

1UP SOCCER



TRAINING MENU

Mini 1uppers Training Menu

WHO DESIGNS THESE SESSIONS

All sessions are carefully designed by 1UP's Director of Player Development and current pro **Niko Myroniuk**, alongside Grassroots coordinator **Anthony Garmory**. Anthony has over 8 years of experience coaching early years soccer in the United Kingdom, where he developed players from as young as 18 months. These sessions are tailor made to ensure engagement and fun for all our Mini 1uppers.

We are really excited to have **parent and player sessions** for our Mini Beginners, 18 months to 2 years old. It is mandatory for parents to join in alongside their mini baller, so please arrive in suitable clothing.

We then move into our **Next Level Minis**, 2.5 to 3 years old, where there is more independent learning, but **it is still mandatory for parents to remain at the sessions**.

Our Mini 1uppers program is carefully designed to provide a safe, inviting and stimulating environment for young children aged 18 months to 3.5 years. Every session encourages early enthusiasm for movement and sport while introducing the foundations of physical literacy and age appropriate soccer skills.

We focus on learning through play, exploration and guided discovery. Our coaches create sessions where children build confidence, independence, social skills and a positive relationship with being active.

THE SEASON AT A GLANCE

Eight weeks, one topic a week. Every topic is set out in full further down.

NOVEMBER 2026

WEEK 1 🦸 Superhero Ball Masters

WEEK 2 🐾 Animal Movers and Shakers

WEEK 3 🛡 Ball Protectors and Little Defenders

WEEK 4 🗺 Adventure Games and Story Play

DECEMBER 2026

WEEK 5 ⚡ Quick Feet and Speed Explorers

WEEK 6 🛡️ Little Helpers and Defensive Heroes

WEEK 7 ★ Shooting Stars and Little Strikers

WEEK 8 🏆 Flying Finishes and Jumping Heroes

PROGRAM PHILOSOPHY

Our Mini 1uppers sessions are built around four core principles.

1. Safe and supportive environment

- Clear boundaries and predictable routines
- Inclusive session design for all ability levels
- Equipment and activities chosen with safety and age suitability in mind
- Parent and guardian involvement encouraged, especially 18 to 30 months

2. Exploration of movement

We introduce children to a wide range of fundamental movement skills:

- Running, jumping, balancing
- Stopping, turning, changing direction
- Crawling, rolling, hopping
- Spatial awareness and safe movement around others

These skills support lifelong physical activity and form the base for all future sport specific development.

3. With ball and without ball learning

Children explore movement with and without the ball, building comfort and curiosity:

- Free dribbling exploration
- Simple ball manipulation, stopping, rolling, tapping
- Carrying, pushing and chasing games
- Kicking fundamentals
- Activities that develop coordination and rhythm without a ball first

This blended structure helps players feel confident before formal technique is introduced.

4. Early physical literacy

We intentionally build the ABCs of physical literacy: agility, balance, coordination and speed, in fun, playful bursts. That is paired with:

- Hand to eye and foot to eye coordination
- Movement sequencing
- Body awareness
- Listening and following simple instructions

SESSION STRUCTURE

Each session follows a predictable, age appropriate flow to help young players feel comfortable and engaged. We have an idea of timings, but Mini 1uppers sessions are led by how engaged the players are. We may spend longer or shorter on an activity depending on that.

1. Welcome and free movement

5 to 7 minutes

Playful, open movement stations with soft balls, cones, hoops and mini goals. Encourages independence and warm up exploration.

2. Movement exploration activity

8 to 10 minutes

Animal movements such as bear walk, crab shuffle and frog jumps. Colour and shape movement games. Balance paths or obstacle courses. Freeze and go, traffic lights, red, green and blue challenges.

Focus: building coordination, balance, agility, rhythm and body control.

3. With ball discovery

8 to 12 minutes

Dribble to colours. Wake the ball and put the ball to sleep, soft touches against stopping the ball. Roll, chase and catch. Tap, tap, stop games. Balloon football for confidence and fun.

Focus: comfort with the ball, cause and effect, a gentle introduction to technique.

4. Mini challenges and adventure games

8 to 10 minutes

Treasure hunt dribbling. Pirate ship movement adventure. Animal race with the ball. Follow the leader football. Target kicking to big, friendly goals.

Focus: imagination, decision making, fun competition, confidence building.

5. Mini matches and shared play

5 minutes

Small sided, non competitive play, encouraging teamwork, sharing and understanding space. Coaches support and celebrate all efforts.

6. Cool down and celebration

2 to 3 minutes

High fives, stickers and a team cheer. Gentle movement to finish, reinforcing positive habits: we try our best, we listen, we have fun.

LEARNING OUTCOMES

Across the season, Mini 1uppers develop:

Physical skills

- Balance and coordination
- Basic running mechanics
- An introduction to dribbling and kicking
- Improved reaction, rhythm and timing
- Strengthened fine and gross motor skills

Cognitive skills

- Understanding simple instructions
- Early problem solving through movement
- Following sequences or patterns
- Memory and recognition of colours, shapes and directions

Social and emotional skills

- Confidence in group settings
- Independence and self expression
- Turn taking, sharing, teamwork
- Building patience and resilience

Football foundations

- Comfort moving with a ball
 - Awareness of goals and safe play areas
 - Understanding start and stop cues
 - An early love of the game
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COACHING APPROACH

Our coaches use:

- Positive reinforcement
- Age appropriate language
- Demonstrations and imaginative, story based teaching
- A games first approach to keep learning fun
- Progressions and regressions for mixed abilities

We aim to ensure every Mini 1upper feels successful, supported and excited to return each week.

SESSION TOPICS

Every topic below has an objective, the key things your player will do, and the skills it builds.

1. Superhero Ball Masters

Become a superhero of the ball.

Objective: build comfort with the ball through fun, imaginative touches.

- **Spiderman touch:** soft, sticky touches to keep the ball close
- **Captain America shield:** turn the body to protect the ball from a villain
- Slow and fast movement like different superheroes
- Stopping and starting on the coach's cues

Focus skills: balance, coordination, spatial awareness, ball familiarity.

2. Animal Movers and Shakers

Move like animals.

Objective: explore fundamental movement skills through playful animal actions.

- Cheetah sprints

- Sloth slow balance walks
- Snake slithers and turns
- Frog jumps, bear walks, crab shuffles
- Safe movement in shared space

Focus skills: agility, rhythm, whole body strength, body control.



3. Ball Protectors and Little Defenders

Protect your treasure.

Objective: introduce simple concepts of shielding and body positioning.

- Stand strong like a superhero guarding a treasure
- Keep the ball on the safe side
- Move around slowly while protecting the ball
- Friendly coach steal the treasure challenges

Focus skills: stability, awareness, early defensive movement.



4. Adventure Games and Story Play

Football adventures through imagination.

Objective: encourage creativity, play and confidence through themed story games.

- Pirate treasure hunts
- Jungle adventures
- Rescue missions
- Follow the leader journeys
- Big friendly goal scoring

Focus skills: confidence, teamwork, decision making.



5. Quick Feet and Speed Explorers

Move fast, move slow, explore speed.

Objective: develop early acceleration, deceleration and reactions.

- Flash quick starts
- Freeze on command
- Turn like cars on a race track
- Dribble fast or slow based on colour or sound cues

Focus skills: reaction, agility, controlled speed, turning technique.

6. Little Helpers and Defensive Heroes

Save the day.

Objective: introduce defensive transition using playful rescue scenarios.

- Run quickly to save the ball
- Slow down safely when approaching
- Block with the body like a shield
- Rescue the animal and save the treasure games

Focus skills: stopping safely, anticipation, balance.

7. Shooting Stars and Little Strikers

Score like a superstar.

Objective: introduce simple finishing in fun, pressure free ways.

- Tap or pass the ball into big goals
- Aim for colourful or superhero targets
- Explain big swing and little swing
- Celebrate all attempts

Focus skills: foot to eye coordination, balance over the ball, confidence.

8. Flying Finishes and Jumping Heroes

Kick, tap and jump like heroes.

Objective: explore safe, playful striking with balloons and soft balls.

- Balloon volleys
- Jump and tap challenges
- Soft header touches
- Drop kick exploration, older group only

Focus skills: timing, jumping and landing technique, hand to eye coordination.