



# AYSO Region 206 U-5 Program Details

## Under 5 – 4 years old as of July 31, 2011

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### Purpose and Goal for U5s

For More Information and Registration Forms go to [www.206soccer.com](http://www.206soccer.com).

**Teach Basic Age Appropriate Skills to Players While Teaching Parents to Have FUN Playing Soccer With Their Child In a 1 v 1 Game Oriented Environment. Mixed Girls and Boys Teams Introduced to Game Play**

### U-5 Session Description

#### Training

- Focus: Basic soccer skill development through 1v1 play with parent to provide age appropriate player physical development
- Master Coach planned training for each session
- Short guidance weekly for designated parent/coaches & willing parents
- ½ hour Saturday morning Jamboree Training
- Training Session Format: 1 Player/1 Parent
- 3 Designated trained parents/coach per team/field to help each parent
- 8 players per team (Ideal but dependent upon total # of coaches and players)
- Master Coach to help for parents, parent coaches and players

#### Game

- Approximately ½ hour with at least 4 water/rest breaks
- Team divided into two teams based upon age in months and athletic maturity
- Play against similar matched “opponent teams” (Weekly Round Robin)
- **Players determine** with parent if they want to participate in game
- Parents can be on the field with their player if the player wants them to be
- Numbers of players participating will increase over season as the players develop confidence and skills
- Game laws applied as players and parents learn the rules and develop skills over the season
- All parents keep ball in play as much as possible and cheer for all of the players on both teams
- Open goals with parent/coach “referees” on the field
- All goals are celebrated by all of the parents (Game score not kept)

### Equipment and Uniforms

**Provided:** Team Uniform (Jersey, Shorts and Socks), Size 3 Ball

**Parent Provided:** Soft Sole Shoes (soccer or tennis shoes) and Shin Guards