

# **Parent Pack**

## **AYSO Region 452**

***Non-profit, Volunteer Program***

### **Mission:**

Our mission is to provide quality soccer to the youth of the region through fun & positive programming and coaching. The skills we learn on the field shape us into the people we become. We embrace the 6 philosophies handed down from National: Everyone Plays, Balanced Teams, Open Registration, Positive Coaching, Good Sportsmanship, & Player Development.

### **Player Role:**

Players are asked to be prepared for each session with a ball, water, cleats, shinguards & covering socks. Jerseys are provided and paid for by our Team Sponsors. Players are also asked to come ready to play. One of the core values we teach is RESPECT for ourselves, our teammates, our coaches, our parents, the fields, and the program. We expect players to be kind to others & not inhibit the learning of others. The fields are a lot of fun, let's work hard to keep them that way!

### **Parent Role:**

The parents' role at AYSO is to help us get your player to the field, then enjoy watching him/her play. Our coaches go through training and are wonderful. If you are interested in volunteering we have many opportunities and would love the help!!

## **Recreation Program Description:**

Each of our divisions is designed to teach players in their developmental stage of growth. Children will cognitively develop at different rates and different ages. Spatial awareness and perception is one such development that will be gained between the ages of 5 & 10. This gives them the ability to 'see' the field and play in position.

We play small sided games at our in-house program. This is done for technical & tactical development & engagement in the game. Small fields allow for more touches on the ball for players. This engages both new players and experienced players making games faster and more fun for all. It also allows for more creative thinking on the fields, touches of the ball, coachable moments and team work.

## **Development Programs Descriptions:**

Each of our Development Programs is designed and executed to build on players individual skill levels. Whether you are looking to become a skilled goalie or increase your creativity on the field, or learn how to play better offense or defense, etc. these programs drill down on those skills.

[AYSO452.org](http://AYSO452.org)

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## **Recreation Programs**

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### **Individual Skills Divisions**

Our U4 & U5 Divisions meet once a week. A lot of development happens at this age for these children and we work to speak directly to them in a fashion that they can understand.

#### **U4/Playground Division**

The Playground (U4) Division is an individual skill building division. This is specifically designed to work with children in this stage of development. Children in this age group are physically capable to jump, kick a ball, stand on one foot. They need to learn by doing and often have not learned the concept of sharing yet. We design these 'practices' to work with the players one-on-one with their ball in a group setting using simple gaming. When they complete a session they will be able to rudimentary dribble, shoot on goal, turn the ball and will be introduced to passing and teamwork.

#### **U5/Schoolyard Division**

The U5 Division is an individual skill building division. This is specifically designed to work with children in their developmental stage of life. Children in this age group are physically capable to jump, kick a ball, stand on one foot. They need to learn by doing and have just learned the concept of sharing. We design these 'practices' to work with the players one-on-one and two-on-one with their ball in a group setting using simple gaming. When they complete a session they will be able to rudimentary dribble, shoot on goal, turn the ball, pass, 2 person pass.

## Team Divisions

The Team Division is structured with one practice and one game a week. Practices are run in a Division format and technically designed & executed by the Division Coordinator.

### U6 Division

Players will be introduced to basic laws of soccer, sportsmanship, teamwork, soccer etiquette and more. Upon completion of a session players will have stronger ball control, understand 'first touch', familiarity with the game field, understand speed control, begin understanding 'pass to space' and working as a team.

### U8 Division

In this Division you will start seeing players move from the 'swarm' to a 'spread'. Upon completion of the session players will have a stronger knowledge of ball control, use of body, defence, offence, laws of the game, movement, they will begin to conceive of the field and make 'soccer moves'.

### U10 Division

With the use of the small sided game format players will further develop their ability to move, create opportunity, create space, think creatively and more. They will 'see' the field and communicate with their teammates. We encourage players to try new things, whether they work or not, as this is how they develop their creative eye. Ball skills will be stronger with every touch, 'first touch' is emphasized, movement on and off ball will grow stronger, they will begin integrating their individual skills with their team skills (this happens as they have greater field awareness which happens at about this age).

### U13 Division - FUTSAL

FUTSAL allows for a fun element in this division. The heavier ball and rules keep a quick game with lots of touches. Players will 'see' the field and communicate with their teammates. In this division you will see players learn how to be creative with the game, trying new things (whether they work or do not work) is strongly encouraged. Ball skills will be stronger with every touch, 'first touch' is heavily emphasized, movement on and off ball will grow stronger, they will begin integrating their individual skills with their team skills.

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## **Development Programs**

Development Programs meet once a week to further enhance player training. Whether a player is new to the sport or has been playing for years, more touches makes you a better player. In these programs we allow room for creative growth while steering tactical and technical growth.

### **Game Tactics**

In this program we are focusing on; Defense, Movement, Offense, Possession & Ball Skills  
Players will be given a Player Card at the start of the session. If they have every week marked on the Player Card they may submit it for a prize and to go into a drawing at the end of the session.

### **Goalie Training**

Spring Offering

Goalkeeper training will focus on age appropriate fundamentals, footwork, and positioning through a variety of drills and games.

Players will be given a Player Card at the start of the session. If they have every week marked on the Player Card they may submit it for a prize and to go into a drawing at the end of the session.

### **3v3 League**

In this session we are focusing on; 1v1, 2v1, speed control, passing, strategic soccer moves. We want the players to be creative and try new things, then we will work with them to enhance their play.

Players will be given a Player Card at the start of the session. If they have every week marked on the Player Card they may submit it for a prize and to go into a drawing at the end of the session.

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*All good athletes make mistakes;  
the great ones learn to make that mistake only once. - Raul Lopez*

