

LETTER OF INTRODUCTION

This letter is to introduce you to our AYSO U-5 program for this area. The program is based on the National AYSO Guidelines for the U-5 Division and can be viewed at www.soccer.org. The U-5 program will consist of one day (session) per week, which will last approximately one hour & fifteen minutes. The sessions will be on Saturdays, at Hillview Elementary (3075 Teton in Ammon). Please remember that these children are very young and the intent is to introduce them to the very basic fundamentals and joy of playing soccer.

This will be a Jamboree One with One format. In AYSO soccer:

- A *jamboree* means that 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 player/parent will then attempt the activity while the master coach circulates between pairs.
- Each Saturday session will end with a 20 minute short-sided (3 v 3) game with the 2 goals being:
 1. the players are allowed to enjoy the activities
 2. the game will be the teacher
- *Volunteers* will assist the master coach in the games. These parent volunteers will act as game supervisors and are to keep the game going and **not to ‘coach.’ Parents on the sidelines will refrain from coaching or giving directions and will cheer positively.** This is the time for the kids to play – LET THEM.

Session Schedule

10 minutes -- Group warm-up and activities

5 minutes – Water Break

20 minutes -- Training Activities and Games

10 minutes – Team organization and water break

- Assigning players to teams
- Assigning field locations

20 minutes – 3 v 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)

5 minutes – half-time

5 minutes to help make changes between quarters.

As previously stated, this program is based on the National AYSO guidelines for U-5 children. We hope you have a great soccer season. For further questions, visit our website at www.ifsoccer.org or the National AYSO at www.soccer.org.