



Dear Parents,

Welcome to the Mighty Kicks 2 Year Old Parent Participation Program! We are thrilled to have your child on our team this season and we can't wait to see them develop their soccer skills with your help.

Our program is designed to help parents introduce their children to soccer in a fun and supportive environment. Our goal is to create a positive experience that will inspire a lifelong love for the game. As a parent participant program, you will play an active role in your child's soccer journey by participating in the activities and helping to guide them through the drills and games.

We will be providing a variety of age-appropriate activities that focus on developing coordination, balance, and basic soccer skills. The program will be led by experienced coaches who will provide guidance and support throughout each session.

We are excited to meet you and your child this season and look forward to watching them grow as soccer players. Please don't hesitate to reach out to us with any questions or concerns you may have.

Thank you for joining the Mighty Kicks family!

Best regards,  
Zach Salchli  
Mighty Kicks Director





## **Parent Participation Introduction**

Having parents participate with their child in a 2 year old soccer program can be beneficial for several reasons. Firstly, young children at this age often feel more secure and comfortable when a parent or caregiver is nearby. By having parents participate, children can feel more at ease and can focus on learning and having fun.

Secondly, having parents participate can help build a positive relationship between the child and their parent. The shared experience of playing soccer together can help strengthen the bond between parent and child, and can also help parents better understand their child's interests and abilities.

Thirdly, having parents participate can also provide an opportunity for parents to model positive behavior and encourage their child's development. Parents can demonstrate good sportsmanship and positive attitudes towards learning and trying new things, which can have a positive impact on their child's development.

Overall, having parents participate in a 2 year old soccer program can help create a supportive and engaging environment for young children to learn and develop. It can also help build positive relationships between parents and their children, and promote healthy habits and attitudes towards physical activity and learning.

Research has shown that developmentally appropriate soccer activities for 2-year-olds can promote physical, cognitive, and social development. According to the American Academy of Pediatrics, children as young as 2 years old can benefit from structured physical activity and play.

Soccer activities for this age group should focus on basic movement skills such as running, jumping, and kicking, as well as spatial awareness and coordination. It is important to provide activities that are developmentally appropriate and enjoyable for children to maintain their interest and enthusiasm.

Through participation in soccer activities, young children can improve their gross motor skills, build self-confidence, and develop social skills such as cooperation and teamwork. By engaging in physical activity at a young age, children can establish healthy habits that can benefit them throughout their lives.





## **Developmentally Appropriate Activities**

The Mighty Kicks soccer program is a developmentally appropriate approach to teaching young children the fundamentals of soccer. This program is designed to use research on the ways young children learn to create an environment that is both fun and effective for developing soccer skills.

Here are some benefits of the Mighty Kicks soccer program:

1. **Developmentally appropriate:** The program is designed to be developmentally appropriate for young children, taking into account their physical, cognitive, and social-emotional needs. The activities and games are designed to be fun and engaging, while also promoting the development of soccer skills.
2. **Play-based learning:** The program uses a play-based approach to learning, which is an effective way for young children to learn. Children learn best through play and exploration, and the Mighty Kicks program provides opportunities for children to play and explore while also learning soccer skills.
3. **Fundamental skills development:** The program focuses on developing fundamental soccer skills for the development of a solid foundation in soccer, and the program uses fun and engaging activities to teach these skills.
4. **Positive reinforcement:** The program uses positive reinforcement to encourage children to develop their skills and build confidence. Children are praised for their efforts and encouraged to continue practicing and improving.
5. **Social-emotional development:** The program promotes social-emotional development by encouraging children to work together, communicate, and develop positive relationships with their teammates. These skills are important for success in soccer and in life.
6. **Professional coaching:** The program is led by professional coaches who are trained to work with young children. They use age-appropriate methods and techniques to teach soccer skills and provide a safe and supportive environment for children to learn and grow.

Overall, the Mighty Kicks soccer program provides a developmentally appropriate, fun, and engaging way for young children to learn the fundamentals of soccer. It is grounded in research on the ways young children learn and provides opportunities for children to develop fundamental skills while also promoting social-emotional development and confidence.



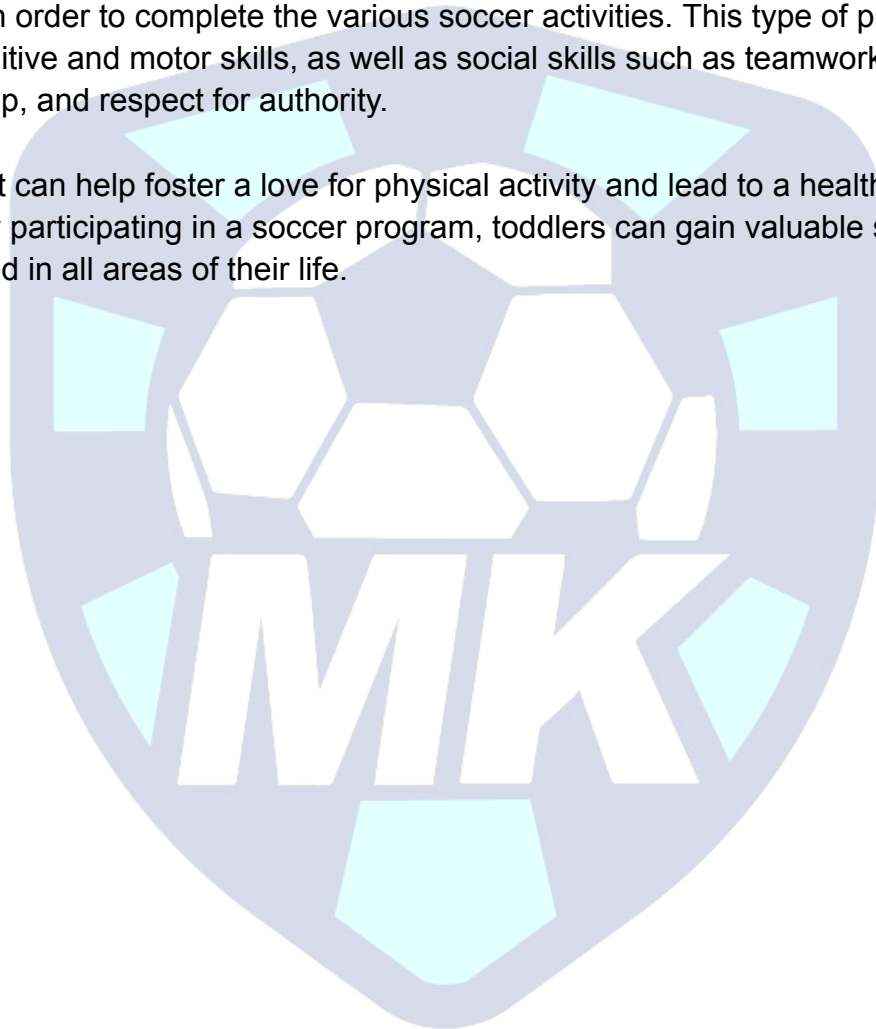


## Benefits of Participation

Toddlers who participate in a soccer program can benefit greatly from learning the skill of listening and following directions. At such a young age, it is important to start developing these skills as they will be useful throughout their entire life.

During a soccer program, toddlers will learn to listen to their coach's instructions and follow them in order to complete the various soccer activities. This type of practice helps develop cognitive and motor skills, as well as social skills such as teamwork, sportsmanship, and respect for authority.

Additionally, it can help foster a love for physical activity and lead to a healthy lifestyle in the future. By participating in a soccer program, toddlers can gain valuable skills that can be applied in all areas of their life.





## Program Format

The Parent Participation Program operates on a 45 minute time frame.

Each session follows a general outline described below:

**1. Exploratory Time (5-10 Minutes)** During Exploratory Time, the coaching staff puts out various soccer equipment: goals, ladders, cones, and rings for children to engage in free play. This gives children access to the materials of the day and provides a safe space to play with these materials. Please do not get concerned that your child is using the equipment the wrong way. We put the equipment there for them to explore and use it how they see fit, and then the day's lesson will work on how to use the equipment properly. Over time, children will begin to engage with the equipment in the appropriate manner. So, if they pick up cones or throw rings, please know that it is perfectly fine. That's why they are there!

**2. Storyboard and Life Skill Lesson (5 Minutes)** Each week children learn a new life skill value word. This is introduced through an interactive storyboard led by the head coach. Through engaging storytelling, children interact with new vocabulary and learn to apply that new vocabulary to the activities they are doing.

**3. Gross Motor Time (15 Minutes)** Children participate in a variety of gross motor movement activities to help them gain control of their bodies, improve their coordination, and learn basic movements for the game of soccer.

**4. Soccer Skill Lesson (15 Minutes)** Children are introduced to a soccer skill through a series of activities they will participate with their parents. The coach will speak directly to children about the game with the expectation that the parent will help their child through the activity.

**5. Closure/Wrap Up (2 Minutes)** Children come back together with the coach to review the skills learned and do a final team cheer.





During the Spring 2024 Season, we will be utilizing a station format to help children organize their learning into different activities each week. The following stations will be utilized in the Spring 2024 Season:

1. Movement/Stretching - activities at this station will focus on balance, coordination, and movement. Children will learn different locomotive movements and learn about stretching their bodies.
2. Agility/Coordination - activities in this station will involve ladders and rings and provide children with an opportunity to run, hop, jump, and move in a variety of creative ways
3. Striking the Ball - activities in this station will focus on how to strike the ball properly. Children will play games that teach them how to strike a ball and get lots of practice using the proper technique (age appropriate) to strike the ball correctly
4. Dribbling the Ball - activities in this station will focus on control of the ball using different surfaces of the foot and at varying speeds
5. Goal Scoring - activities at this station will give children the opportunity to score goals! Everyone's favorite thing to do!
6. Skill of the Day - each week there will be a focal activity called our Skill of the Day. This station will rotate each week to provide a new skill for children to practice







## **Parent Expectations (Spring 2024 Updated)**

In order to create a positive and enjoyable experience for all participants, it is important for parents to adhere to certain behavior expectations during the soccer season. These expectations include:

1. **Respect for all participants:** All parents are expected to demonstrate respect for all participants, including players, coaches, and other parents. This includes refraining from using foul language or engaging in confrontational or aggressive behavior.
2. **Encouragement of positive attitudes:** Parents are encouraged to foster a positive and supportive environment for all players. This includes encouraging players to try their best, celebrating successes, and providing constructive feedback when needed.
3. **Attendance and punctuality:** Parents are expected to ensure that their child attends all practices, and arrives on time. If a child is unable to attend, parents are expected to communicate with the coach in advance.
4. **Safety and equipment:** Parents are responsible for ensuring that their child is properly equipped for practices, including appropriate clothing and equipment such as shin guards. Parents are also expected to follow safety guidelines set by the coach or program, and to report any safety concerns or injuries to the coach.
5. **Communication with the coach:** Parents are encouraged to communicate regularly with the coach and to ask questions or express concerns as needed. This includes informing the coach of any relevant medical or behavioral issues that may affect their child's participation.

By adhering to these behavior expectations, parents can help create a positive and supportive environment for all players, and ensure a fun and enjoyable soccer season for all involved.





## **Required Equipment**

A size 3 soccer ball is the only requirement for participation in the program.

## **What to do if your child is struggling to participate:**

Participating in soccer activities can be a great way for children to learn new skills, develop their physical abilities, and have fun with friends. However, some children may struggle with participation for various reasons, such as feeling nervous or lacking confidence. As a parent, it can be difficult to know how to help your child overcome these challenges and fully participate in soccer activities. Here are some tips to help you support your child in these situations.

1. Encourage your child: Encouragement and positive reinforcement can go a long way in boosting your child's confidence and motivation. Remind your child that it's okay to make mistakes and that everyone has to start somewhere. Praise your child for their efforts and progress, rather than just their achievements.
2. Observe your child: Watch your child during soccer activities to try and identify the specific challenges they may be facing. Are they struggling with a particular skill, or are they feeling overwhelmed by the activity as a whole? This information can help you to provide targeted support and encouragement.
3. Talk to the coach: If your child is struggling with participation, it may be helpful to talk to the coach. They may be able to provide additional guidance and support to help your child feel more comfortable and confident. Additionally, the coach may be able to modify the activity to better suit your child's needs and abilities.
4. Practice at home: Practicing soccer skills at home can be a great way to build your child's confidence and improve their abilities. Keep it fun and light-hearted, and encourage your child to experiment and try new things.
5. Consider other activities: Soccer isn't for everyone, and it's okay if your child doesn't enjoy it. Consider other physical activities that your child may be interested in, such as dance, gymnastics, or martial arts.

Remember, every child is different, and some may need more time or support to feel comfortable participating in soccer activities. As a parent, your role is to provide







encouragement, support, and understanding as your child navigates these challenges. With patience and persistence, your child can overcome their struggles and find joy in soccer activities.

### **Policy: Parent Communication for Absences**

#### **Purpose:**

To establish a clear policy for parents to communicate with their child's coach if their child is going to be absent from a game or practice in the Mighty Kicks program.

#### **Policy:**

Parents are expected to communicate with their child's coach if their child is going to be absent from a game or practice. This communication should be done as soon as possible to allow the coach to plan accordingly for the game or practice.

#### **Procedure:**

1. Parents should inform the coach of their child's absence via email. The coach's contact information will be provided at the start of the season.
2. When communicating the absence, parents should provide the following information:
  - Name of the child
  - Date of the absence
  - Reason for the absence (if applicable)
3. If the absence is due to an illness, parents should follow the guidelines of the Mighty Kicks program regarding the return to play policy.
4. If a child misses multiple games or practices without explanation, the coach or program director may reach out to the parents to discuss the child's participation in the program.

#### **Rationale:**

Communicating absences helps coaches to plan their practices and games accordingly. It also ensures that the child's safety is taken into consideration, and that the coach knows who to contact in case of an emergency.

### **Policy for Communicating Problems at the Soccer Field**

At our soccer program, we aim to create a positive and safe environment for all participants. We encourage parents, coaches, and players to communicate any issues that may arise during practices or games. To ensure that problems are addressed promptly, we have implemented the following policy:





#### Reporting Procedure:

1. If a problem arises at the soccer field, parents, coaches, or players are encouraged to report it immediately to the Director. The Director can be contacted in person, via email, or phone. Contact information for the Director will be provided at the start of the season.

#### Types of Problems:

2. Problems that should be reported include any inappropriate behavior by coaches, players, or parents, unsafe playing conditions, or any other concerns related to the program. Examples of inappropriate behavior include verbal or physical abuse, harassment, discrimination, or any other behavior that violates our program's code of conduct.

#### Confidentiality:

3. All reports will be treated confidentially, and the identity of the person reporting the problem will be kept confidential if requested. The Director will investigate the issue and take appropriate action to address the problem.

#### Resolution:

4. Once a problem has been reported, the Director will investigate the issue and take appropriate action. Depending on the nature and severity of the problem, actions may include reprimands, suspension, or removal from the program. The Director will communicate the resolution to the person who reported the problem and any affected parties.

By following this policy, we hope to ensure that all participants in our soccer program have a safe and enjoyable experience.

