



JUST COMPETE SPORTS

TOUCHDOWN FOR TOTS | SEASON GUIDE



Little players. Big smiles. A fun first step into football.

Welcome to Touchdown for TOTS

Touchdown for TOTS is a fun, flexible introduction to football with parents and guardians actively involved. Players explore movement, catching, throwing, handoffs, flag pulling, and teamwork through short activities and playful practice.

Move at the kids' pace

Start with the basics, skill stations, and team time. Use the second half of a session for a mini scrimmage when the group is ready, or continue skill games instead. The goal is confidence, enjoyment, and preparation for our 5 and 6 year old practice and game format.

A FLEXIBLE 60 MINUTE SESSION

Activity	Time	What it looks like
Warmup	5 minutes	Welcome, movement, and a playful start.
Skill stations	20 minutes	Short activities with footballs, flags, cones, and partners.
Team time	5 minutes	Taking turns, wearing flags, and encouraging teammates.
Practice or mini scrimmage	30 minutes	Simple game play when ready, or more skill stations and team games.

Parents and guardians are part of the fun

Join the activities as directed by the coach. Help with partner catching, handoffs, taking turns, and encouragement. Celebrate small steps and give players time to learn. Keep demonstrations simple, allow water breaks, and keep the experience positive.

Before each session: Check your team messages for location, arrival instructions, equipment reminders, and weather updates. Bring water and wear comfortable athletic clothing and shoes suitable for the playing surface.

Based on the supplied Touchdown 4 TOTS Guide. Session lengths and activities are flexible; follow your program schedule.



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SKILL BUILDING & CELEBRATION



A flexible progression for a season of learning and fun.

Use these four stages in order, repeat favorite activities, or spend extra sessions on a skill. Adjust the progression to the season length and the players' readiness.

01 GET MOVING

Movement, flag pulling, and catching

Warmup: 5 min | Skill stations: 20 min | Team time: 5 min | Practice: 30 min

Move with the football and cones. Try flag pulling games and partner catching. Practice wearing flags, taking turns, and encouraging teammates. Finish with skill games or a mini scrimmage if ready.

Theme: Get Moving Day: energy, movement, and smiles.

02 LET'S PLAY

Throwing, handoffs, and teamwork

Warmup: 5 min | Skill stations: 20 min | Team time: 5 min | Practice: 30 min

Practice partner throwing and catching, simple handoffs, and teamwork relays. Use team time for exchanges and communication. Continue team games or introduce a mini scrimmage.

Theme: Touchdown Dance Day: celebrate each score with a fun dance!

03 GAME TIME

Simple routes, mock plays, and game flow

Warmup: 5 min | Skill stations: 20 min | Team time: 5 min | Practice: 30 min

Try simple routes, moving catches, flag pulling angles, and offensive movement. Walk through positions and simple plays. Practice lining up, running plays, scoring, and pulling flags.

Theme: Jersey Day: invite players to wear a favorite sports jersey.

04 CELEBRATION

Favorite skills, mini scrimmages, and rings

Warmup: 5 min | Favorite skills: 15 min | Team time: 5 min

Revisit favorite activities. Share what the team has learned, then enjoy 25 minutes of mini scrimmages with simple rules and plenty of encouragement. Finish with a 10 minute ring ceremony, photos, and a team cheer.

Theme: Celebrate every player and the progress they made.

Suggested progression from the supplied guide. Focus on participation, confidence, and fun throughout the season.