

Little Leaguers Sample Session



Welcome to Little Leaguers – Junior League!

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 Junior League program emphasizes development for ages 5-7 in passing, shooting, batting, and fielding.

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 our focus will be on using small touches to dribble a soccer ball under control.

Warm Up

Warm up games are 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 Tail Tag! Use small touches to keep control of your soccer ball within the boundaries and keep your eyes up to stop other players from catching your tail.

Scrimmage

Scrimmages allow players to experience game situations and the excitement of competition while their coaches introduce coaching points and teach them the rules of the game in a controlled environment.

Field 1: Green Team vs Yellow Team

Field 2: Red Team vs Blue Team

Team Huddle

The all-important team huddle at the end of each session gives coaches and players the opportunity to reflect on the scrimmage and highlight all the great moments of the game and reinforce the coaching points and learning opportunities from the session.

Congratulations to Megan who scored her first goal and to Jacob who made 2 amazing saves in net today! Our team reached our goal of controlling the ball with small touches and making at least 3 really great passes to our teammates.

Team Cheer and High Fives

End each session with a team cheer and high fives with the opposing team. Extra points for the team who can cheer the loudest and proudest!

See you next week!

