

Session Overview:

Duration: 45 minutes

Age Group: 2 years

Class Size: Maximum 6 toddlers

Adult Ratio: 1:3 (minimum)

Space Required: 60 sq ft minimum

Equipment: Soft foam balls (Size 2-3), Cones, Spot markers, Music system

Critical Safety Considerations:

- Ensure all surfaces are padded/soft
- Maintain constant visual supervision
- Check for hazards before session
- Keep first aid kit accessible
- Know emergency procedures

Pre-Session Setup (15 mins before)

Setup Checklist:

- Lay out safety mats
- Position cones in circle formation
- Test music system
- Prepare colored spot markers
- Inflate balls to proper pressure
- Set up parent waiting area

Room Temperature: Maintain 68-72°F (20-22°C)

Lighting: Bright but not direct sunlight

Space: Clear of obstacles, non-slip surface

Welcome Circle (0-5 minutes)

0-2 minutes:

"Hello friends! Welcome to soccer fun! Can everyone find their special spot?"

Guide each toddler to a colored spot marker in the circle

2-4 minutes:

"Let's wake up our bodies! Can you stretch up high like a tree?"

Lead simple stretches with animal themes

4-5 minutes:

"Now let's meet our special friend - the soccer ball!"

Ball Familiarization (5-10 minutes)

5-7 minutes:

"Can you give your ball a big hug? Is it soft?"

Allow exploration of ball texture and weight

7-9 minutes:

"Let's make our balls dance! Can you roll it?"

Demonstrate gentle rolling, praise attempts

9-10 minutes:

"Now let's play 'Stop and Go' with our balls!"

Use musical cues for movement

Key Development Focus:

- Object manipulation
- Sensory exploration
- Following simple commands

Movement Activities (10-30 minutes)

10-12 minutes: Animal Walks

"Let's move like animals with our balls!"

- Elephant steps (slow and heavy)
- Bunny hops (small jumps)
- Bear crawls (on all fours)

12-14 minutes: Ball Chase

"Can you follow your ball like a puppy?"

Gently roll balls, encourage following

14-16 minutes: Color Match

"Find the cone that matches your ball!"

Help match balls to colored cones

Watch for:

- Signs of fatigue
- Proper spacing between children

- Emotional responses

Movement Activities (continued)

16-20 minutes: Musical Soccer

"Dance with your ball! Freeze when music stops!"

Use simple, upbeat children's songs

20-25 minutes: Circle Time

"Let's make a big circle with our balls!"

Guide gentle passing between spots

25-30 minutes: Free Play

"Show me your favorite way to play!"

Supervise individual exploration

Position Games (30-40 minutes)

30-35 minutes: Home Base

"Can you find your special home?"

Each child has designated colored area

35-40 minutes: Ball Delivery

"Let's deliver our balls to different homes!"

Simple ball movement between areas

Cool Down (40-45 minutes)

40-42 minutes: Gentle Movement

"Time to move slowly like sleepy tigers"

Transition to calmer activities

42-44 minutes: Ball Goodbye

"Let's say goodbye to our soccer friends"

Collect equipment, maintain calm

44-45 minutes: Farewell Circle

"Great job today, soccer stars!"

