

## **Premier Toddler Fun**

I will offer a gently staggered learning environment for all our children in an enjoyable yet stimulating challenging sport program that is safe and always stays strictly within the student's comfort zone. Maximizing their involvement and development potential.

### **Curriculum**

- Sessions are skills based, concentrating on fun and Social participation.
- Basic motor skills & coordination are practiced by the players.
- Looking to develop their manipulative & movement skills / posture & balance not just with their feet but with their hands too.
- Through a structured programme and full of fun I have developed movement and social skill lessons to provide a great introduction into sport.
- In my experience some toddlers participate more if parents perform too and I strongly encourage that parents become involved if needed as support.
- Communicating positive attitudes.
- "Enhancing health and good fun". Developing the child's affinity and control and giving them a well-rounded start in their physical, social and educational development and developing the 'whole child'.
- Development of cognitive skills
- Increased self-confidence. Improve social / educational skills
- Children are encouraged to learn for themselves with the support and assistance of parents (if needed).

## **Kids Premier Soccer**

I am looking to deliver a structured programme concentrating on developing the techniques and core skills of the game, and most importantly making sure that everyone has fun! The emphasis will be on small sided matches.

### **Curriculum**

- Through a structured programme we will strengthen and develop core movement skills
- As an introduction into football I will be coaching fun sessions encouraging development of core sports and social skills emphasising the enjoyment of taking part.
- Introducing children to sport through football using my unique, fun-learning techniques developing real football and other sports skills in a safe and creative environment that benefits every child.
- Encouraging positive attitudes.
- Encouraging every child to achieve the highest possible standard whilst still enjoying football.
- Developing confidence and control with the ball, and giving them a well-rounded start in their physical, social and educational development and creating the 'whole child'.
- Improvement of balance and co-ordination, as well as posture.

## **Junior Premier Soccer**

The Wonder Years of football, fresh supercharged and always ready for action. Young players at this age need correct structured guidance with understanding, praise and encouragement from both coach and parent.

My philosophy is that at this age the young player is in one of the most crucial stages of their development. My aim is to develop the individual player and allow them to participate in competitive sport, enjoying both the winning and the losing, and receiving appropriate feedback to improve their game.

### **Curriculum**

- Introduction to small sided games – 2 v 2 to 4 v 4 – played at the end of a practice session.
- Continued development of fundamental movement skills – running, jumping, skipping, throwing etc.
- Introduction of decision making for the players.  
A focus on activities which do not place unnecessary stress on the muscles, bones or energy systems of the players.
- Introduction of speed training for the players.
- Introduction of basic rules of the game, building the foundations for later development.
- Focus on repetition of key activities to promote reinforcement and development of key skills.
- Strong focus on developing confidence with the ball and key control skills.
- Further development of positive attitudes towards sports.