

### First Topic: Recruiting and Training

**Most successful recruitment** - student leaders, seniors will nominate their friends to be on the leadership team. Open TOPS up to any sport. Invite high school players, the AD, the coaches, use your community. In Danvers, you can also encourage some of the youth players who might be interested. The local colleges and universities might also have people who might be interested in volunteering. Lead buddy will do all the communication with the other buddies. Sometimes the coaches in season can be difficult to work with. Consider using the booster club as well. Buddies can recruit their friends too. **Most successful training strategies** - Setting up a summer or fall training session for buddies could be a huge help. Caryn, John, Ian, all certified buddy trainers who are excited to help out.

### Second Topic: Curriculum and Content

**When planning sessions** - We've recently partnered with Mojo to help provide visual lesson plans. We tend to focus on grade 3-4 because they resonate with the players. **When organizing a session** - Running stations, passing, shooting, basic skills provide a great foundation. **When running a Warm up** - small games, scrimmage, parachute, are all valuable rotations. There is a short attention span for the players. Splitting kids up by age can be useful. Stretching and running can be a great use of time. If the activity isn't working for one individual player, it doesn't mean everything has to stop. For warming up, it depends on who shows up that week. Depending on who your players are, you can split them up. Trust your buddies too! If you feel confident in them, allow them to support the activities. Use the ball in creative ways. Try counting activities to warm up too. There's a progression / structure that still exists, we just have to be flexible. Meet with your buddies to discuss a skill of the day. **When looking for successful activities** - Obstacle courses were a big hit at the TOPS practice. Bowling soccer gets people really excited. You can build the bowling however you would like. You can put the balls on top of the cones and set them up however you would like. Scoring goals can be a huge motivator, especially when activities may start to break down. It helps to have as many goals as possible for the players. Working with flat cones can be really helpful because they are flexible, inexpensive, and when players hit them they don't get discouraged. Fishy-Fishy is a really popular game for dribbling and something you can potentially use every session. **How do you know how to scale your activity?** Set it up but be ready to adapt. You can use your buddies again here to help players achieve their goals. The info you get ahead of time comes from the parents. Parents may also be open to staying with their player, leading them through activities, and curing buddies to what might be the most impactful. We're not healthcare professionals, we need to work together. **When running a scrimmage** - taking the time to explain to buddies what we want this to look like. Your buddies can help keep the ball in play and keep the flow of the game. You may even want to consider using a second soccer ball. Spend the largest portion of the session on running and being active. **When ending a session** - Let them be buddies! Talk about the things they want to talk about. Use a parachute! Use an arch! Give players something they can redeem. Do what's best for your group!

### Resources

<https://organization.mojo.sport/app/EZ36NZ>  
<https://www.mayouthsoccer.org/10u-3rd4th-grade/>