Level 2 Course Content

6-8 YRS

The many benefits awaiting your children, aged 6-8yrs.

minisport

TYPICAL CLASS FORMAT

PLAY

Children engage in small-sided modified games upon arrival. They are encouraged to have fun and experience the sport for themselves.

INTRODUCTION

Through guided questions, children give feedback about the sport they have just tried. The coach then introduces them to the goal of the session.

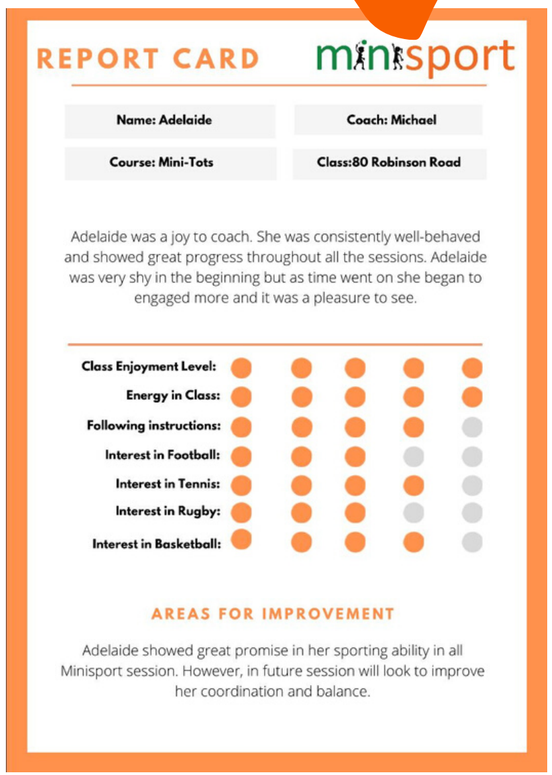
PRACTISE

Children perform targeted learning activities that focus on teaching the session's goal. These activities involve players making decisions and allow for creative problem solving, whilst also resembling real sporting situations.

PLAY

Children return to the Play phase with new knowledge and skills learned in the Practise section. They are encouraged to demonstrate these in a game situation with coaches checking understanding.

Sample 12 Week Sport Rotation


REPORT CARD minisport

Name: Adelaide | Coach: Michael

Course: Mini-Tots | Class:80 Robinson Road

Adelaide was a joy to coach. She was consistently well-behaved and showed great progress throughout all the sessions. Adelaide was very shy in the beginning but as time went on she began to engaged more and it was a pleasure to see.

Class Enjoyment Level:
Energy in Class:
Following instructions:
Interest in Football:
Interest in Tennis:
Interest in Rugby:
Interest in Basketball:

AREAS FOR IMPROVEMENT

Adelaide showed great promise in her sporting ability in all Minisport session. However, in future session will look to improve her coordination and balance.

Progress Reports

Football

WK 11-12

Basketball

WK 1-2

WK 3-4

Football

WK 5-6

Tennis

WK 7-8

Rugby

WK 9-10

Basketball

*Note that all classes contain 15-25 mins of fundamental ball skill and/or locomotive development- which may not include the sports above
*The above diagram is an example of a 12 week cycle. Sports may be delivered in a different order to that of above and also note that some cycles are not exactly 12 weeks.
*Reports are not issued to classes that do less than 12 sessions.

Level 2 Sports Skills & Knowledge

1. **PRINCIPLES OF PLAY**
   Understanding the fundamental concepts involved in sports, i.e. Attack & Defense

2. **SKILLS**
   Developing specific movement and ball skills relating to each sport

3. **TEAMWORK**
   Learning how to play & work with others as a team

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