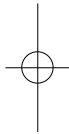




***U-5 PROGRAM GUIDELINES***





## **U-5 PROGRAM GUIDELINES**

### **Introduction**

During the 2004 AYSO NAGM in Phoenix, AZ, AYSO Executive Membership voted on and passed an amendment to the National Rules and Regulations to lower the minimum age requirement for participation in AYSO to four years of age.

The objective of this 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 little to 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.

The AYSO National Coaching Commission supports this program predicated on the basis that the guidelines provided within this document are followed and that all decisions regarding the program are made in the best interest of the players.

### **GENERAL**

- Every effort should be made to institute a U-5 division separate from U-6, as there are significant social, emotional and physiological differences between U-5 and U-6 players.
- The effective date of age determination shall be the player's age as of July 31st of the year that the season commences. Players who have reached the age of four as of this date are eligible to participate-NO EXCEPTIONS!
- Every effort should be made to have separate girls and boys divisions.
- The Jamboree One With One format described within this document is the preferred program and should be followed when offering the U-5 program.
- The U-5 program consists of one day per week of the Jamboree One with One program for 6-8 weeks.

## **UNDER-5 JAMBOREE**

### **ONE with ONE**

#### **ORGANIZATION**

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 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 and Advanced Coach Instructor. 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 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. The uniforms should be identical for all players. 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/reserve). Based on how many players arrive, pinnies (different colored “vests”) to differentiate the “teams” for games for a particular weekend will be used.

#### **SESSION SCHEDULE**

Sessions should last one hour and fifteen minutes including organizing time and breaks-NO MORE.

10 minutes — Group Warm-Up and Activities

5 minutes — Water Break

20 minutes — Training Activities and Games

10 minutes - Team organizing and water break  
Assigning players to teams  
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)

5 minute — Half-time

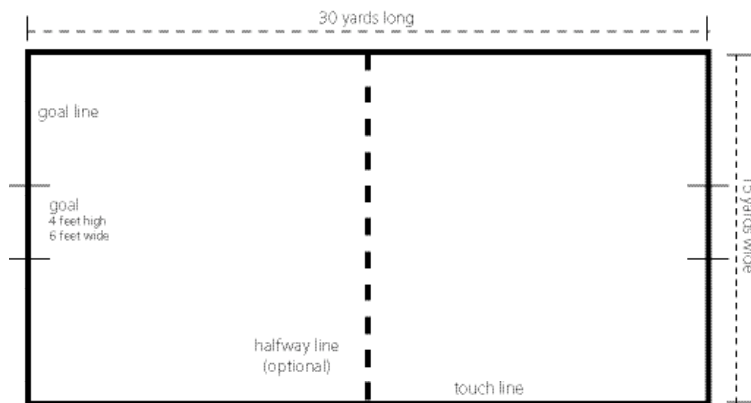
5 minutes to help make changes between quarters

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!

**THE FOLLOWING ARE THE ONLY ELEMENTS OF THE LAWS OF THE GAME THAT APPLY TO THE AYSO SHORT SIDED GAME PROGRAM FOR U-5:**

**THE FIELD:**

The recommended field size for U-5 games is 30 x 15 yards marked with lines or cones. See diagram.



**THE GOALS:**

The goals in U-5 games should be a maximum of 4 feet high and 6 feet wide or 2 tall cones set 6 feet apart.

**THE BALL:**

A size 3 ball is used for U-5 games.

**THE TEAMS:**

Each U-5 team should have a maximum of 5 on the roster. Games are played with 3 players per team on the field (3v3) and no goalkeepers. Substitutions are made at quarters, halftime and for injuries. A minimum of 2 quarters is required for each player and it is recommended that no one play 4 quarters until everyone has played 3 quarters. Separate boys and girls teams are recommended at all levels.

**PLAYER EQUIPMENT:**

Shoes and shinguards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use.

**THE START OF PLAY:**

To start the first and second halves, and following each goal in all age group games, play is started or restarted with a kick-off in the center of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal, the team scored upon kicks off.

**THE KICK-OFF:**

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least 5 yards from the ball. Do not insist the opponent be a minimum of precisely 5 yards from the ball as this is just a guide to give the kicker room to kick the ball without it immediately hitting an opponent. Remember, let them play and do not interfere for technicalities.

**BALL IN AND OUT OF PLAY:**

The ball is out of play in all age group games when it completely crosses the touch line (side line) or goal line (end line) either on the ground or in the air. In U-5 games, the game supervisors for the week will determine when the ball is out of play and should guide the restart, interfering as little as possible. It's the player's game, let them play and work on technique later.

**METHOD OF SCORING:**

A goal in all age group games is awarded when the ball completely crosses the goal line into the goal. Goals should be enthusiastically celebrated by everyone. In U-5 games, goals are not recorded to determine who wins as everyone is a winner.

**FOULS AND OTHER STOPPAGES:**

Deliberate fouling should be rare in U-5 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in U-5 games. If a player is "not playing well with others", or if

play must be stopped for any other reason (injury, substitution, confusion, or to watch a passing train, butterfly or frog), refocus the players and begin again with a free kick or as may be appropriate. Award the restart to whichever team deserves it. Stoppages must not become a lengthy ceremony.

#### **FREE KICK:**

Play may have to be stopped occasionally to “sort things out” in U-5 games. When this is necessary, correct the situation then restart with a free kick for a deserving team. The opposing team should be at least 5 yards from the ball in U-5 games. All free kicks in U-5 games are direct free kicks which means, if you’re lucky, a goal can be scored directly from the kick without the ball having to be touched or played by another player on the field (in-direct kick).

#### **THROW-IN:**

When the ball goes out of play in U-5 games across the touch line (side lines) or the goal lines (end lines) without a goal being scored, a throw-in is awarded at the point it crossed the line. The throw-in is awarded to the team that didn’t touch the ball last. In U-5 games, whether the throw-in is properly taken or not, let it go...teach proper technique later. Again, let them play with minimum interruption. Keep the game moving and fun.

Should you have any questions or require additional information, please contact the National Support & Training Center - Coaching Program at (800) 872-2976.

If you have time, drop us a note about how things are going as this is a new program in AYSO - we are interested in getting feedback.