

Tots Football Fun

3 Week Free Trial Sessions



Week 1



Tots Football Fun – session Plan

SESSION: COLOURED CIRCLES

SET UP: Everybody has a ball each. Place agility rings on the floor, spread across the pitch.

ACTIVITY:

Children dribble to a circle and do three toe-taps and count 'one-two-three'.

Advance to giving each child a colour that they must go to each time.

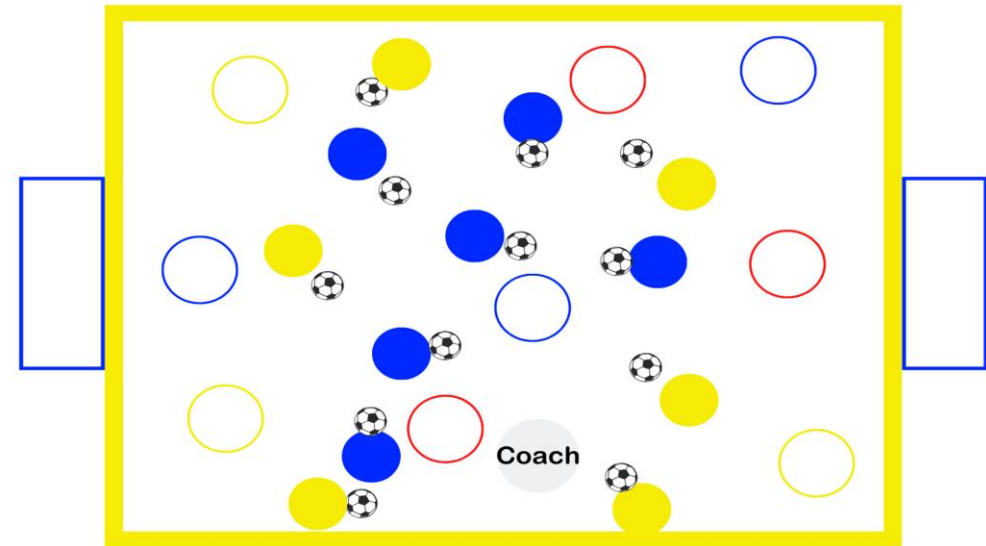
Advance to changing the task to other types of touches.

Advance to children standing inside the circle, lifting it over their heads and placing it back on the floor.

WHAT IF? Children go to the wrong colour? That's ok – just show them where to go next.

HOW TO IMPRESS PARENTS: Ask the children if they can name all the different coloured rings.

EQUIPMENT NEEDED:





Tots Football Fun – session Plan

SESSION: HEAD, SHOULDERS, KNEES & GOAL

SET UP: Everybody has a ball each.

ACTIVITY:

Children follow the coach's commands, starting with the ball in their hands and placing it on the body part the coach says.

When the coach says GOAL the children all throw or roll the ball into the goal.

Now the children place the ball on the floor, when the coach says a body part, they now place that body part on the ball.

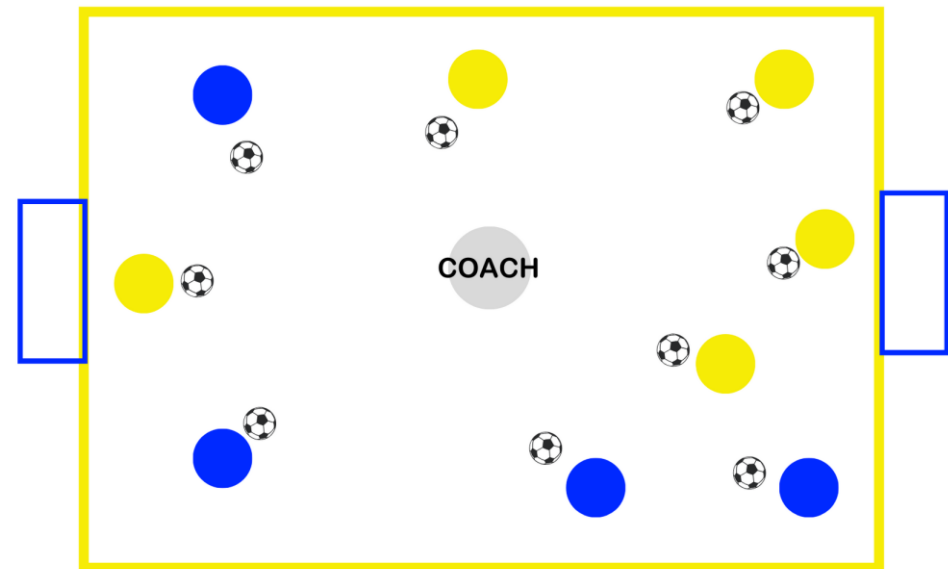
When the coach says GOAL the children kick the ball into the goal.

WHAT IF? The children don't know where to put the ball? Do the activity alongside them and show them.

HOW TO IMPRESS PARENTS: Get the children saying the body parts with you.

EQUIPMENT NEEDED:

 Footballs



Tots Football Fun

3 Week Free Trial Sessions



Week 2



Tots Football Fun – Session Plan

SESSION: CARS

SET UP:

Everybody has a cone & a ball each.

ACTIVITY:

Children must hold their cone like a steering wheel and complete the following challenges:

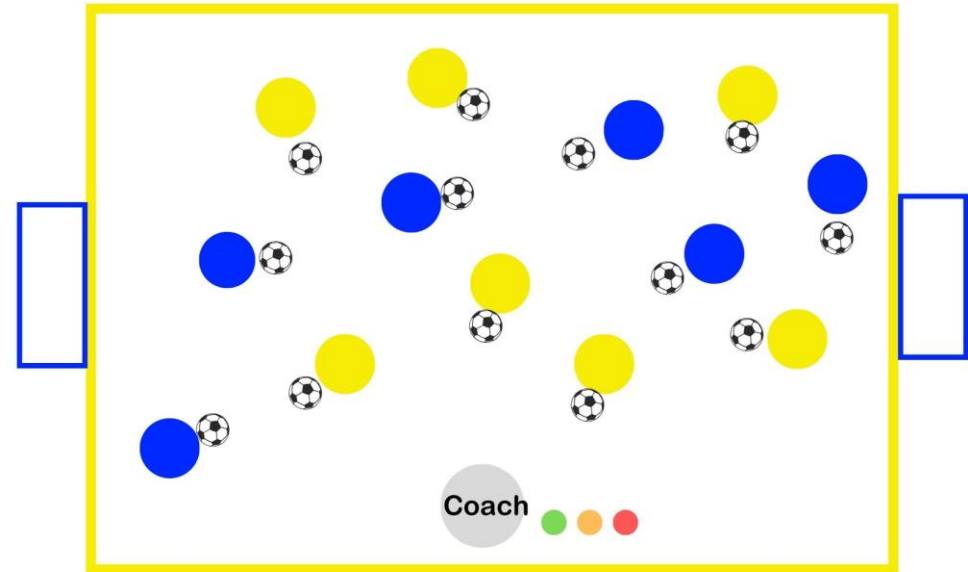
- Use your steering wheel to change direction whilst dribbling your ball
- Red light: place your foot on top of the ball & stop!
- Orange light: jump up & down on the spot ready to go again
- Green light: Go! Dribble around the pitch

WHAT IF? The children forget their ball? Remind them to use ‘little kicks’ to dribble and demonstrate how.

HOW TO IMPRESS PARENTS: Explain the meaning of the 3 traffic light colors and then ask the children to tell you what each one means.

EQUIPMENT NEEDED:

 Sponge footballs  Cones





Tots Football Fun – session Plan

SESSION: UNDER THE HURDLES

SET UP: Everyone has a ball, scatter hurdles inside the pitch.

ACTIVITY:

Children start with the ball in their hands, they must carry it while stepping over a hurdle. Then they must jump over the hurdles.

Children then roll the ball under the hurdle and jump/step over the hurdle to collect the ball at the other side.

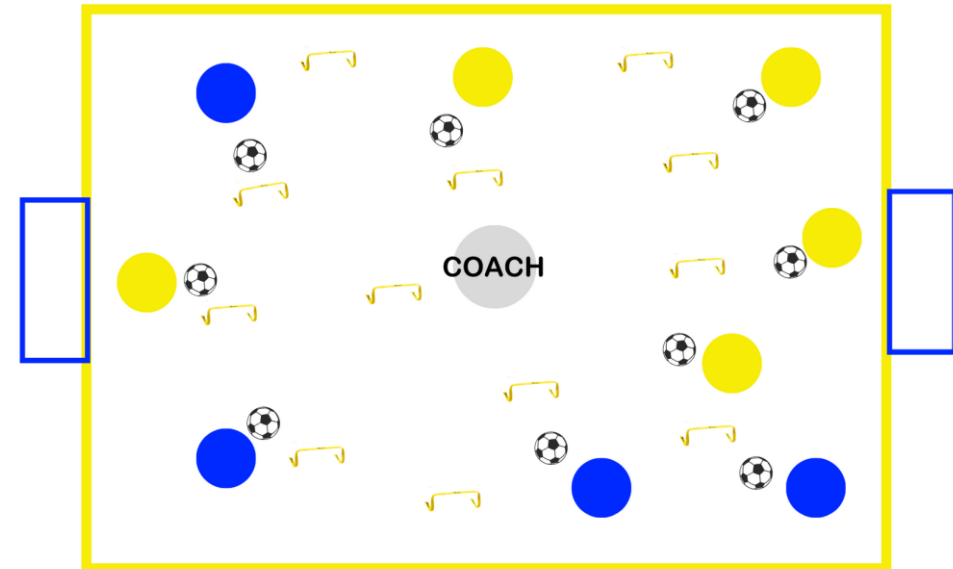
Lastly the children kick the ball under the hurdle and jump/step over the hurdle to collect the ball at the other side and then go & score a goal.

WHAT IF? The children fall over the hurdle? Encourage parents to help children over the hurdles to begin with.

HOW TO IMPRESS PARENTS: Sit children down and show them a hurdle, get them to say the word hurdle out loud.

EQUIPMENT NEEDED:

 Sponge footballs  Hurdles



Tots Football Fun

3 Week Free Trial Sessions



Week 3



Tots Football Fun – session Plan

SESSION: PARENT FETCH

SET UP:

Every child has a ball each.

ACTIVITY:

The children stand inside the inflatable pitch with their parent sat or stood outside of the pitch. Set the following tasks for the child and their parent:

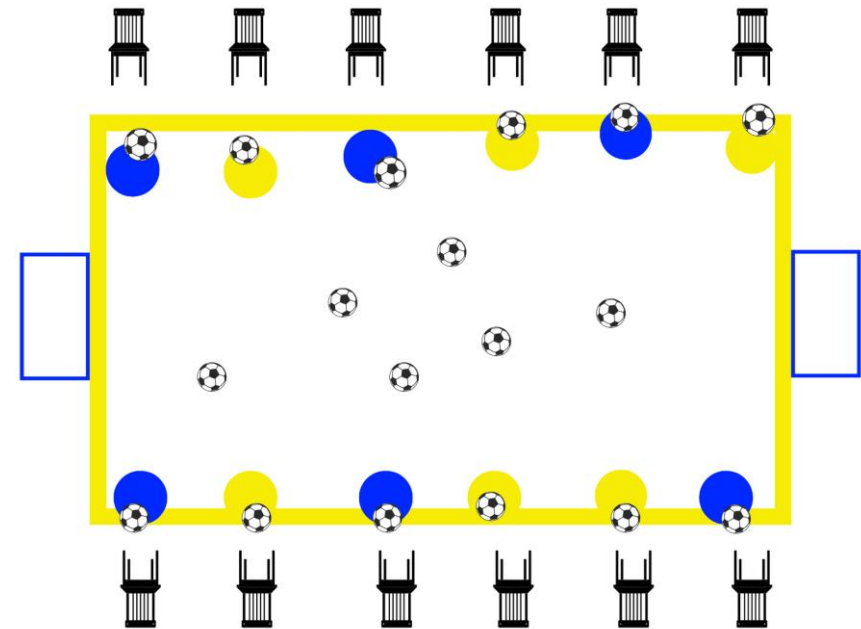
- Child and parent throw and catch the ball.
- Parent throws ball into the pitch and child collects and returns with their hands.
- Parent throws ball into the pitch and child uses little kicks to return the ball.
- Parent throws ball into the pitch and child runs to the ball and scores a goal. Before return the ball to their parent.

WHAT IF? Children don't return to their parent. Point them out and encourage the child to run over to their parent.

HOW TO IMPRESS PARENTS: Commentate on the children's progress and encourage goal celebrations.

EQUIPMENT NEEDED:

 Sponge footballs





Tots Football Fun – session Plan

SESSION: SNAKES

SET UP:

Children have a ball each.

ACTIVITY:

Explain that the cones on the ground are snakes.

The children start with the ball in their hands are tasked with placing their feet either side of the snake and following the pattern.

Progress to the children making a hissing noise as they travel along the snake.

Progress to children dribbling with little kicks.

Send children to sit on parents laps and set up 1 giant snake. Task them with following the giant snake pattern with the ball in their hands, then progress to little kicks.

WHAT IF? Children struggle throw the ball over? Give the child a giant ball.

HOW TO IMPRESS PARENTS: Add in children high 5ing their parent after they throw/kick the ball.

EQUIPMENT NEEDED:



Sponge footballs



Cones

