



ELITE SF

PRESCHOOLS AND NURSERIES

Why Elite SF?

Focused Progress is our slogan and we live and breathe it.

We are here to make a positive difference in bursting out that comfort zone, social skills, self belief, helping sculpt that top 1% in all areas of life and having fun doing it!

We adapt and tailor our coaching to each younger one and meet their individual needs during group sessions. We develop character whilst improving their skills in all the different sports we have for toddlers and preschool.

During our sessions, we have some key factors:

- Safety always ensured
- Coaching
- Energy
- Entertainment and Fun

Each coach is instructed to take a half time review and add what is needed in the session from the factors above. They are also instructed to go that extra mile to take what is a great session to the best out there! We send out feedback forms every 3/4 months so that we can tailor our sessions to each venue and meet the needs and continue to improve.

We focus on people first.

The best 'Children's Sports Coaching' out there, let us prove it to you!

Personal and Social development

All of our sessions in preschools and nurseries are group sessions. Which allows that social aspect to evolve and grow. We regulate the interactions between the younger ones to make sure they are positive to contribute to their development as individuals. Whether that working is as a team to help 'pick up all the cones in 20 seconds' or making each other laugh along with the coaches. We encompass us all.



Communication

Throughout our sessions, we make sure that listening and social skills are enforced. We use body parts to get them listening for example "Touch your head, nose, ears and listening ears on!". We get down to their level on one knee or crouched down to gain their focus and make them feel safe, whether they are standing or sat down. Coaches are instructed to explain and demonstrate everything and use guided learning and check learning at the end. On top of this, coaches are instructed to help younger ones on a 1-2-1 basis to make sure they understand, are listening and are engaged.

With speaking, coaches are instructed to create a safe environment for younger ones to express themselves. Each child's name is used and then for example asked "What their favourite animal is?", they then run and touch the tennis net and run back to create that individuality and settling in process into our sessions. In relation to this, continual questions are asked to encourage spoken answers throughout the session and 'create a little voice'. Help and guidance is provided to support them. After the session there is also a debrief in which younger ones must help the coach with the session round up. An exciting atmosphere is also created with the aim of each child leaving with a smile on their face.

Arts, Literacy and Education

We include a large range of varied music which children, coaches and staff all enjoy! It shows them lots of different genres and allows them to express themselves freely with some awesome dance moves included. We also enjoy to give the children options during our sessions so that they can use their imagination! Education is within all of our sessions from counting cones to questions, answers, problem solving and inspiration. The Elite SF step one of their journey into school!



Physical health

We have a variety of different sports and exercise activities in our curriculum which are great for younger one's physical health. Including lots of running, kicking, catching, throwing and jumping. Also working with co-ordination as well during all of our activities. Our curriculum ranges from Football, Tennis, Cricket and Fundamental skills. Building great exercise habits from young!

Mental health

With our Elite SF sessions building people is our number one priority. Whether that is putting smiles on faces, providing younger ones that mental break from anxiety, or improving self belief and confidence.

We always make sure our sessions are suitable for age 2+ with challenges for them to overcome with coaching and support. With our sessions we have a high attention to detail, so we praise appropriately, for example "Great penguin waddle with the football Tommy!". Also we help the younger ones who may be a little bit shy or nervous before joining our sessions and try our best continually throughout the session to get them involved, smiling and having fun! Overall with our sessions they are inclusive and we make sure that we give each younger one our attention to make them feel valued and part of the Elite SF Family.

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