

# TOTS

## WHAT THE PLAYERS WILL LEARN

In Tots lessons the players will learn a wide range of athletic skills, plus how to rally, initially with a balloon or a big ball and progressing to pushing the ball along the floor or, for some, hitting over a low net.

Coaches will organise a variety of activities that will help the players learn:

- Running in different ways, jumping, hopping, skipping and obstacle courses always with awareness of space and with good balance.
- Activities with balloons, individually and with a partner.
- Rolling, and throwing over arm and underarm, with focus on control.
- Catching using hands or baskets, using different types of balls.
- Pushing the ball along the floor with a racket.
- Pushing a ball with the racket with an overarm action.
- Moving to a spot then hitting the ball over a low net with a short push action and a focus on control.
- Thinking activities which require working out how to perform a task, concentrating and counting.
- Playing with a partner in cooperative games

There will be a story theme in each lesson and the children will take home a play sheet.

When players can listen and follow instructions, play cooperatively with others, understand what a rally is, and have some basic ball skills, they may be ready to move up to Red 3.