



# SPORTS PROGRAMS FOR KIDS

WHERE SOFT SKILLS AND SPORTS SKILLS MEET TO FORM WELL ROUNDED ATHLETES





# ABOUT OUR CLASSES

## Sport Programs Offered



We offer sport specific programs & multi-sport programs for children age 2 and up.

In our sport specific programs such as Rugby, Swimming, Football & Tennis we focus of developing core skills and soft skills require for children to play matches together.

In our multi-sport programs we introduce and develop core skills within each sport to develop each child's individual athletic ability. In this program we include Hockey, Football, Rugby, Athletics, Basketball & Teeball.

## Developing Athleticism



Through patience and persistence we aid in the development of each child's sports ability, ability to work in a team, ability to follow rules, ability to respond correctly during drills and each child's happiness.

In each class we run activities children can engage in interactively, individually or with their personal teachers while still keeping children in a group class. Through gaining a understanding of each child's capability we run drills and games which are appropriate and progressive .

## Developing Soft Skills



In our classes alongside developing athleticism we also encourage a specific soft skill each class. With positive reinforcement and recognition to those exhibiting these skills we often see improvement in the way our students interact!

By keeping language & our class structure repetitive we aim to develop each child's independence. By keeping a familiar and enjoyable atmosphere we aim to develop soft skills while also developing sport skills!

# ABOUT OUR CLASSES

## Football



Our program is designed to provide a comprehensive and enjoyable learning experience, focusing on skill development, teamwork, and a passion for the beautiful game.

At Island Sports HK, we understand the importance of nurturing young talents and instilling a solid foundation in football. Our expert coaches are highly experienced and dedicated to creating a positive and engaging environment where young players can thrive.

## Under 5



Age Group: Under 3 to Under 5

Objective: Introduction to Basic Football Skills and Coordination

### 1. Dribbling:

- Teach players to control the ball using their feet.
- Encourage them to dribble around cones or designated markers.

### 2. Passing:

- Introduce simple passing exercises where players pass the ball back and forth.
- Use soft balls or smaller-sized balls for easier handling.

### 3. Shooting:

- Implement basic shooting activities with a focus on kicking the ball towards a target.
- Use large goals or designated targets to make it easier for young players.

### 4. Coordination and Balance:

- Incorporate fun activities that promote balance and coordination, such as hopping, skipping, and jumping.
- Use cones or markers to create an obstacle course for players to maneuver through.

### 5. Small-Sided Games:

- Organize small-sided games (2 vs. 2 or 3 vs. 3) to introduce players to basic game concepts.
- Emphasize teamwork, sharing, and basic rules of the game.





# ABOUT OUR CLASSES

## Competition



Taking our football teams to compete with other clubs of similar ability is an essential aspect of our program for several reasons. Firstly, it provides our players with invaluable opportunities to test their skills and abilities against different opponents. Competing against other clubs exposes them to varying playing styles, tactics, and levels of competition, which helps broaden their understanding of the game and enhances their overall development as footballers.

Requirements: Team size of 8 with game competency.  
HKJA & Friendly fixtures:

## Under 8

Age Group: Under 6 to Under 8

Objective: Fundamental Skill Development and Introduction to Team Play

### 1. Ball Control:

- Focus on improving ball control skills, including trapping, stopping the ball, and using different surfaces of the foot.

### 2. Passing and Receiving:

- Expand passing exercises to include longer distances and more accuracy.
- Teach players to receive the ball with different body parts, such as the chest or thigh.

### 3. Shooting and Finishing:

- Introduce shooting techniques, including striking the ball with power and accuracy.
- Teach players to aim for specific targets and areas of the goal.

### 4. Agility and Speed:

- Incorporate agility drills and speed exercises to improve players' quickness and coordination.
- Use ladder drills, cone drills, and short sprints to enhance their athleticism.

### 5. Positional Awareness:

- Introduce basic positions on the field (defender, midfielder, forward) and their roles.
- Teach players to understand their positional responsibilities during small-sided games.



# OUR CURRICULUM

Physical education classes including Football

## **What kids learn**

Football instills discipline and perseverance in children. Regular practice, adhering to rules, and maintaining focus during matches all require discipline. They learn the value of commitment, hard work, and dedication, which can be applied to various aspects of their lives, such as academics, relationships, and personal goals. Football also teaches children to persevere through challenges, setbacks, and failures, developing resilience and a never-give-up attitude.

## **Attention to soft skills**

Along side teaching students to play sports we also focus on developing their soft skills. At the beginning of each session our coach will highlight a behavioural skill which is tailored to the group needs. Throughout our session we reflect back to the soft skill rule and encourage our students to apply it during the session. With the aim of developing positive behavioural attributes we strive towards catering to each child's needs. Our coaches are aware of the limitations some children may have and are prepared to take the patients required to make a difference!

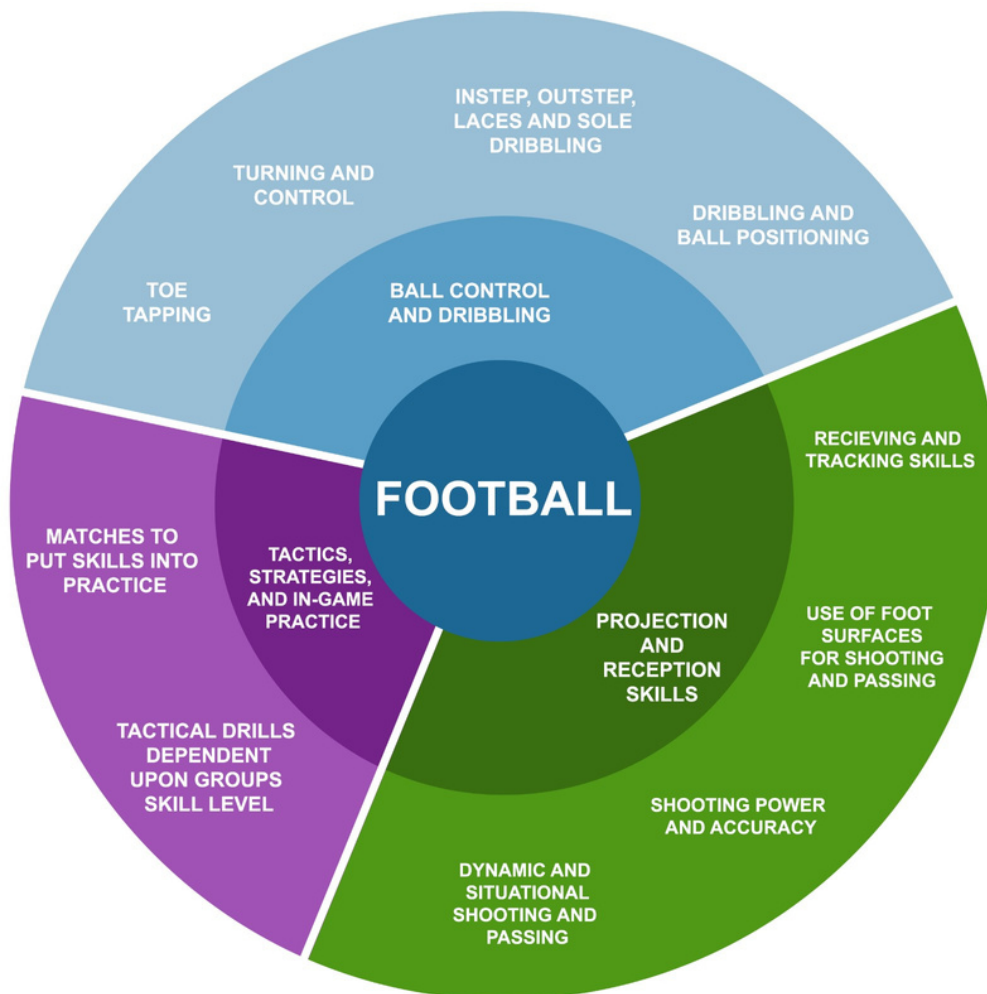
# FOOTBALL CURRICULUM

During the ages of 3 to 5, children are in the early stages of their football development. At this age, the emphasis is on introducing them to the core skills of football in a fun and engaging manner. Here are the core skills that children can learn during this stage:

1. **Dribbling:** Children learn to control the ball using their feet while moving. They practice basic dribbling techniques such as tapping the ball with both feet, changing direction, and dribbling around cones or markers.
2. **Ball Control:** Children start developing their ball control skills by learning to stop and trap the ball using their feet. They practice basic techniques like using the inside and outside of their feet to control the ball and taking small touches to maintain control.
3. **Passing:** Children are introduced to basic passing skills, such as passing the ball to a partner or to a designated target. They learn to use both feet and develop simple passing techniques like using the inside of the foot to make accurate and controlled passes.
4. **Shooting:** Children begin to explore shooting by kicking the ball towards a target or into a mini-goal. They learn basic shooting techniques, focusing on striking the ball with their preferred foot and aiming for a designated area.
5. **Balance and Coordination:** Children engage in activities that promote balance and coordination, such as hopping, skipping, and jumping. These activities help them develop body awareness and improve their overall motor skills, which are crucial for football.
6. **Spatial Awareness:** Children start to understand spatial awareness by learning to navigate around obstacles, cones, or teammates. They develop an understanding of their position on the field and how to move in relation to others.
7. **Listening and Following Instructions:** Children learn to listen to their coaches and follow instructions during training sessions. This skill helps them develop focus, discipline, and the ability to understand and execute simple football tasks.

# FOOTBALL CURRICULUM

Skill	Progression	Progression	Progression	Progression	Progression	Progression	Progression
Footwork	Hop Scotch	Two-Foot Jumps	High Knees	Lateral Side Steps	In-and-Out Steps	Quick Taps	Zigzag Run
Dribbling	Toe Taps	Inside Touches	Outside Touches	Sole Rolls	Change of Direction	Stop and Start	Dribbling Around Cones
Ball control	Foot Traps	Thigh Traps	Chest Traps	Headers	Shielding the Ball	Changing Directions with Control	Receiving
Passing	Inside-of-the-Foot Pass	Push Pass	Instep Pass	One-Touch Pass	Wall Pass	Lofted Pass	
Shooting	Instep Shot	Toe Poke	Inside-of-the-Foot Shot	Rolling Shot	Low Driven Shot	Chip Shot	Shooting from Different Angles
Spacial awareness	Field Awareness	Keeping Distance	Peripheral Vision	Checking Over Shoulders	Off-Ball Movement	Anticipation	Triangle Passing
Balance	Single-Leg Balance	Tightrope Walk	Cone Weave	Balancing with a Ball	Obstacle Course		
Coordination	Dribbling through Cones	Obstacle Course	Mirror Movements	Catch and Throw	Simon Says		
Instruction following	Move to area's	Goal	Line up	Whistle	Court markings		
Concepts	Throw ins	Fouls	Starting point	Point system	Court boundry	Spatial awareness	



# FOOTBALL

# CURRICULUM

## U8

1. **Dribbling:** Children enhance their dribbling skills by incorporating more advanced techniques. They practice close control of the ball, including using different parts of their feet, changing pace, and executing basic feints or moves to deceive opponents.
2. **Ball Control:** Children focus on improving their ball control abilities. They work on receiving and trapping the ball with different surfaces of their body, such as the chest, thighs, and feet. They also practice controlling the ball while in motion, allowing for quicker decision-making and agility.
3. **Passing:** Children develop more accuracy and power in their passing. They learn how to make both short and longer passes, with an emphasis on proper technique, such as using the instep of the foot to generate accuracy and control.
4. **Shooting:** Children refine their shooting technique, aiming to increase power and accuracy. They practice striking the ball with proper form, utilizing the laces of their foot and focusing on hitting targets or scoring goals.
5. **Tactical Understanding:** Children begin to grasp basic tactical concepts of the game. They learn about positioning, both in attack and defense, and develop an understanding of roles and responsibilities within a team structure.
6. **Game Awareness:** Children improve their awareness of the game by learning to read the field, anticipate opponents' movements, and make effective decisions based on the game situation. They develop an understanding of when to pass, dribble, or shoot, as well as how to support teammates and defend as a unit.
7. **Communication and Teamwork:** Children learn the importance of effective communication and teamwork on the field. They practice verbal and non-verbal communication with teammates, such as calling for the ball or signaling for support. They also learn to cooperate, share responsibilities, and work together towards common objectives.
8. **Speed and Agility:** Children work on improving their speed, agility, and coordination through specific drills and exercises. They enhance their ability to change direction quickly, accelerate, and decelerate, allowing for more dynamic and effective play.



# FOOTBALL CURRICULUM

## U8

Skill	Progression	Progression	Progression	Progression	Progression	Progression	Progression
Footwork	Hop Scotch	Two-Foot Jumps	High Knees	Lateral Side Steps	In-and-Out Steps	Quick Taps	Zigzag Run
Dribbling	Inside Touches	Outside Touches	Sole Rolls	Change of Direction	Stop and Start	Drag back	Step over
Ball control	Foot Traps	Thigh Traps	Chest Traps	Headers	Shielding the Ball	Changing Directions with Control	Receiving
Passing	Inside-of-the-Foot Pass	Push Pass	Instep Pass	One-Touch Pass	Wall Pass	Lofted Pass	
Shooting	Instep Shot	Toe Poke	Inside-of-the-Foot Shot	Rolling Shot	Low Driven Shot	Chip Shot	Shooting from Different Angles
Spacial awareness	Field Awareness	Keeping Distance	Peripheral Vision	Checking Over Shoulders	Off-Ball Movement	Anticipation	Triangle Passing
Physical conditioning	Short sprints	Agility sprints	Agility ladder training	Fitness runs	Long sprints		
Instruction following	Move to area's	Goal	Line up	Whistle	Court markings		
Concepts	Throw ins	Fouls	Starting point	Point system	Court boundry	Spatial awareness	

