



# **AYSO Region 206 U6 Program Details**

## **Under 6 – 5 years old as of July 31, 2011**

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### **Purpose and Goals for U6 Players – Soccer is FUN**

**Train Players Basic Age Appropriate Skills While Teaching Players and Parents The Laws of The Game With Good Sportsmanship In a Game Related Player Discovery Environment. Develop Players and Parent/Coach Skills Through Master Coach Provided Fun Training Games That Provide Coach Guided Individual Player Determined Development.**

#### **Learn Through Play**

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

### **U-6 Session Description**

#### **Training:**

- Master Coach planned training each session
- Focus of Training: Basic soccer skill development through 1v1 and 2v2 games provided by Master Coach through team coaches
- Short guidance weekly for trained volunteer coaches
- ½ hour Saturday morning Jamboree Training (All U-6 teams at same field at the same time on Saturday morning)
- 3 Designated trained parent/coach per field to provide player guidance
- 8 Players per team (Ideal but dependent upon total # of coaches and players)
- Master Coach at all sessions to provide guidance for parents, coaches and players

#### **Game:**

- 3v3 games approximately ½ hour with at least 4 water/rest breaks
- Each week, the team is 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 play the game
- Game laws applied as players and parents learn the rules and develop skills over the season
- Open goals with parent/coach “referees” on the field
- All scores are celebrated by all of the parents (**Parents Cheer!**)
- No game results are kept or maintained

### **Equipment and Uniforms**

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

#### **Formal and Weekly Training for Volunteer Coaches**

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