

# Springfield AYSO PreSchool Program

## Path of Development



### Coordination checklist:

- Running forwards
- Running backwards
- Balancing one foot on ball
- Ladder drills
- Jumping hurdles
- Bouncing and catching ball (aka: basic juggling)

### Soccer Skills checklist:

Dribbling with inside of foot

- Penguin style
- Dog-on-a-leash

Kicking

- Inside pass both left and right
- Outside pass, both left and right
- Kicking for distance

Throw-ins

- Two hands over your head
- Behind the line
- Both feet on the ground
- Stationary
- One-step
- Always “up-the-line” or “to-the-goal”

Defending

- Preventing goals

Attacking

- Scoring goals

### Practice at home:

- Passing with the inside of your foot – both left and right
- Basic juggling
- Kicking for distance
- Keep away

## PreSchool Psy 101

The guiding principles for this age group are simplicity and patience. We are not going to turn PreSchoolers into superstars after one season, but we do have an opportunity to start to develop some of the most important building blocks that youngsters need in order to create a lifelong love of soccer

Step 1: Familiarity with coaches

Step 2: Having fun

Step 3: Learning new skills

Step 4: Cooperating within team

Step 5: Competition\*



\* Our primary goal is for the toddlers to be **playful, experiment, explore, and have fun.** They will develop their competitive nature soon enough.

## Calendar of Events

### April

6 – Uniforms, Introduction, skill, game

13 – Stretching, skills and games

20 – Stretching, skills, games, scrimmaging

27 - Stretching, Picture Day, scrimmaging

### May

4 - Stretching, skills, games, scrimmaging

11 - Stretching, skills, games, scrimmaging

18 – Hayride and scrimmaging and  
Medals Ceremony

every kid deserves  
**fun**  
fresh air  
& exercise

