



F17 Tots Program

FOR PLAYERS AGED 2 - 3



Why join F17 Tots Program?

It develops your child physically, emotionally and interpersonally while giving them a fun opportunity to bond with their mum/dad.





About the Program

The F17 Tots Program is a series of high-energy sessions that focuses on teaching introductory soccer skills. Two key components are Co-ordination and Repetition of Movements. It helps your child to improve on their gross motor-

skills, athleticism, and basic soccer skills to establish a relationship between the child and a ball. F17 Coaches will guide, demonstrate, encourage and reward your child as they accomplish activities during the sessions.

The Benefits

01

Physical Literacy - acquire skills and confidence that allows individuals to enjoy a variety of sports and physical activities.

02

Developing Fundamentals - learn skills such as hopping, skipping, running, jumping, balancing, twisting/turning, throwing and stopping.

03

Fitness and Agility - learn how to maintain balance and control the ball with his/her feet while moving in various directions.

04

Family Bonding - learn games and activities that can be played at home with the rest of the family.

The Details



Venue: SUTD Dance Studio
(61 Changi South Ave 1, S486000)

Day/Time: Saturdays 11.30am - 12.15pm

Duration: 45 mins per session

Class Size: Up to 4 players per session

Attire: Comfortable shorts and top, Athletic shoes (no sandals allowed), **Mask**

Things to Bring: Water Bottle

Important Note: *A parent or legal guardian must participate every session with their child*

Role of Parents

Before Session

- Ensure child has eaten and has had enough rest
- Ask child if they are ready and has a water bottle

During Session

- Play with child and have fun with them
- Support the coach with praise and encouragement
- Praise effort and don't criticise

After Session

- Praise the effort child has given, give them a tight hug
- Ask if they had fun
- Give them food and drink

The Programme

Outline Structure

	Movement & Coordination	Athleticism	Ball and ME	Friends and ME	Throwing & Kicking
Week 1	○		○		
Week 2	○	○			
Week 3	○		○		○
Week 4	○	○		○	
Week 5	○		○	○	
Week 6	○	○			○
Week 7	○		○	○	
Week 8	○	○	○	○	
Week 9	○		○		○
Week 10	○	○	○	○	

Fee Structure & Packages

Monthly Package

\$200 per Month

3 Month Package

\$550 per Quarter



\$150 Starter Kit

\$75 Warrix Kit



\$25 Annual Insurance



\$50 Registration Fee





Frequently Asked Questions

01

Q: How do I know if my child is ready?

It's hard to have set criteria to determine if your child is ready. If they are ready for pre-school then they will be ready for this programme. If they can run and laugh, then they are ready.

02

Q: What will we do in this programme?

The programme is set up for you to work one on one with your child. It is a fun learning environment. There will be a series of activities and exercises which are not long in duration. This is due to their short attention span. Each session will be based on a soccer "adventure".

03

Q: What is the parent involvement with the youngest players?

We encourage parents to participate with their children. Children under 3 years old may not fully participate since it is so new to them. Give the player a chance to learn how it works to participate in a group and they will catch on after a few sessions. This is very common with players between 2 ½ - 3 years old.

04

Q: What are the main topics the programme will cover?

Ball and Me, Friends and Me, love for the game, excitement, fun first and foremost. Within the positive psychology we will focus on children with a ball at their foot focusing mainly on dribbling, dribbling and more dribbling. We also emphasize the excitement of scoring goals and the concept behind that.



Call Us at 98371887

Have a chat about our programme!



Email Us at info@f-17.org

Send us all your questions!



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