



BANGALORE YOUTH SPORT SCHOOL PROGRAM

Play-based Holistic
Child Development
Program for Pre-schools



**Building Stronger Foundations
Through Movement"**



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ABOUT US

Bangalore Youth Sports School and Academy is a premier institution dedicated to holistic child development through structured physical education, sports training, and motor skills development. With over a decade of experience in sports education, we specialize in creating dynamic programs that nurture athletic ability, cognitive growth, and social skills from an early age.

Our academy follows a customized curriculum designed to cater to different age groups. For kindergarten children, we implement the Switzerland Motor Skills Development Curriculum, ensuring a strong foundation in balance, coordination, agility, and fundamental movement skills. For older children, our training focuses on sport-specific skill development, fostering talent in football, basketball, and overall athletic fitness.

Future Champs – Our Flagship Program

Future Champs is the signature program of Bangalore Youth Sports School and Academy, specially crafted for children aged 1.5 to 10 years. This program is designed to enhance gross motor skills and introduce sports-based learning, allowing children to experience movement in a fun and structured way.

- What makes Future Champs unique?
- Age-appropriate curriculum tailored to different developmental stages
- Focus on physical well-being beyond just sports training
- Play-based learning that encourages creativity and engagement
- Foundation for lifelong fitness and confidence in movement

By taking sports education beyond conventional coaching, Future Champs ensures that children develop agility, coordination, and strength while having fun and staying active. Our mission is to create an environment where every child feels like a champion—both on and off the field.



FOUNDER'S MESSAGE



PREM KUMAR G.

Dear Parents and Educators,

As the Founder of Bangalore Youth Sports School and Academy, I have spent over 10 years in the field of sports and physical education. Throughout my journey, I have seen the significant impact that early physical education has on a child's cognitive, social, and physical development. I started this program with the vision of providing a structured and fun approach to movement education in early childhood.

Our goal is to help children develop essential motor skills, boost confidence, and create a love for physical activity from an early age. Through our hands-on training and innovative curriculum, we ensure that children get the best start in their fitness journey.

Together, let's build a future where every child grows up stronger, healthier, and more active!

PREM KUMAR G.

Founder & Director, Bangalore Youth Sports School and Academy
Sports & Physical Education Specialist (10+ years of experience)



Our Vision

At **Bangalore Youth Sports School & Academy**, we envision a future where every child develops a lifelong love for movement, sports, and an active lifestyle. Through structured physical play and innovative training methods, we strive to enhance motor skills, agility, confidence, and teamwork, ensuring that each child achieves their full potential at every stage of development.



Our Mission

Our mission is to provide a holistic, scientifically designed sports education that nurtures young athletes through:

Age-appropriate, structured programs based on a research-backed curriculum.

A safe, engaging, and supportive environment where children thrive physically, emotionally, and socially.

Collaboration with preschools, schools, and residential communities to make quality sports education accessible.

Encouraging discipline, teamwork, and leadership while making fitness a fun and integral part of childhood.

Shaping future champions, one movement at a time!

REPORT CARD ON CHILDREN'S PHYSICAL HEALTH

National Family Health Survey (2016-18) reports 40% of children under age 5 suffer from some form of weight-related issue!

ENGAGEMENT IN PHYSICAL PLAY

In India, less than 10% of children aged 6-11 yrs engage in sports and structured physical play in some form as compared to 55% of American children!

India 2022 Report Card on Physical Activity in Children Less than 50% of children tested in the 3-11 yrs category met the recommended guidelines of physical assessment!

There will be 17 million obese children in India by 2025." Child and Adolescent Obesity by Lobstein and Jackson-Leach



FOUNDATION FRAMEWORK

1. LTAD

Long Term Athlete Development framework guides the participation, training, competition, and recovery pathways in sport and physical activity.

2. YPDM

Youth Physical Development Model provides a comprehensive approach to developing athleticism in children throughout childhood and into adulthood (ages 2-21-years)

3. 3PI

The 3PI Model is developed on the basis of Physical Exertion, Patience, Persistence, Imagination that creates the right atmosphere for program delivery.

MINDFULNESS

To allow the kids to be situationally present and in the now and to guide present actions.



Program Objective

Holistic Development at BYSS

At Bangalore Youth Sports School and Academy, we integrate sports and movement-based learning to nurture children's overall growth. Our programs are designed to develop:

1. Emotional Growth Through Sports

- Building independence through structured sports routines
- Encouraging self-evaluation and goal-setting
- Enhancing imagination and creativity in play-based learning
- Developing resilience through overcoming challenges in sports
- Instilling self-regulation and emotional control in competitive and cooperative play

2. Social Development in a Sporting Environment

- Mastering verbal and non-verbal communication through team interactions
- Understanding teamwork, cooperation, and leadership in group dynamics
- Respecting personal and shared spaces in sports settings
- Learning sportsmanship, sharing, and collaboration through guided play

3. Cognitive Development Through Play & Strategy

- Improving sensory perception (tactile, auditory, visual) through sports drills
- Enhancing decision-making skills in game scenarios
- Developing memory, recall, and strategy-building in structured sports activities
- Strengthening focus and attention span through movement-based learning

4. Physical Development Through Movement & Skill Training

- Refining locomotor & non-locomotor movements for agility and coordination
- Enhancing balance, spatial orientation, and body awareness through multisport activities
- Developing sport-specific movement skills to build a foundation for athletic performance
- Strengthening core motor skills using a scientifically designed curriculum

At BYSS, sports is not just a game—it's a structured pathway to lifelong development.



Program For Pre- Schools

Choose Bangalore Youth Sports School for Pre-Schools?

- **Unique Approach:** A perfect balance of structured and free play, fostering a stress-free and engaging environment for young learners.
- **Tailored for Pre-Schools:** Designed to seamlessly integrate with preschool curriculums, reinforcing early learning concepts through movement.
- **Fun & Engaging:** Sports-based activities that spark curiosity, creativity, and enthusiasm, making fitness a joyful experience for kids.
- **Holistic Development:** Focused on motor skills, emotional resilience, social confidence, and cognitive growth, ensuring well-rounded development.
- **Expert Coaching:** Sessions led by trained professionals, ensuring that every child receives personalized attention and guidance.
- **Flexible & Resource-Efficient:** Designed to adapt to any preschool setting, requiring minimal space and equipment for maximum impact.
- **Lifelong Healthy Habits:** Instilling a love for movement and physical activity, building a foundation for a healthy and active future.
- **Goal-Oriented Learning:** Our structured progress tracking system ensures that children meet key developmental milestones while having fun!



What We Offer at Bangalore Youth Sports School

Customized Sports Programs – Age-appropriate, research-backed programs designed to enhance motor skills, agility, and coordination in children.

- **Pre-School Physical Education** – A structured sports and movement program that seamlessly integrates with preschool curriculums, fostering early childhood development.
- **After-School Training** – Engaging sports sessions for school-age children, focusing on skill-building, teamwork, and fitness in a fun, structured environment.
- **Toddler Motor Skills Development** – Specially designed programs for toddlers that build foundational movement skills through play-based activities.

- **Multi-Sports Programs** – Exposure to multiple sports, helping children explore their interests while developing balance, coordination, and athleticism.
- **Sports-Themed Birthday Parties** – Unique, action-packed birthday celebrations with fun games, challenges, and activities for kids aged 2 to 18 years.
- **School & Community Partnerships** – Collaborations with preschools, schools, and residential communities to bring high-quality sports programs to children.
- **Expert Coaching & Safe Environment** – All sessions are led by qualified professionals in a safe, structured, and engaging setting to maximize learning and fun.

Empowering children through movement, play, and sports—one step at a time!

Why Physical Education in Kindergarten?

The Importance of Movement in Early Years

- Develops fundamental motor skills (balance, coordination, agility)
- Enhances cognitive abilities such as focus, problem-solving, and memory
- Promotes teamwork, confidence, and discipline
- Builds a strong foundation for a healthy, active lifestyle

Switzerland Curriculum & Hands-on Training

Our program follows the Switzerland Motor Skills Development Curriculum, a research-based approach to physical education that enhances:

Unique Approach

Our curriculum is designed to be interactive and engaging through:

- **Fundamental Movement Skills:** Running, jumping, hopping, skipping
- **Ball Handling:** Throwing, catching, rolling
- **Hand-eye and Foot-eye Coordination:** Improving dexterity and control
- **Agility Training:** Obstacle courses, relay races



Program Introduction

The **Preschool Physical Education Program** by Bangalore Youth Sports School and Academy is designed to provide young children with a fun, engaging, and developmentally appropriate physical activity experience. The program is based on a structured and unstructured play approach, ensuring a pressure-free environment where children can explore movement, develop fundamental motor skills, and build a lifelong love for physical activity.

Following the Switzerland Motor Skills Development Curriculum, the program integrates age-appropriate movement-based activities and sports-themed games that not only enhance physical fitness but also support emotional, social, and cognitive development.

Session Format & Duration

- Each session lasts 30 to 40 minutes, tailored to young children's attention spans.
- Conducted 1 to 3 times a week, depending on the school's preference.
- Sessions include a mix of free play, guided activities, and structured movement drills to encourage exploration and skill development.
- Activities focus on balance, coordination, agility, spatial awareness, and teamwork through fun and engaging games.

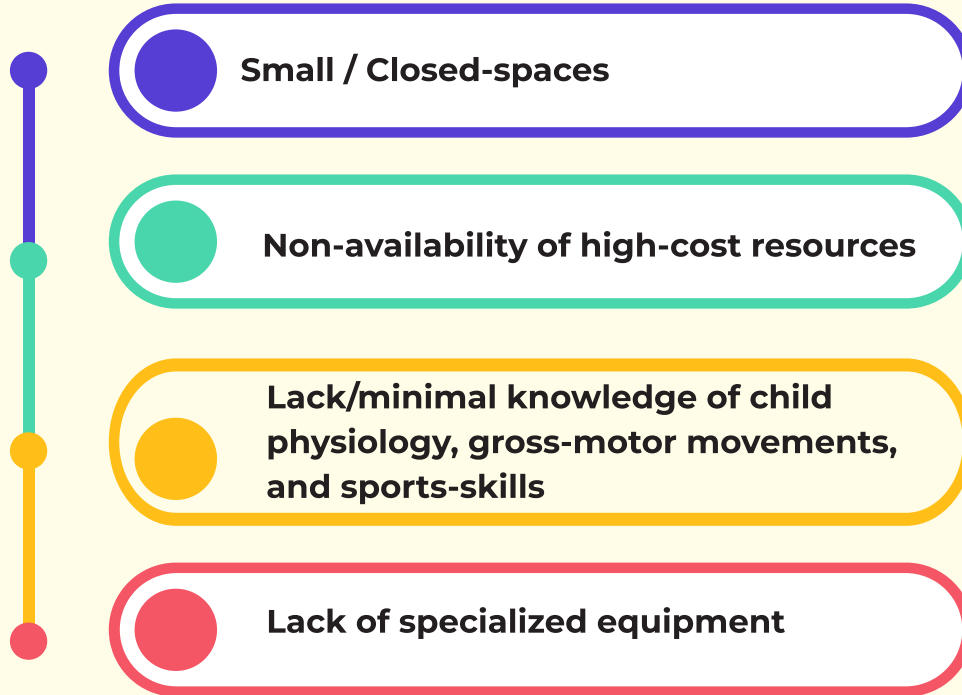
Benefits for Schools

- Enhances Curriculum: Aligns with preschool learning objectives to promote holistic child development.
- Improves Motor Skills: Helps children develop balance, coordination, and strength at an early age.
- Boosts Engagement: Encourages active participation and social interaction in a fun and structured setting.
- Supports Emotional & Social Growth: Develops teamwork, confidence, and problem-solving skills through play.
- Customizable Program: Flexible scheduling to meet the school's specific needs and curriculum goals.



Program design

The program is designed specifically keeping in mind the constraints of pre-schools such as,



The program can be seamlessly deployed both indoors and/or outdoors, alongside any existing curriculum without affecting the school's current program outcomes.

The program has clear objectives & deliverables in terms of learning skills delivered through a system of 37 key-focus areas referred to as the Badge System.

Program Goals with Activities (18 Months – 2.5 Years)

By Bangalore Youth Sports School and Academy

The **Preschool Physical Education Program** is designed to help toddlers develop essential physical, emotional, cognitive, and social skills through structured and unstructured play. The program follows the Switzerland Motor Skills Development Curriculum, ensuring a scientific and research-based approach to early childhood movement and sports development.

1. Program Goals & Activities

- Introduce **basic movement skills** through fun and engaging activities.
- Develop **gross and fine motor skills** through age-appropriate exercises.
- Encourage **exploration, curiosity, and creativity** in physical play.
- Foster a **positive relationship with physical activity** for lifelong movement habits.

Activities:

- Free play with soft balls, hoops, and balance beams
- Sensory play using textured mats and tunnels
- Music & movement activities (dancing, clapping, stomping)



2. Emotional Goals & Activities

- Build **confidence and independence** in movement exploration.
- Develop **patience and resilience** through play-based challenges.
- Encourage **self-expression** through creative movements.
- Foster a **sense of achievement** by celebrating small milestones.

Activities:

- Obstacle courses with safe climbing structures
- Balloon play to encourage excitement and reaction time
- Story-based movement games (acting like animals, superheroes, etc.)



3. Cognitive Goals & Activities

- Improve **focus and attention span** through structured activities.
- Enhance **problem-solving skills** with interactive movement games.
- Introduce **basic concepts like directions, shapes, and colors** through play.
- Support **memory and sequencing** through repetition-based activities.

Activities:

Color-coded stepping stones to teach color recognition
Simple follow-the-leader games to enhance attention
Building block stacking with movement challenges

4. Social Goals & Activities

- Encourage **peer interaction** and cooperative play.
- Develop **communication skills** by following simple instructions.
- Foster **sharing, turn-taking, and teamwork** through group activities.
- Promote **positive social behaviors** in a structured play setting.

Activities:

Partner-based games (rolling a ball to a friend)
Group parachute play to encourage teamwork
Circle games like "Ring Around the Rosie"



5. Movement Goals & Activities

- Improve **balance, coordination, and agility**.
- Strengthen **core muscles** through crawling, climbing, and jumping.
- Develop **spatial awareness** by navigating different environments.
- Enhance **hand-eye and foot-eye coordination** through object control activities.

Activities:

Crawling races through tunnels
Balance beam walking with parent/coach support
Throwing soft balls into hoops to develop coordination

6. Sporting Goals & Activities

- Introduce **basic sporting movements** like throwing, catching, kicking, and running.
- Develop **early ball-handling skills** using age-appropriate equipment.
- Encourage **participation in simple, fun sporting activities** to build interest.
- Lay the foundation for **future sports participation** through positive early experiences.

Activities:

Kicking a soft ball towards a small target
Rolling a ball back and forth with a partner
Running and stopping on command for early game skills

Program Goals with Activities (2.5 – 3 Years)

By Bangalore Youth Sports School and Academy

The **Preschool Physical Education Program** for children aged **2.5 – 3.5 years** focuses on **enhancing movement skills, emotional development, cognitive abilities, and social interaction** through structured and unstructured play. The program follows the **Switzerland Motor Skills Development Curriculum**, ensuring a **scientific and research-based approach** to early childhood movement and sports development.

3 yrs Skill Development

Our coaching techniques are aimed at catering for a growth in development, self-confidence and skill level.

- Help children understand that **making mistakes** is part of the learning process
- Giving **positive** and **individual feedback**
- Make **activities fun, enjoyable, varied** and **engaging**
- Our manuals help us to keep **structure** and to help all children to progress
- Going **beyond the call of duty** to help every child

Children acquire and develop the following skills during this stage:

Eye tracking / catching / throwing / movement / running / agility / jumping / balance / fine and gross motor skill development / kicking and striking balls

Using the very elementary and introductory skills derived from different sports

The Following life skills are enhanced during the process:

- Self Confidence
- Listening
- Concentration
- Behavioural skills
- Teamwork
- Persistence
- Consideration of others
- Patience and determination



We employ the following techniques in order to make each skill taught both challenging but achievable

- Catching – Using bigger balls
- Hitting and kicking balls – Bringing the targets in closer
- Single task activity at the beginning and gradually evolving to sequential task activity (but still kept simple)
- Tasks are structured to be noncompetitive in nature and design
- Each child has a name badge so feedback is individualised
- Using simple and clear language that children of this age understand

It is during this stage where children begin to love our programme as everything we do revolves around maximum participation

All equipment and activities are age appropriate



4 yrs Skill Development

Your child will have a unique experience during this stage because we:

- Maintain our **commitment** to each child's confidence, advancement and progress as that of the previous stage
- Focus on **structured progress** in a **fun and enjoyable** environment
- **Maintain each child's attention** by introducing activities that are **progressively more challenging** than the 3 year old stage
- Introduce tasks that challenge every child's individual skill level in a **non competitive way**
- Continue to direct our **help, support and coaching techniques** in a very **caring and nurturing environment**
- **Positive and individual attention** is key to each child's advancement
- Use our manuals to keep the **activities age appropriate** for 4 year olds
- We understand that **passion and commitment** is the number one motivator in giving every child **outstanding attention and help**

Children acquire and develop the following skills during this stage:

Eye tracking / catching / throwing / movement / running / agility / jumping / balance / fine and gross motor skill development / kicking and striking balls.

using slightly more advanced skills than the previous stage – derived from different sports

Children continue to develop the following life skills:

- **Self Confidence**
- **Listening**
- **Concentration**
- **Behavioural skills**
- **Teamwork**
- **Persistence**
- **Consideration of others**
- **Patience and determination**

The coaching points of difference of this stage are:

- Catching – Using smaller balls as the children progress
- Hitting and kicking balls – Move targets further back
- We start doing activities that have sequential tasks e.g. run over the ladder before doing a throw into the net
- Some tasks are set as fun challenges to try and beat the coach
- Some tasks have a time limit so children start getting used to the concept of skill vs speed
- Coaches are alert in making sure that children who are not achieving success at this level are given extra help and attention

Coaches are committed to ensuring that by the end of this stage all children are ready for the Multi Sport Skills stage

5 yrs Multi Sports Skills

Highly recommended for younger 5-year-OLD and those that have not completed the previous level of Skill Development should ENROLL for the **5 yrs Skill Development programme**

We employ the following techniques in order to make each skill taught both challenging but achievable:

- Catching – Using **bigger balls**
- Hitting and kicking balls – Bringing the **targets in closer**
- Single task activity at the beginning and gradually evolving to **sequential task activity** (but still kept simple)
- Tasks are structured to be **noncompetitive** in nature and design
- Each child has a name badge so **feedback is individualised**



- Using **simple and clear language** that children of this age understand
- Development of **self confidence/working with others/persistence/listening and taking on advice/understanding success may take several attempts/self evaluation/positive behaviour techniques**

Children acquire and develop the following skills during this stage:

- **Eye tracking** – using smaller balls approaching from varying angles and distances
- **Catching** – with various degrees of difficulty and often whilst moving
- **Throwing** – where a greater level of technique becomes important
- **Running** – covered all year round and critically important for progress in any sport
- **Movement and agility** – Through a range of equipment children will learn to change direction whilst in motion
- **Jumping** – our activities involving leg thrusts help improve leg strength
- **Balance** – our balance beams and balancing activities help children to acquire this skill
- **Fine and gross motor skill development** is achieved using our patented GSM mats specifically for this purpose.

BYSS is the best gift you can give your child

6 Yrs Specialist Sport Skills



Our coaching techniques are aimed at catering for a growth in maturity, self confidence and skill level.

- Children start to learn to work in **pairs and in teams** e.g. passing and catching with each other
- Games that are basic and **structured** are introduced
- Coaches help develop the chore elements that makes **working in a team** effective eg running in to spaces to receive a pass, **anticipating** the next move, planning the next stage in the game etc.
- Learning to **communicate** with each other during an activity
- **Helping others** during a game or activity
- Learning and understanding the **basic rules** of an activity/sport
- Coaches are alert to helping children develop and maintain **self confidence**

This Programme covers the skills of 8 different sports used to advance the following skills:

- **Eye tracking** – using smaller balls and working in pairs and teams
- **Catching** – with various degrees of difficulty and whilst moving
- **Throwing** – sometimes whilst off balance
- **Movement and agility** – coaching of running technique becomes important at this stage as it affects the future involvement of each child's participation in sport
- **Jumping** – used in many of our activities but specifically Netball, Basketball, AFL and Movement
- **Balance** – activities using our balance beams have a greater degree of difficulty
- **Fine and gross motor skill development** becomes more advanced as the children have a greater experience in using use our unique gross motor skills matts
- Kicking and striking balls in real game time situations involving **8 different sports**

BYSS is the best gift you can give your child

7 Yrs Specialist Sport Skills

Our expertise and experience is directed at coaching the children to:

- Complete activities in a set time frame – **using real time sports activities**
- Become **more confident** within their own ability range
- **Consider others** when we doing group activities
- Understand that **technique** affects the result of all sport
- Think about the **process of an activity** to be done
- Understand how **health and fitness** is important in sport
- Understand how to deal with both **winning and losing**
- How to abide by **rules and procedures**
- Test their skills learnt in **actual sporting situations**
- Complete **sequential tasks**



Multi Sport Skills

- **Eye tracking** – using smaller balls and working in pairs and teams
- **Catching** – with various degrees of difficulty and whilst moving
- **Throwing** – sometimes whilst off balance
- **Movement and agility** – coaching of **running technique** becomes important at this stage as it affects the future involvement of each child's participation in sport
- **Jumping** – used in many of our activities but specifically Netball, Basketball, AFL and Movement
- **Balance** – activities using our balance beams have a greater degree of difficulty
- **Fine and gross motor skill** development becomes more advanced as the children have a greater experience in using our unique gross motor mats
- **Kicking and striking balls** in real game time situations involving 8 different sport

Our advice at this stage

It is at this level where children start to enjoy some specific sporting skills and activities more than others

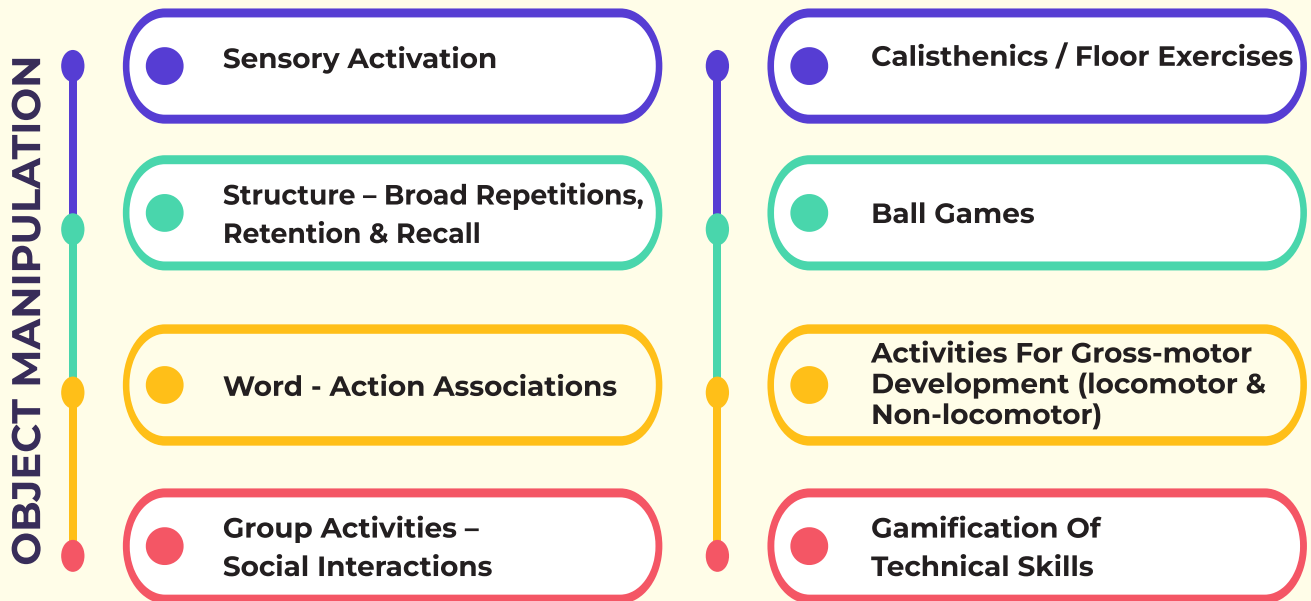
This is where our experience counts as we are now able to identify and advise parents on what step to take next – what sport or activity your child is most likely to enjoy

BYSS is the best gift you can give your child!



PROGRAM COMPONENTS

We have developed a curriculum ground up based on the following to drive focused and long-lasting benefits for young children!



TODDLERS FOOTBALL CLASSES

Learning Through Play

We provide a fun and engaging introduction to football, focusing on developing motor skills, coordination, and confidence in a friendly, pressure-free environment.

Our program is designed for young children, with age-specific classes catering to toddlers and preschoolers. Each session is structured to encourage movement, teamwork, and a love for physical activity through exciting games and playful learning experiences.

There are four different classes tailored specifically to the needs of children between 18 months and seven years of age.

Our Toddlers' Football Program & Approach

At Bangalore Youth Sports School and Academy, our football program is carefully designed for children aged 18 months to 7 years, ensuring a fun and developmentally appropriate experience at every stage. Our approach is built on two core principles:



Play with Joy, Learn with Play

We believe in “Play with Joy, Learn with Play.” Our sessions focus on introducing football in an exciting, pressure-free environment where toddlers can explore movement, coordination, and social interaction. The goal is to create a positive first experience with sports, encouraging children to stay active and healthy throughout their lives.

Football as a Foundation for Learning

Football is more than just kicking a ball—it's a powerful tool for early childhood development. Our sessions integrate fundamental learning concepts such as colors, numbers, shapes, and basic instructions, helping toddlers develop cognitive skills, coordination, balance, and teamwork in a playful and engaging way.

With age-appropriate activities, trained coaches, and a nurturing environment, we ensure that every child grows, learns, and thrives through the joy of football!



Tiny Strikers by BYSS

18 months to 2.5 years (*Available in selected locations only*)

(Parent participation required)

Our Tiny Strikers program is the perfect introduction to football for toddlers. Designed specifically for children aged 18 months to 2.5 years, this program introduces the basics of football—dribbling, striking, goal scoring, and coordination—through a structured yet play-based approach. Using age-appropriate football equipment, each child learns at their own pace while enjoying the benefits of group play.

This program also provides a fantastic opportunity for parents to actively engage in their child's early learning journey. By participating in sessions, parents support their child's physical, cognitive, and social development, making learning both fun and interactive!

Key Features:

- Parent participation required
- 45-minute fun-filled session
- Weekly classes
- One coach for up to 12 children OR two coaches for 13–16 children
- Each child receives a football kit
- 4 unique achievement badges to collect

Learning Through Play

The main focus of Tiny Strikers is 'learning through play'. Our specially trained coaches use techniques that maximize engagement, helping toddlers develop essential motor and cognitive skills.

Since play is one of the best development tools, we structure our sessions around repetition, exploration, and fun, ensuring toddlers learn naturally while staying active.

Parents are encouraged to lace up their running shoes and join in the activities! However, we also incorporate independent play challenges, helping toddlers gradually transition to participating without parental support.

Fundamentals & Badge Certification

Our Tiny Strikers program focuses on early motor skill development while introducing the fundamentals of football in a playful and engaging environment.

Each quarter, children receive achievement badges that recognize their progress in:

- Physical development (balance, coordination, movement)
- Cognitive growth (attention, understanding instructions)
- Football skills (kicking, dribbling, goal scoring)

Children love showing off their badges to family and friends, building confidence as they develop new skills!

Stages of Development

Social, Emotional & Cognitive

- Short attention span, may participate erratically
- Requires assistance and reassurance throughout the session
- May experience frustration due to limited comprehension of tasks
- Developing awareness of others

Physical

- Still developing balance and coordination
- Learning different types of movements (running, jumping, stopping)
- Balancing independently is a work in progress

Football-Specific Skills

- Can kick the ball in a basic, one-paced manner
- Needs support to maintain the stop position



- Still learning how to dribble
- Loves scoring goals!

Program Goals:

The primary focus of Tiny Strikers by BYSS is to:
 Help toddlers feel comfortable in a structured session
 Boost confidence and attention span
 Develop fundamental motor skills
 Introduce basic football techniques, especially kicking

By keeping the sessions fun, engaging, and movement-focused, we set the foundation for toddlers to develop a lifelong love for sports and active play!

Junior Squad by BYSS

3.5 – 5 Years (*Available in selected locations only*)

The Junior Squad builds on the foundation skills and football basics introduced in Tinny Strikers. Using a familiar structure, children are challenged physically and mentally, helping them take their next step in football and movement development.

For children who started in Tinny Strikers, this stage encourages independent participation. If your child is new to the program, parents may need to stay close for a few weeks, but the ultimate goal is for children to confidently participate on their own.

The learning-through-play approach remains at the core, making the program suitable for both returning players and complete beginners.

Key Features:

- Encourages children to play independently without parent/guardian involvement
- 45-minute fun-filled class
- Weekly sessions
- Two coaches for up to 18 children (*max*)
- Each new starter receives a football kit
- 4 achievement badges to collect throughout the Junior Squad program

Disguised Learning Through Play

At BYSS, we believe that play is the best teacher. Every session is designed with games that cleverly disguise learning, making children feel like they are simply having fun while actually developing key physical and cognitive skills.



When children enjoy the games, they participate more. This builds confidence, leading to self-initiated engagement and independent play.

Fundamentals & Badge Certification

The Junior Squad teaches the fundamentals of football in a fun, game-based setting, using a structured, age-appropriate approach.

- Children receive quarterly achievement badges, recognizing their progress in:
- Physical coordination and movement
- Cognitive development (understanding instructions, problem-solving)
- Football-specific skills (dribbling, kicking, positioning)

Kids love collecting and showing off their badges to teammates and family, reinforcing their passion for football!

Stages of Development

Social, Emotional & Cognitive

- Improved comprehension of activities and longer attention span
- Confidence boost leads to independent participation
- Still developing spatial awareness, requiring clear guidance from coaches

Physical

- Better body control and movement coordination
- Increased stamina and speed
- More advanced movement challenges (jumping, stopping, changing direction)

Football-Specific Skills

- Developing a wider range of kicking techniques
- Directional kicking becomes more accurate
- Learning slow, controlled dribbling
- Can hold the stop position unaided for a short period

Program Goals:

- The Junior Squad by BYSS (3.5 – 5 years) program is designed to:
- Foster a love for football and active play
- Help children develop confidence and independence in sports
- Improve physical coordination and stamina
- Introduce early teamwork and sportsmanship



By making sessions fun, energetic, and engaging, we ignite a lifelong passion for movement and sport while setting a strong foundation for future football skills!

Power Strikers by BYSS

Age Group: 3.5 – 5 Years (*Parents must stay on-site but do not participate*)

The Power Strikers program is designed for confident, energetic kids ready to take their football skills to the next level! Sessions are fast-paced, fun, and football-focused, helping children develop independent play, teamwork, and game awareness.

Key Features:

- Independent participation (Parents observe only)
- 45-minute weekly classes
- Two coaches for up to 18 children
- Each child receives a football kit
- 6 achievement badges to collect

Learning Approach:

We use a Play, Practice & Understanding model to ensure effective learning:

- Play – Engaging games make learning fun and natural
- Practice – Repeated drills help improve ball control, dribbling & striking
- Understanding – Children learn why and when to use skills in real-game situations

Development Areas:

Social & Cognitive – Improved confidence, teamwork, and decision-making

Physical – Better balance, speed, agility, and coordination

Football Skills – Directional dribbling, passing, striking, and ball control

At this stage, kids apply their skills in small-sided games, preparing them for team play and structured football matches.

Power Strikers is the perfect stepping stone to competitive football!

Pro Strikers by BYSS

Age Group: 5 – 7 Years (*Parents observe but do not participate*)

Pro Strikers is the final step before competitive football! It brings together all the skills learned in previous stages and introduces structured football matches. Kids



develop their technical skills, tactical awareness, and teamwork, applying them in real-game situations. There's a strong emphasis on fair play, sportsmanship, and understanding match rules.

Key Features:

- 50-minute weekly classes
- Fully independent participation
- Two coaches for up to 18 children
- Each child receives a football kit
- 8 achievement badges to collect

Progressive Challenges & Matches:

Skill-Focused Training – Dribbling, passing, striking, and ball control
Game Awareness – Positioning, teamwork, and strategic play
Match Play – Every session ends with a 20-minute game
Fair Play & Sportsmanship – Learning respect, teamwork, and discipline

Development Areas:

Social & Cognitive – Improved focus, confidence, and match awareness
Physical – Speed, agility, endurance, and controlled movements
Football-Specific – Accurate passing, close ball control, advanced dribbling, and striking techniques

At this level, Pro Strikers prepares young players for higher-level football training, making it the perfect foundation for competitive play.

Pro Strikers—Where Young Talent Becomes Future Champions!

After-School Programs

multi-Sports After-School Program

Active, Fun & Holistic Development!

Give your child the best start in sports with our Multi-Sports After-School Program, designed for ages 18 months to 10 years. We focus on physical, cognitive, emotional, and social growth in a fun, pressure-free environment.

Why Choose Us?

- Multi-Sport Exposure – Variety of sports to build essential skills.
- Expert Coaching – Certified trainers for safe and structured learning.
- Holistic Growth – Enhancing confidence, teamwork, and coordination.
- Fun & Inclusive – Engaging activities for all skill levels.



BYSS TINY CHAMPS (1.5 to 2.5 years)

Exploring Sports Through Play!

A fun-filled introduction to sports designed for toddlers! BYSS Tiny Champs focuses on motor skill development, coordination, and social interaction through engaging activities. Our play-based approach ensures a joyful and pressure-free environment where little ones can explore movement, build confidence, and develop a love for active play.

Programs:

- **BYSS Tiny Champs (1.5 - 2.5 yrs)** – Exploring sports through play! A joyful start to movement and coordination.
- **BYSS Little Explorers (2.5 - 3.5 yrs)** – Building confidence through play! Enhancing balance, coordination, and social skills.
- **BYSS Rising Stars (3.5 - 5 yrs)** – Developing fundamental sports skills through structured yet fun activities, preparing kids for active participation.
- **BYSS Game Changers (5 - 7 yrs)** – Advancing motor skills, teamwork, and basic game strategies while fostering a love for sports.
- **BYSS Champions (7 - 10 yrs)** – Refining sports techniques, strategy, and teamwork, building a strong foundation for future athletic growth.

Birthday Parties

Thinkory-Events & Parties

BOOK YOUR PARTY TODAY!

Offer Your Child a Reason for Celebration!

Attention Parents !!!!!

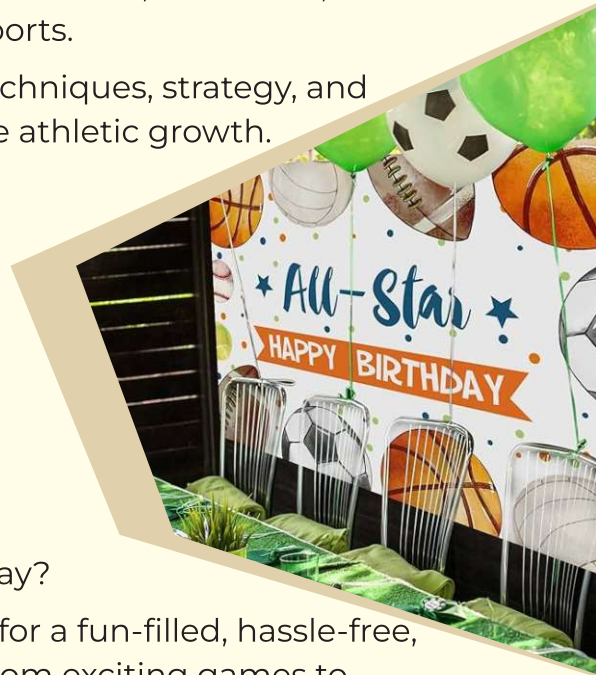
Looking for the perfect venue for your child's birthday?

Celebrate your little champion's special day with us for a fun-filled, hassle-free, and unforgettable sports-themed birthday party! From exciting games to engaging activities, we ensure an action-packed celebration tailored to your child's interests.

Why Choose Us?

At Bangalore Youth Sports School and Academy (BYSS), we bring the ultimate sports-themed birthday experience to life!

- **Exciting Activities & Games** – Our party package includes a wide range of fun-filled sports and games, keeping kids active and entertained.
- **Spacious & Festive Atmosphere** – Celebrate in a vibrant setting designed for high-energy fun.



- **Expert Coaches** – Our skilled coaches ensure an engaging experience, so you can relax and enjoy the celebration.
- **Private Party at Your Venue** – Want the party at your location? Our team brings the fun to you!
- **Special Rates for BYSS Members** – Exclusive discounts for our community!

Book your child's unforgettable sports party today!

Let me know if you need any changes!



Summer champs

Join BYSS Summer Camp 2025, a fun-filled and action-packed program designed for children aged 2.5 to 10 years, where they will explore multi-sports activities, skill-based games, and engaging fitness challenges under the guidance of expert coaches. Our camp focuses on physical,

cognitive, emotional, and social development, ensuring a well-rounded experience in a safe, stimulating, and energetic environment. With age-appropriate activities and a supportive atmosphere, your child will build confidence, stay active, and make new friends while enjoying an unforgettable summer. Book your child's spot today and let the adventure begin!

Sports day

Preschool Sports Day by Bangalore Youth Sports School & Academy

At BYSS, we bring the joy of sports to little ones with a fun and engaging Preschool Sports Day. Our event focuses on motor skills, coordination, teamwork, and confidence-building through play.

Event Highlights:

- Parade & Warm-Up – A lively start with music and movement.
- Fun Races – Animal Walks, Hoop Runs, Obstacle Courses & more.
- Team Games – Parachute Play, Tunnel Crawl, Bean Bag Toss.
- Skill Challenges – Mini Football Dribbling, Balloon Volleyball.
- Parent-Child Events – Special bonding activities.
- Awards & Certificates – Every child is a winner!





Sports Day Set for Preschools

We provide a complete setup with safe equipment, expert coaches, and structured activities. Schools can customize the event with branding options.

Let's create fun, fitness, and lasting memories for preschoolers! Contact us to plan your Sports Day with BYSS!

Special Education Needs (SEN) Sports Program – BYSS

At Bangalore Youth Sports School and Academy (BYSS), we believe that every child deserves the joy of movement, play, and sports, regardless of their abilities. Our Special Education Needs (SEN) Sports Program is designed specifically for preschool children who require additional support in their physical development.

Our Approach

We follow a customized and inclusive curriculum, ensuring that children with special educational needs:

- Develop fundamental motor skills at their own pace
- Improve coordination, balance, and flexibility
- Enhance social interaction and teamwork through structured play
- Gain confidence and independence through movement-based activities
- Our program is based on the Switzerland Motor Skills Development Curriculum, adapted to meet the unique needs of each child.

Activities and Benefits

Our sessions include : Sensory Play & Movement Therapy – Engaging activities to stimulate motor skills

- Fun Sports & Games – Modified sports to encourage participation and enjoyment
- Balance & Coordination Drills – Exercises tailored to each child's abilities
- Social Skill Development – Interactive play to build friendships and confidence


Expert-Led Training

Our team consists of qualified physical education specialists and therapists trained in adaptive physical education, ensuring that each session is safe, engaging, and beneficial for every child.

Why Choose BYSS SEN Sports?

- Personalized sessions based on each child's needs
- Safe, structured, and fun learning environment
- Integration of physical, cognitive, and emotional development
- A nurturing approach that builds confidence and self-esteem

At BYSS, we are committed to making sports accessible and enjoyable for all children, fostering a love for movement that lasts a lifetime.





FAQ

How are we different from others?

The BYSS curriculum is designed based on international frameworks in child physical development, ensuring scientifically researched, age-appropriate programs that emphasize long-term development rather than short-term gains. Our structured and engaging approach helps children build essential skills in a fun and pressure-free environment.

What do you mean by the Badge System?

The Badge System at BYSS is a structured skill development framework consisting of 37 individual skills divided into 6 categories: Personal, Fitness, Movement, Hand-Ball, Hand-Eye, and Sporter. These badges provide a clear focus for our coaches, ensuring systematic skill progression throughout the term.

How are kids engaged in a session?

At BYSS, engagement goes beyond just physical activity. While sessions involve around 85% movement-based activities, children are also actively engaged through verbal and non-verbal communication, peer interactions, and structured routines that encourage social and cognitive development. Our multi-sensory approach ensures that every child stays involved, learns effectively, and enjoys the process.

Will activities be repeated?

Repetition and reinforcement are essential learning principles for young children. While basic repetition builds muscle memory, our approach integrates variety and progressions, ensuring long-term skill retention and cognitive development rather than simple rote learning.

What is the ideal number of weekly sessions?

Considering a school's structured schedule, one well-planned session per week is sufficient to meet children's developmental needs. However, schools may opt for multiple sessions based on their specific requirements.

Are our coaches qualified to handle kids?

Coaching young children requires dedication, patience, and expertise. At BYSS, our extensive training program ensures that all coaches are well-equipped with both technical and non-technical skills to provide a safe, engaging, and effective learning experience for every child.



Please Contact For Registration

BANGALORE YOUTH SPORT SCHOOL

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