



**TOTS PROGRAM
OVERVIEW &
GOALS**

**DEVELOP PHYSICAL
LITERACY AND
MOTOR SKILLS**

**LET CHILDREN
EXPLORE**

**MAKE SOCCER FUN
& SAFE**

**Provide an
environment
without physical
and social fear**





Things to remember when coaching Tots



- **This age group is activity based involving fun tasks with & without the soccer ball, no match play**
- **Never practice static stretching with this age group, fun tag/chase games are ideal and incorporate a lot of physical literacy**
- **If players are upset don't worry and don't take it personal this age group are ego-centric and are digesting a lot of information at an alarming rate!**
- **Tell a story in your session – set a theme, involve characters give the ball a name...be creative!**



COACHING HABITS

- **Setup at least 15 minutes beforehand (organize your practice so you can transition to each game seamlessly without having to move equipment around)**
- **Come prepared to each session with plans**
- **Please no cell phones and hot drinks whilst coaching**
- **Wear appropriate soccer attire and try not to wear sunglasses as eye contact is important**
- **Assistants are on crowd control!! Assistants chase wandering players while the main coach focuses on the group, if you have no assistants address the parents at the beginning to keep an eye on their child**
- **Try to kneel as much as possible when addressing the players**
- **Fluctuate your tone of voice. For instance when you want to be directive, command and raise your voice whereas if your asking questions be softer and open**
- **Discourage sitting during breaks**
- **Encourage loud calls and responses from your players, exaggerate movements and demonstrations**
- **All sessions presented can begin without soccer ball for a warm up to incorporate more fundamental movements**
- **To develop young soccer players repetition is vital so do not worry if you are repeating the same session a few times, as long as it is developmentally appropriate**
- **Encourage, be enthusiastic, lose inhibitions and bring out the silly side in yourself to make sure all these players leave the field with a smile**



PLAYER PRACTICE HABITS

- **Discourage sitting - it is difficult to do with this age group but please set an example**
- **Collect their own soccer ball when it is needed**
- **Collect equipment when required**
- **Introduce players to understand instructions and staying in the practice area**
- **Communication - eye contact, verbal, high fives**

These habits are put in place to build a CRVSA athlete who is confident in possession and not afraid to express themselves. They show respect to coaches & players and are decision makers on and off the field





PLAYING HABITS

- **Manipulating the soccer ball with different parts of the foot and mastering the big/small dribble**
- **Making decisions based on what they see**
- **Spatial awareness**
- **Physical Literacy - a range of fundamental movements including running, throwing, catching, jumping, twisting and kicking**
- **Motor Skills - decision making and problem solving**

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SESSION PLANS

Session plans are designed to give you a detailed document to plan to implement your soccer practice. Each plan has a diagram with a description adjacent that explains how to organize, how to progress or alternatively regress the session. Key Factors (KF) or also known as Coaching Points serve as your learning outcomes for the session and the techniques/skills you are identifying in the session.

In the diagram there are graphics that symbolize components of your practice, it is important these are understood so you can deliver the plan. These symbols are as follows

 **Player/participant which will change colour if there are different teams or different roles**

 **Larger cone or traffic cone normally used to make a gate, an imaginary line or an obstacle**

 **Playing area, grid or zone**

 **Coach**

 **Movement of players**

 **Movement of soccer ball**

 **Goal**