

SUMMARY OF REGION 47 REGIONAL GUIDELINES

U-5 Jamboree One with One

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. In AYSO soccer, a jamboree means that "sub-teams" are 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 (or other adult) 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 circulates 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.

Each Jamboree One with One session will end with a 20 minute short-sided game (3 v 3). Details regarding the game are explained later in this document. Most importantly allow the players to 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.

Master Coach

The master coach should be certified (at a minimum) as an AYSO Advanced coach. The Regional Coach Administrator shall work with the Regional Commissioner to determine the most qualified (and willing) instructor.

The master coach is, "in charge" at the field! He/she will introduce and demonstrate each game/activity, then circulate to help the parents as they help the kids, providing all with a positive learning experience.

3 v 3 Game Set-Up and Guidelines

Each player in the U-5 division will can 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. Each week before the game portion of the day begins, players will be divided into groups of 4 (3 on the field with 1 substitute).

Session Schedule

(a) Sessions should last one hour and fifteen minutes including organizing time and breaks—NO MORE.

(b) 10 minutes - Group Warm-Up and Activities

(c) 5 minutes - Water Break

(d) 20 minutes - Training Activities and Games

(e) 10 minutes - Team organizing and water break (Assigning players to teams and Assigning field locations).

(f) 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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(g) 5 minute - Half-time

(h) 5 minutes to help make changes between quarters

During the game, one parent from each team should be selected to act as the game supervisors for the week. These parents should only be required to keep the game going. All other parents should be encouraged to cheer positively and refrain from "coaching" (giving directions) from the sideline. This is the time for the kids to play – LET THEM!