer ball a big thank you hug!"
- Stretching with Ball
"Reach up high to the sky with your ball!"
- Quiet Ball Rolling
"Can you roll your ball very softly?"

Cool Down Tips:

- Lower voice volume gradually
- Use calming music
- Slow movement pace
- Gentle praise for following directions

Celebration & Goodbye (5 minutes)

Closing Circle:

0:40-0:45

1. Gather in circle with parents
2. Review activities with photos
3. Award stickers to each child
4. Sing goodbye song

"What wonderful soccer stars you are! Let's sing our goodbye song!"

Take-Home Messages:

- Praise specific efforts
- Remind parents of next session
- Suggest simple home practice
- Celebrate individual progress

Post-Session Notes

Documentation Checklist:

- Complete attendance record
- Note individual progress
- Record any safety incidents
- Update parent communication log
- Prepare next session modifications

Reflection Points:

- Activity engagement levels
- Timing effectiveness
- Parent participation
- Equipment suitability

- Safety considerations