



MCGAW YMCA

Week: 1
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	YMCA core values	*champion player and kid *caring, honesty, respect, responsibility, faith	Ask youth what each value means and/or for examples of each.	Share “either/or” examples with one that matches value and one opposite
0:04-0:07 (T 2 min)	3 minutes	Warm-up	General fitness	Share components of fitness with examples (strength, cardio, flexibility)	Youth perform each exercise component, then share its purpose.	*repeat exercises if time allows (without commentary)
0:09-0:14 (2 min water)	5 minutes	Skill Building	Dribbling w/ control	*why small touches are important *inside of foot *like walking dog	Dribbling fundamentals: toe taps, tick tocks, stop ball, dribbling to end	*drill in unison + head up, both feet where applicable
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Dribbling w/ control to destination	*keep ball close *stop ball when another player comes close and to change direction	Players dribble in open area. Coach calls color. Players dribble and stop ball inside color square.	*call out for players to go to favorite color, color of sky, color of animal, etc.
0:23-0:28 (2 min water)	5 minutes	Skill Building	Dribbling w/ control and head up	*maintain control at faster speed *keep head up to see teammates to pass, opponents to shield, field to stay in bounds, goal to score	Red light, green light with yellow light as slow.	*verbal commands for a few rounds +then use shapes in green, yellow and red to coach head up
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Boundaries of field, where to use hands, how to move ball	* ball inside lines * when goes out, other team’s ball *only GK uses hands *dribble, pass, shoot	Use printed diagram of real field to explain the game.	*walk field and ask questions and show examples of what can/cannot do
0:37-0:42	5 minutes	Competing (game/fun)	Sharks and minnows	*small touches to keep away from sharks *head up so do not run into shark	Youth start on end-line. On coach’s command, dribble to other side without shark stealing ball.	+add cones to avoid +add coaches as sharks
0:42-0:45	3 minutes	Positive Note	Learning moment	*every time practice, get better at one thing	Share one thing learned today.	+ ask why what learned is important - ask question for youth to answer correctly
Buffer	As needed	Evergreen inclusive fun	Simon Says w/ body parts on ball (etc.)	*listening helps us to learn, to stay safe and to be a good friend	Youth on color circle, respond to “Simon’s” commands.	*point to a child, everyone touches ball with body part the child says/shows



MCGAW YMCA

Week: 2
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Responsibility	*responsible for own space and others' *responsible to be good teammate *saying sorry	Walk around in tight space like eggs with shells that can crack.	Pretend holding egg (or soccer ball) to stress importance of moving slowly.
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Cardio fitness	*heart squeezes to pump blood *when go faster, heart beats faster *running strengthens heart	Fist heart simulation. Fly like a (bird to imitate) from nest to nest as color is called.	*change animal from birds + string together multiple nest colors
0:09-0:14 (2 min water)	5 minutes	Skill Building	Dribbling w/ control + stopping fundamentals	*small touches *why need to stop and turnround *stop, turn examples	Fundamentals: tick tock, toe tap, stop ball, step over, pull-back; practice to spots	*drill in unison + head up, both feet where applicable
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Stopping and turning—pullbacks	*maintain control in motion *use feet to stop ball before turning	“What time is it Mr. Shark?” with step over and pullback	*vary change of direction moves +add nap/wake up time foundations
0:23-0:28 (2 min water)	5 minutes	Skill Building	Stopping fundamentals in motion w/ speed and foot control	*keep ball close *stop ball when another player comes close and to change direction	Red light, green light with foundations and reverse moves	*verbal commands for a few rounds +then use visual only to coach head up +cone in hands
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Positions	*four main positions *qualities of each position player	Use printed diagram of real field to explain the game.	*ask youth their favorite position and why
0:37-0:42	5 minutes	Competing (game/fun)	Freeze like a statue	*small touches to keep control and easily stop *head up so do not run into teammates	Youth are free to dribble in open space until coach shouts, “Freeze like a (adjective) statue.” Youth stop ball and freeze in funny pose.	*freeze like animals or with certain body parts on ball, etc. +add cones to avoid +add coaches as sharks
0:42-0:45	3 minutes	Positive Note	Learning moment	*having fun no matter the result	Share favorite activity of the day.	+ ask what practiced in that activity - ask question for youth to answer correctly
Buffer	As needed	Evergreen inclusive fun	Musical spots	*work on cardio, head up, responsible for space	Youth move about space as instructed. When music stops, find a spot.	*youth freeze like a (animal, type of statue, etc. on spot) +youth must dribble and stop ball on spot



MCGAW YMCA

Week: 3
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Respect	*respect by listening to coach *why listening is important *how to listen	Model whole body listening with Mr. Potato Head.	*Add respect for teammates, opponents, referees and parents.
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Body control	*parts of body used in soccer *how body control helps be better players	Simon Says for body awareness, motor skills and listening.	- always start with Simon Says + string together two instructions
0:09-0:14 (2 min water)	5 minutes	Skill Building	Dribbling w/ control + turning fundamentals	*small touches *stop to make turns *use all parts of foot	Race track dribbling around large cone shape.	*divided group/ staggered starts + encourage faster each lap + give disc cone as
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Dribbling w/ control + varied stationed turning patterns	*keep ball close *look ahead to see teammates	Crazy taped train track dribbling patterns.	*shapes around gym in exploratory setup *use gym lines for "floor is lava"
0:23-0:28 (2 min water)	5 minutes	Skill Building	Dribbling w/ fluid change of direction and field awareness	*maintain control at faster speed *keep head up to see coach	Catch the giant with players dribbling to tag coaches.	*vary speed and change of direction based upon ability *giant gets close to good dribblers
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Post-game sportsmanship	*good game/job to other team *thank you to referee *huddle together for "team"	Post-game sportsmanship ritual walkthrough.	*add thank you to parent, coach
0:37-0:42	5 minutes	Competing (game/fun)	Volcano maze	*small touches and change direction to avoid volcanoes *head up so do not run into teammates	Youth start on end-line. On coach's command, dribble to other side without hitting volcano.	*vary "go" commands (e.g. if your favorite color is blue, if you age 4) +add lava monsters
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*goal is to become better kids and players *most important to be better kid	Share how they showed respect today. Emphasize raising hand to speak.	+ ask how show respect to various people in soccer - ask question for youth to answer correctly
Buffer	As needed	Evergreen inclusive fun	Cone destroyers	*work on cardio, head up, responsible for space	Youth knock cones down. Coaches flip cones up.	+youth must dribble and stop ball to knock down cone



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Week: 4
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Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Honesty	*what honesty means *why honesty is important *how to be honest in soccer	Preview next activity with examples of honesty/dishonesty by raised hands.	*Ask youth for examples of truth, lie, stealing, etc.
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Sliding	*whole body facing same direction *feet do not cross *knees slightly bent and butt down/out	Sliding tied to honesty examples game.	- group decides answer together, then slides +slide out to answer and back
0:09-0:14 (2 min water)	5 minutes	Skill Building	Dribbling w/ control + change directions	*small touches *head up *use all parts of foot	Dribble across bridge gates based upon commands.	*by time, quantity, image, color, etc. + encourage faster each time +steering wheel disc
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Dribbling w/ control + varied speed and feet	*keep ball close *use correct foot *stop with feet to not "spill"	Red light, green light with ice cream cone cones and balls.	-verbal commands +visual commands to coach head up
0:23-0:28 (2 min water)	5 minutes	Skill Building	Dribbling w/ control + stopping and rolling	*maintain control at faster speed *keep head up to see teammates, spots *stopping and rolling with bottom of foot	Dribble in space with color spots, then find parking spot and stop. Roll ball with bottom of foot to start engine and resume.	*traffic cop gets (fast) moving cars +spot by team color +pull back when starting engine +steering wheel disc
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Referee	*hand balls *sideline calls *flag signals	Two color cones (GKs). Each youth practices being A/R for calls in both directions.	*signal with hands as group activity
0:37-0:42	5 minutes	Competing (game/fun)	Body part stopping	*small touches *head up so do not run into teammates *stop with foot first	Youth dribble in space. Upon command, stop ball with foot, then designated body part.	*use music while dribbling
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*importance of practicing and repetition *can always be better, even pros do these drills	Share what we have learned about dribbling. Ask youth what they will practice during next week.	+ ask what else youth practice at home to be big kid - ask question for youth to answer correctly
Buffer	As needed	Evergreen inclusive fun	Egg relays	*work on cardio, head up, responsible for space	Play balls at far side. Youth dribble to retrieve and return in basket.	-running only (no ball)



MCGAW YMCA

Week: 5
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Sharing	*why important to share *examples of when take turns *being patient *everyone wins	Pass ice cream from cone to cone in circle while sharing favorite flavor.	- Two ice creams in circulation + using manners when passing ice cream
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Jumping	*legs get stronger for kicking, running *soft landing, knees slightly bent	Jump like a (animal)	*add non-jumping animal movements
0:09-0:14 (2 min water)	5 minutes	Skill Building	Passing stationary + jumping	*side of foot to pass *other foot points toward target	Hopscotch agility rings ending in stationary pass to coach	*two balls at end, point to one *vary jump style
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Passing stationary to target	*side of foot to pass *other foot points toward target	Pass to knock ball off disc.	- multiple balls next to each other + extend distance of pass
0:23-0:28 (2 min water)	5 minutes	Skill Building	Passing + dribbling	*stop ball before passing *look at target	Dribble in space toward zoo animal planet hula hoops. Pass through and retrieve ball on opposite side.	*time for one minute, beat previous round, visit "x" number of animals
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Spatial awareness and cooperation	*why/when to pass *maintaining space *working as a team	Discuss why/when to pass and bunch ball then play cooperative parachute games.	*varying parachute games
0:37-0:42	5 minutes	Competing (game/fun)	Passing w/ moving target	*small touches *head up so do not run into teammates *accurate, not hard	Youth dribbles in space following adult. When prompted, pass through adult tunnel.	+/- vary pace and directional change + hold steering wheel
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*sharing makes a good friend *how are you a good friend *tell something about best friend	Discuss how sharing helps friends play together. Ask how they are a good friend and a trait of their best friend.	- provide choices or examples of good friend traits and actions
Buffer	As needed	Evergreen inclusive fun	PAC-MAN	*head up *stopping ball *decision making	Youth dribble on lines of gym. Shark behind you, need to find different path.	-running only (no ball)



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Week: 6
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Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Perseverance	*how feel when something is hard *what do you do *why important to keep trying	Show "Ormie the Pig" YouTube video.	-/+ act out examples of varying complexity
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Balance	*helps us be stronger and faster *change direction, not fall and control ball/aim	Bean bag balance activities	*egg and spoon alternative activity
0:09-0:14 (2 min water)	5 minutes	Skill Building	Shooting from run/stop to whole goal	*shoot with laces *aim to the corner	Foundations on square, then shoot at cone/goal that matches name tag color.	+ dribbling in space + distance marker to stop before shooting - shoot at any goal upon command
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Shooting from run/stop to target	*stop ball to aim *accuracy over power	Dribble in space to score by hitting aliens and sharks targets in hula hoops.	*time for one minute, beat previous round, visit "x" number of planets + distance marker to stop before shooting
0:23-0:28 (2 min water)	5 minutes	Skill Building	Shooting setup and accuracy	*stop ball before shooting *look at target	Cones in center between two teams. Youth behind line to hit then claim cones.	- hit any cone - cones stay in play + hit your color cone + claim cone upon hitting it
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Shooting knowledge, rebounding, assisting	*when/where to shoot *rebounding defined *assisting defined	Discuss when/where to shoot as well as rebounding tactics and importance of assist.	*drawn or acted out visuals
0:37-0:42	5 minutes	Competing (game/fun)	Shooting accuracy to changing targets	*small touches *head up so do not run into teammates *accurate, not hard	Youth dribble in space, stop ball and aim to hit/knock down cone.	- with feet, no ball + hit own color * time rounds as individuals or team
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*perseverance helps us do hard things and learn new things *hard things become easy with practice	Youth share something that was hard for them but is now easy.	- ask prompting questions for settings like school, chores, sports, etc.
Buffer	As needed	Evergreen inclusive fun	Parent/child shooting	*head up *stopping ball *shooting to target	Parents/youth play in space. Parents pass to youth to score.	-no restriction play



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Week: 7
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Caring	*other words for caring *what happens when hurt feelings *how to say your feelings are hurt	"Before you speak, think and be smart. It is hard to fix a wrinkled heart" discussion and demo.	- provide examples of hurtful actions + ask for kind words that can add bandages to heart
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Shielding	*twist/turn body away *arm up as shield *move in all directions	Belly button tag with superhero sticker.	- coaches are taggers + designated color or players as taggers + all players tag each other
0:09-0:14 (2 min water)	5 minutes	Skill Building	Shielding w/ball control	*keep foot on ball *vision to see defender	Stationary sharks with foundations, plus dribbling element.	*vary foundations *time rounds
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Shielding w/opposition	*defending w/o ball *not allow attackers or ball behind you *head up and fast feet	Guard the castle with bowling pins and lava ring.	- coaches as invaders + players as invaders +/- pins: player ratio * timed rounds
0:23-0:28 (2 min water)	5 minutes	Skill Building	Goalkeeping	*body behind ball *get low *pinkies together *hug ball	Youth slide across goal then jump forward in front of cone for ground save.	+ slide "fly" to direction pointed and jump forward on command
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Defending IQ	*force outside *be patient *mark opponents	Discuss key components of smart individual and team defense.	*drawn or acted out visuals
0:37-0:42	5 minutes	Competing (game/fun)	Sharks and minnows	*keep offensive player in front of you *force outside *be patient *head up	Youth play sharks against adult endline to endline or throughout gym space.	+ endline to endline - generally in space *compare results to better each round +/- adults vary effort
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*what is a compliment *compliments to give in soccer *compliment to give your family	Share compliment makes hearts big. Discuss examples. Ask youth to give their parent a compliment.	*youth give compliment, then return - provide choices for compliment
Buffer	As needed	Evergreen inclusive fun	King of the ring	*head up *shield ball *be smart and patient	Players dribble inside grid and play knockout.	- re-enter after knocked out



MCGAW YMCA

Week: 8
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Review	*values are most important part of being soccer player *all values are tied together	Review prior values with examples: respect, responsibility, honesty, sharing, perseverance, caring	+ ask "what value am I showing when...?"
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Sliding	*whole body facing same direction *feet do not cross *knees slightly bent and butt down/out	Sliding tied to soccer trivia game.	- group decides answer together, then slides +slide out to answer and back
0:09-0:14 (2 min water)	5 minutes	Skill Building	Dribbling w/ control + balance	*keep ball close *control before speed *stop with feet to not "break egg"	Youth progress through egg and spoon balance activities with and without ball.	- no ball, shorter grips + ball, varying speeds, red/green light
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Dribbling w/ control + varied stationed turning patterns	*keep ball close *look ahead to see teammates	Crazy taped train track dribbling patterns with bean bag balance.	*shapes around gym in exploratory setup *bean bag on varying body parts
0:23-0:28 (2 min water)	5 minutes	Skill Building	Dribbling w/ head up, turns and stops	*head up *stopping ball *decision making	PAC-MAN/floor is lava with youth dribbling on lines of gym. Shark behind you, need to find different path.	-running only (no ball) to start *stationary and/or moving sharks
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Leadership and following	*qualities of a good leader *qualities of a good teammate (follower)	Youth choose gross motor alphabet activity card to lead small group.	- visual demo only in linear pattern + visual and verbal leadership, varying patterns
0:37-0:42	5 minutes	Competing (game/fun)	Volcano maze	*small touches and change direction to avoid volcanoes *head up so do not run into teammates	Youth start on end-line. On coach's command, dribble to other side without hitting volcano.	*vary "go" commands (e.g. if your favorite color is blue, if you age 4) +add lava monsters
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*what is something you did well as a leader *what is one value you showed today	Ask questions about being a leader in activity and/or what value they showed in class today.	+ share value or trait they saw in a peer - "who did 'x' to show 'y'...?"
Buffer	As needed	Evergreen inclusive fun	Golden egg	*head up *stopping ball *change direction	Dribble, stop and lift up cones to find golden eggs to return to basket.	-running only (no ball)



MCGAW YMCA

Week: 9
Program: Tiny Tot Soccer
Ages: 3-5

Time	Duration	Category	Focus	Coaching Points	Activity	Variation
0:00-0:03 (T 1 min)	3 minutes	Character Huddle	Happiness	*what makes you happy *what makes other people happy	Pass it on smiling circle.	+ zip smile - pass object *other facial/non-verbal expressions
0:04-0:07 (T 2 min)	3 minutes	Warm-up	Balance	*balance on one foot with arms out *gently press on bottom base of cone	Superheroes versus sharks in saving fallen cone towers.	*time rounds *each youth does "x" many then sits
0:09-0:14 (2 min water)	5 minutes	Skill Building	Shielding w/ball control	*keep foot on ball *vision to see defender	Stationary sharks with foundations, plus dribbling element.	*vary foundations *time rounds
0:16-0:21 (T 2 min)	5 minutes	Skill Building	Shielding w/opposition	*defending w/o ball *not allow attackers or ball behind you *head up and fast feet	Guard the castle with bowling pins.	*players as invaders *time rounds - unidirectional attack w/pins on blue squares
0:23-0:28 (2 min water)	5 minutes	Skill Building	Defensive tackles	*keep offensive player in front of you *force outside *be patient *head up	Youth are sharks trying to steal ball from adults.	*time rounds + linear pattern +/- adults vary effort
0:30-0:35 (T 2 min)	5 minutes	Team Concepts (tactical/rules)	Spatial awareness and cooperation	*maintaining space *working as a team	Cooperative parachute games with youth and parents.	*varying parachute games
0:37-0:42	5 minutes	Competing (game/fun)	Freeze like a statue	*small touches to keep control and easily stop *head up so do not run into teammates	Youth dribble and parent follows until coach calls, "Freeze like a (adjective) statue." Youth stop ball and freeze in funny pose with parent.	*freeze like animals or with certain body parts on ball, etc. +add cones to avoid +add sharks to avoid
0:42-0:45	3 minutes	Positive Note	Value reinforcement	*what makes coach happy *what makes youth happy *how to celebrate	End of session certificates with parent tunnel.	- tunnel separately, then huddle, then certificate distribution and dismissal
Buffer	As needed	Evergreen inclusive fun	Relay races	*listening *cheering on teammates *sportsmanship	Relay races both as team and individually.	*varying race formats