



## Little Leaguers Sample Session

Welcome to Little Leaguers – Active Start!

MPS Little LEAGUERS Soccer and Baseball is a beginner sports program. The program is designed to provide a safe and fun environment for kids to try out soccer and baseball, two of Canada's favourite sports, while developing physical literacy skills and a love for sport and physical activity. The Active Start program emphasizes development for ages 2-4 in running, kicking, batting and throwing.

### 10:00am – Welcome Circle

Participants join their coaches and teammates in a welcome circle to begin the session. Coaches welcome each participant, introduce goals for the session and start with a cheer!

*Today we will learn point, step, and throw a baseball to our partner!  
Today we will learn to shoot a soccer ball into a net!*

### 10:05am – Warm Up Game

Warm up games are non-sport specific games that will help all participants get excited about the session and get their major muscle groups warmed up and ready for play.

*Today we will warm up with a game of Red Light Green Light!  
Today we will warm up with a game of Sleeping Giants!*

### 10:15am – Skill Development Activities

Skill development activities are focused on introducing sport-specific skills into age appropriate games and activities that will help our young players understand the specific rules and skills associated with soccer and baseball.

*Today we will practice shooting a soccer ball in a game of Soccer Bowling!  
Today we will practice baserunning in a game of Simon Says Baseball!*

### 10:40am – Cool Down Games

Cool down games help to provide opportunities for participants to continue practicing the skills they've learned during the session but with fewer instructions and boundaries.

*Today we will cool down with a game of Tail Tag!  
Today we will cool down with a game of What Time is it Mr. Wolf!*

### 10:50am – Team Huddle

At the end of each session, participants will join their coaches on the field for a team huddle to recap the skills they've learned, the games they've played and to talk about their favourite things about baseball, soccer or whatever is on their minds! High fives and a team cheer are a must before the end of the session!

**See you next week!**