

U5 Program

Introduction

The objective of the Region 77 program is to provide young players and their parents with a “pressure free” introduction to the beautiful and simple game of soccer. At this age players should be exposed to soccer by playing simple, fun activities and games that require **no practice**, and a minimal time commitment.

This program allows players to discover the game for themselves, while parents are given a soccer foundation on which to build and grow into future AYSO coaches, referees and administrators.

Uniform and Equipment

Each player in the U-5 division will receive a “uniform”, since it is part of the fun to get dressed up for “the big game”. Having fun will make the kids want to come back.

Kids are required to wear **shoes and shinguards**, covered by socks. Soccer shoes, tennis shoes, or similar type of athletic shoes are recommended. The type and condition of cleated shoes (if worn) must be inspected for safety for use (no shoes with a “toe cleat” will be allowed). A **size 3 soccer ball** is required to be brought to the Saturday activity – PLEASE MAKE SURE YOU MARK IT WITH YOUR CHILD’S FULL NAME!

General

The Region 77 Program will institute the program recommended by AYSO National Coaching Commission –the Jamboree One with One format. The Jamboree One with One is the combination of two different formats that, put together, will provide the best possible introduction to soccer for our youngest players.

Groups will be formed on a weekly basis depending on how many players attend a given session.

One with one refers to the concept that each player will have a **parent** working with them on the field.

A “Master Coach” will lead each session

The “Master Coach” will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each pair (player/parent) will then attempt the activity while the master coach (and the assistant coaches) will circulate between pairs providing specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the “Master Coach” will bring the players and parents back together as a group and recap what they have done, introducing the next game/activity.

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Each Jamboree One with One session will end with a 20 minute short-sided game (3 v 3). During the short-sided game the players will play without coaching or teaching them as this experience is designed to expose them to soccer, not to begin developing them. The two goals of the program are to allow the players to enjoy the activities and to let the game be the teacher.

Each week, players will be divided into groups of 4 or 5 with their parents. We will separate the girls from the boys. For the short-side game we will play with 3 on the field with 1 substitute/reserve. Based on how many players arrive, pinnies (different colored “vests” that are returned at the end of the game) to differentiate the “Groups” for games for a particular weekend will be used.

We will be meeting on Saturday morning only!

If you have older children (12 years and older) that would like to help us out – **THEY MUST COMPLETE A YOUTH VOLUNTEER FORM!**

Opening Day Ceremonies are on Saturday, 29 August at 4:00 PM at Huyck stadium (Lompoc High School). Parents and child will walk in together. Pictures will be held the same day. We will take pictures by your “Group”. Group coordinators will call you with the time.

We will be meeting Saturday mornings for eight weeks, starting on September 3rd. Warm-ups will begin at 8:20 AM

SESSION SCHEDULE

Sessions will last approximately one hour and fifteen minutes including organizing time and break.

10 minutes — Group Warm-Up and Activities

5 minutes — Water Break

20 minutes — Training Activities and Games

10 minutes - Group organizing and water break

Assigning players to Groups

Assigning field locations

20 minutes 3 vs 3 Game (played in two halves of 10 minutes each with a short break at the quarter to make substitutions and get a quick drink)

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5 minute — Half-time

5 minutes to help make changes between quarters

During the game, one parent from each Group will be selected to act as the game supervisor for the week. The parent will **ONLY** be required to keep the game going. All other parents are encouraged to cheer positively and refrain from “coaching” (giving directions) from the sideline.

This is the time for the kids to play - LET THEM!

PARENT'S OBLIGATION

Ensure player has proper equipment to play – shoes, shinguards, and a size 3 ball. Please bring water for yourself and your child to the field!

Parents must also fill out a volunteer form!

Each parent is required to participate with their child on Saturday morning. This may require some “running” around (but don't worry, not super strenuous!) – please make sure you dress comfortably and wear clothes and shoes that allow you to play without getting hurt.

We have divided the U5 parents up into arbitrary “8 Groups” - done alphabetically. Each “Group” will be required once during the season to help set up the fields, help tear down the fields, and to bring snack for all the kids (approximately 60 kids). It basically means that each parent from your “Group” would bring enough snacks for 8 kids each. A juice pouch and snack is adequate. Please “package” the juice and snack together for ease of distribution at the end of the morning. Our “phone tree” will be set up also by these “Groups”. We would like to have one “Group coordinator” from each group that we can contact and they will be responsible for contacting the other parents in the group to remind them about their “responsibility for that week”.

WE WANT TO MAKE THIS A FUN AYSO EXPERIENCE FOR YOU AND YOUR CHILD!



ANY SUGGESTIONS FOR IMPROVEMENT ARE GREATLY APPRECIATED!

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Schedule

DATE	SET UP (Be there at 0800) – Riverbend Park	SNACK (Provide after game snacks for 60)	TEAR DOWN
Sept 10	Group 1	Group 2	Group 3
Sept 17	Group 2	Group 3	Group 4
Sept 24	Group 3	Group 4	Group 5
Oct 1	Group 4	Group 5	Group 6
Oct 8	Group 5	Group 6	Group 7
Oct 15	Group 6	Group 7	Group 8
Oct 22	Group 7	Group 8	Group 1
Oct 29	Group 8	Group 1	Group 2

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