



## **DIVISION U5 PROGRAM GUIDELINES**

### **2011-2012 SEASON**

The Region 92 Division U5 Program Guidelines is provided to parents as a supplement to information presented in the Parent/Player Handbook.

Each parent should possess and be familiar with the information in the Parent/Player Handbook.

## **Welcome**

Dear U5 Parents and Players:

Thank you for choosing to be part of AYSO Region 92's U5 program. This is the third year that our region has opened registration up to 4 year olds.

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 previous minimum age in our region was 4 and a half years old.

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.

The U5 division is a lot of fun to play and to watch. You'll find the "aggressive player", the "daisy picker player and airplane watcher" and the "I-don't-want-to-play player", all playing in the same game. Sometimes it is even the same child at different times during the same game.

Our Regional Board will do everything possible to make this a great experience for both the parents and the players. The information in this handbook covers just about everything, but if we left something out please use the contact list at the end of the book and let us know.

Again, thank you for signing up for our U5 program. Have a great season!

Mike Doherty  
Regional Commissioner  
AYSO Region 92

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## AYSO PHILOSOPHY

Our Vision is to provide world class youth soccer programs that enrich children’s lives.

Our Mission is to develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

**Everyone Plays** - Our Region’s goal is for kids to play soccer - so we mandate that every player on every team must play at least three quarters of every game.

**Balanced Teams** - Each year we form new teams as evenly balanced as possible, because it is fair and more fun when teams of equal ability play.

**Open Registration** - Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

**Positive Coaching** – Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players. Kids win when they are built up, not when they are torn down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

**Good Sportsmanship** - We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

**Player Development** – We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

## 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 for 8-10 weeks of the Jamboree One with One program.

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 him or her on the field.

The AYSO U-5 Program is not considered to be a coaching program. It is a program that is designed to be facilitated by a qualified AYSO Master Coach.

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** 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, at a minimum, certified 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.

The Master Coach is the key to a successful U-5 program. The master coach must have a complete understanding of the AYSO National Coaching Program and full understanding that:

- Young soccer players need special consideration
- Are children playing a child's game
- These young children must be regarded as young children, not mini adults
- Fun and activity factors must be a central part of a child-centered program
- U-5 players are essentially self-oriented and relate naturally to one or two others, not to large groups
- Most children cannot sustain prolonged activity
- They function best in suitable start and stops (rest periods)
- Concentration span is limited, so frequent changes of pace and activity is essential
- The young players should learn to discover the wonderful game of soccer, not to be taught the game of soccer by adults.

The master coach will take the lead in program implementation within the region.

## 3 V 3 GAME SET-UP AND GUIDELINES

Each player in the U-5 division will 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 (with children) should last one hour and fifteen minutes including organizing time and breaks - NO MORE.

10 minutes — Group Warm-Up and Activities

10 minutes — Training Group formation  
Assigning players to groups

20 minutes — Training Activities and Games

10 minutes - Game organizing and water break  
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 – wrap-up of the day's activities

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!

Each player must wear **shin guards** with socks worn **OVER** the shin guard (not under or under then over).

Players may not wear **jewelry** of any kind. This includes stud earrings or band-aids over stud earrings.

Players may not wear **hard casts or splints**; and may not remove them to play.

Each player should bring a **water bottle**.

Each player should bring a **size 3 soccer ball**.

Keep the players **moving** to build stamina.

Work on players' **skills**, but don't introduce too much at one time.

Build team **spirit** and **cooperation**.

Teach the players the **laws** of the game at a level they can understand.

Keep it **safe, fair, and fun**.

Have a **good time**.

## GAME FORMAT

**THE FOLLOWING GUIDELINES INCLUDE 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 (training group) should have a maximum of 4 or 5 in the group. 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 3 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 shin guards (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. One 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. Everyone should enthusiastically celebrate goals! In U-5 games, goals are not recorded to determine who wins the game, 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 the 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 (indirect 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.

## GAME DAY

**FIELD LOCATION:** U5 games will be played on fields located at Brett Field at Recreation Park. Fields and parking are located at the southeast corner of Pine and Sheldon Streets.

**FIELD SET-UP:** The first group arriving at the field is responsible for the set-up of that field. Parents should arrive early enough to perform this duty so that the Jamboree program can start on time.

**FIELD TAKE-DOWN:** The second group arriving at the field is responsible for the take-down of that field. This includes returning the goals to their storage location and returning the blue field container to its storage place.

**JAMBOREE SCHEDULES:** Jamboree schedules will be available at the U5 – U8 Parents meeting. If rained out, etc., U5 games will not be rescheduled. We realize personal conflicts may arise, however coaches are prohibited from canceling or rescheduling games.

**FIELD CLOSURE:** The Region’s website will have information regarding field closure due to inclement weather. Please check the website and then contact friends, phone tree, etc.

## GAME TIME

*We're at the field and ready to go. What else?*

**UNIFORMS:** All participants must wear the official AYSO uniforms provided, with jerseys tucked in. Shin guards must be worn at all games and practices with no exceptions. Soccer socks are to be worn OVER (not under) the shin guards.

**PRE-GAME LINE-UP:** It may sound silly for 4 year olds, but again we are trying to instill good soccer habits...the coach should line-up players for pre-game inspection (uniform, cleats, shin guards with socks over shin guards, no jewelry or metal hair clips, etc.). This is the same inspection they will experience in the upper divisions.

**START OF THE GAME:** Coaches should determine which team starts the game. Game is started with a free kick at the center mark, in the middle of the field. The opposing team should start/kick-off the second half. Players should be 5 yards from the ball and in their own half of the field for the kick-off.

**SUBSTITUTIONS:** A substitution break should be called approximately halfway thru each half. Please educate your players and parents to the fact that this is NOT a “quarter” nor a halftime break AND that the clock keeps running. Also, please start to “train” your players to wait until the player “coming out” has left the field before he/she goes on the field. (At this level, if a child comes off the field or does not want to return to the field, a new player may be sent in regardless of timing).

**TIME ON THE FIELD:** EVERY player is to play three out of four quarters.

**ADULTS ON THE FIELD:** Region 92 allows for 1 adult on the field during a U5 game. This individual must be Safe Haven Certified. His/her function is to provide basic direction as to ball placement, ball direction and player distance from the ball (5 yards) during an opponent’s throw-in or kick and to give support to the kids. It isn’t coaching time.

**SPECTATOR CONDUCT DURING THE GAME:** Game time is for letting the kids play and have fun. We really don't want our 4 year olds hearing their parent yell at them for 20 minutes (and the odds are they can't hear you anyway, so why bother). Spectators do not sit behind the goals or goal line. Spectators should sit 3 yards away from the touchline and between the penalty areas. Spectators should mind the Kids Zone pledge and limit themselves to positive cheering. Mechanical cheering devises and horns are prohibited.

**GENERAL CONDUCT AT ALL TIMES:** The highest standards of conduct and good sportsmanship must be maintained at all times, by players and spectators. Abusive, insulting, or **foul** language is forbidden. The use of **alcohol or tobacco** products in the vicinity of the playing field during practices or games is strictly **prohibited**.

**END OF THE GAME:** At the end of the game, the parents should coordinate players in a short "cheer" for the opposing team and line-up players to shake/"high five" the hands of the opposing team, reinforcing good sportsmanship.

**REFRESHMENTS/SNACK:** Spectators may choose to bring individual player snacks. Players should not drink or eat until they have performed their cheer, shaken hands with the opposing team (and coach) and come off the field.

**POST GAME CLEAN-UP:** Please pick up all trash as soon as or wherever it appears. Even if it was there when you arrived! Don't forget all those little cellophane wrappers from straws.

## END OF THE SEASON

*We're close to our last game...anything else?*

**TROPHIES:** All U5 players will receive a trophy to recognize their participation. The Trophy Coordinator will advise the U5 Division Coordinator regarding pick-up/availability.

## MISCELLANEOUS

*What if I have a player who wants to drop?*

There are times when a player decides that soccer is just not for them (or the parent). First, advise your division commissioner that you have a player who intends to drop. Second, direct the parent to complete the process. In order to drop a player, **the parent is responsible** for obtaining a refund/drop form, getting the appropriate signatures and submitting the form to the registrar.

• FORMS are available (1) in every parent/player handbook distributed at registration, (2) on our web site for printout, (3) by contacting our registrar and (4) by contacting our treasurer.

• SIGNATURE: The form will require the signature of a coach (the U5 Master Coach) and information as to whether the player has returned their uniform and attended any games.

In U5 there is not a wide variation of skill level and experience among players, so if we have a child on the wait list for your division/gender, you have a good chance of receiving a "replacement player". However, you must urge your parents to follow through with their process expeditiously as we cannot replace your player until they have officially been removed from the region's registered player list and player replacement is no longer an option after the 2<sup>nd</sup> week of games.

*What if someone gets injured at a game or practice?*

Your first concern is seeking the appropriate medical attention immediately. If an emergency call for assistance is needed/made at a field in El Segundo and you are **using a CELL phone, dial: 310-524-2760**. This will connect you directly with dispatch. If **using a landline, dial: 911**.

Injuries must be reported as soon as possible to the Regional Safety Director. You will be provided with forms and asked to complete the necessary reporting information. Information that you should take note of and will be asked to provide includes:

- Accident date and time
- List of witnesses/names & contact info
- Description of the incident
- Description of the injuries
- List of who was involved
- Description of actions taken

## NEED HELP?

**Pick up the phone or send an e-mail:**

*In general, your division commissioner should be your first contact.*

U5 Master Coach:	Ricky Labayen • 310-940-6701 labayenfam@sbcglobal.net
Coach Administrator:	Terrence DeKretser • 310-227-2436 dekretzers@gmail.com
Referee Administrator:	Walt Schumacher • 310-640-1558 waltschumacher@sbcglobal.net
Program Commissioners:	Girls – Katherine Sautner • 310-322-6014 gundogirl@aol.com Boys – Rudy Masis • 310-956-2361 ramasis_90245@yahoo.com
Regional Commissioner:	Mike Doherty • 310-644-1204 ayso92rc@sbcglobal.net
Child Volunteer Protection Advocate (CVPA):	Eileen Tinoco • 310-322-2936 iriseileen@xxx.com
Safety Director (Injuries):	Drew Jongbloed • 310-920-2941 alsoccer@sbcglobal.net
Fields Manager:	Eric Stoker • 310-640-8408 estoker@socal.rr.com
Equipment Coordinator:	Eric Stoker • 310-640-8408 estoker@socal.rr.com
Uniforms Coordinator:	Michelle Olson • 310-918-8344 czech68@yahoo.com
Team Parent Coordinator:	Tina Thompson • 310-490-4046 Jtina.thompson76@gmail.com
Photo Coordinator:	Julissa Padilla • 310-536-7526 julissapadilla@sbcglobal.net
Registrar:	Katherine Sautner • 310-322-6014 gundogirl@aol.com

Region Website:	www.ayso92.org
Region Hotline:	310-322-9760
Area Web Site:	www.ayso1d.clubspaces.org
Section Web Site:	www.aysosection1.org
AYSO National Web Site:	www.ayso.org

**Emergency “911” Assistance  
for cell phones used within El Segundo: 310-524-2760**

## NOTES

*Please use this area to make notations regarding any additional information that would have been helpful to you. At the end of the season, please send an e-mail to the coach administrator with your suggestions and/or comments on how to improve this coaching tool. Thank you.*

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