



# MINI-TOTS COURSE CONTENT

**6 SPORTS / 1 PROGRAM**

**2.5-4  
YRS**





# 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.



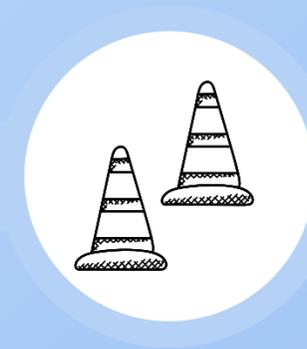
## **FUNDAMENTAL BALL SKILLS**

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

RUGBY



TENNIS



CRICKET



BASKETBALL

FOOTBALL

HOCKEY

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

# BASKETBALL



**BOUNCING & MOVING**

**SHOOTING & DIRECTION**

**BALL HANDLING**

**PASSING**

**CATCHING**



# RUGBY



CATCHING



RUNNING & AGILITY



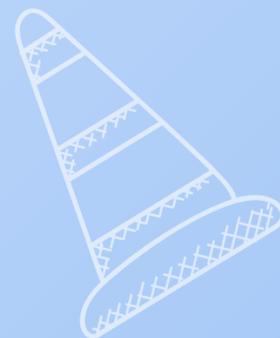
BALL HANDLING



THROWING



EVADING



# FOOTBALL



**DRIBBLING & TURNING**



**SHOOTING & ACCURACY**

**BALANCE & CO-ORDINATION**

**KICKING**

**BALL CONTROL**



# TENNIS



**CO-ORDINATION & BALANCING**

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**RACKET HANDLING**

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**STRIKING**

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**GROUND STROKES**

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**BALL AWARENESS**

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# HOCKEY



**DRIBBLING & MOVING**



**SHOOTING & ACCURACY**

**STRIKING**



**CO-ORDINATION**

**GROUND STROKES**



# CRICKET



**RUNNING**



**THROWING**



**CHANGE OF DIRECTION**



**STRIKING**



**TARGET PRACTICE**





# MINI-TOTS LEVEL BALL SKILLS

## HANDLING

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

## THROWING

Projecting a ball forward towards a target or distance.

## KICKING

Striking an object or ball with the foot.

## STRIKING

Using an external instrument to propel a ball forwards.

## TRACKING

Stopping an object going away from the body.

## BLOCKING

Stopping an object that is coming towards the body.



# MINI-TOTS LEVEL BALL SKILLS

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

**CATCHING**

**AWARENESS**

Developing spatial awareness and eye-hand coordination

Using an external instrument to propel a ball forwards.

**ROLLING**





# MINI-TOTS LEVEL LOCOMOTIVE SKILLS

