

MINI-TOTS COURSE CONTENT

**2.5-4
YRS**

6 SPORTS 1 PROGRAM



TYPICAL MINI-TOTS CLASS FORMAT



FREE PLAY + MEET & GREET

Children meet & greet their coach. Children will free play in the zone until all children arrive.



WARM-UP & INTRODUCTION

Coach and children with help from the parent/guardian will introduce themselves to the rest of the group and then warm up.



FUNDAMENTAL BALL SKILLS

Children play games that develop skills such as throwing, bouncing, kicking, tracking, striking and blocking..



INTRODUCTION TO SPORTS

The children are introduced to the equipment and basics in sports such as Football, Basketball, Rugby, Tennis, hockey & Cricket



LOCOMOTIVE DEVELOPMENT

A range of obstacle courses and games build children's ability to move their bodies with confidence.



RECAP + GOODBYE

Coach recaps the session and sport by asking questions and say their goodbyes

SPORTS COVERED

(AT THIS CRUCIAL DEVELOPMENT STAGE, WE FOCUS ON INSTILLING A DEEPER FOCUS INTO THE SPORTS)

BASKETBALL



RUGBY



FOOTBALL



TENNIS



HOCKEY



CRICKET



minisport

BASKETBALL

▶ BOUNCING & MOVING

▶ SHOOTING & DIRECTION

▶ BALL HANDLING

▶ PASSING

▶ CATCHING



minisport

RUGBY

- ▶ CATCHING
- ▶ RUNNING & AGILITY
- ▶ BALL HANDLING
- ▶ THROWING
- ▶ EVADING



FOOTBALL

▶ DRIBBLING & TURNING

▶ SHOOTING & ACCURACY

▶ BALANCE & CO-ORDINATION

▶ KICKING

▶ BALL CONTROL



minisport

TENNIS

▶ **CO-ORDINATION & BALANCING**

▶ **RACKET HANDLING**

▶ **STRIKING**

▶ **GROUND STROKES**

▶ **BALL AWARENESS**



HOCKEY

▶ **DRIBBLING & MOVING**

▶ **SHOOTING & ACCURACY**

▶ **STRIKING**

▶ **CO-ORDINATION**

▶ **GROUND STROKES**



CRICKET

▶ **RUNNING**

▶ **THROWING**

▶ **CHANGE OF DIRECTION**

▶ **STRIKING**

▶ **TARGET PRACTICE**



MINI-TOTS LEVEL BALL SKILLS



1

HANDLING

The ability to grasp, manoeuvre & control a ball with the hand.

2

THROWING

Projecting a ball forward towards a target or distance.

3

KICKING

Striking an object or ball with the foot.

4

STRIKING

Using an external instrument to propel a ball forwards.

5

TRACKING

Stopping an object going away from the body.

6

BLOCKING

Stopping an object that is coming towards the body

MINI-TOTS LEVEL BALL SKILLS



7

CATCHING

Receiving a ball that is being projected at the body and striking it in one motion.

8

AWARENESS

Developing spatial awareness and eye-hand coordination

9

ROLLING

Developing control and accuracy when rolling the ball



MINI-TOTS LEVEL LOCOMOTIVE SKILLS



1

LATERAL MOVEMENTS

Moving & shuffling from side to side.

2

ACCELERATION

Running with increasing speed

3

AGILITY

The ability to move quickly and easily

4

BALANCING

Control of the feet and body to achieve stability.

5

TURNING

Changing direction whilst walking/running.

6

JUMPING

The ability to elevate the body into the air from standing.

