

WHAT ARE THE PLAYGROUND AND SCHOOLYARD PROGRAMS?

The 4U Playground and 5U Schoolyard are AYSO soccer programs developed for children 5 and under (born in 2016 for 4U and 2015 for 5U for 2019 season) which seek to provide an age appropriate introduction to soccer skills. Children receive a pressure free welcome to the beautiful and simple game of soccer. This program relies on the following components:

- Parent Participation – children at this age learn best when they are comfortable. At least one parent must participate in the weekly activities with each child. Parent participation gives parents foundation and understanding of coaching at this age group.
- Professional Coaches – Each practice session is led by master UK coaches
- Skills and Drills – Players are exposed to soccer by playing simple, fun activities and games.

2019 Season Important Dates

9/7 – Opening Day! Practice sessions begin at either 9am, 10:30am, or 12pm depending on team your child has been assigned to. Join us for a pancake breakfast sponsored by Kiwanis from 8:30 – 11 am! For a small fee, you can enjoy pancakes, sausage, orange juice, and coffee.

9/28 – Picture Day

10/26 – Halloween Costume Day! Kids can come dressed in their Halloween costumes! Please no masks, and be sure they are still wearing their cleats and shin guards under socks.

11/9 – Last Practice Session

Uniforms

4U will receive a t-shirt. Cleats and shin guards are optional.

5U will receive shirt/shorts/socks. Cleats and shin guards under socks should be worn.

Uniforms will be available by Opening Day (Sept 7 2019). If they are available sooner, we will set up a time for pick-up prior to Opening Day.

WHY ARE THE PROGRAMS STRUCTURED THIS WAY?

The Playground and Schoolyard programs are non-competitive and seek to establish a love for the game of soccer by helping players hone the motor skills needed for the game.

- Young Players need special consideration
- They are playing a child's game
- Fun Activities must be central to child-centered program
- Cannot sustain prolonged activity
- They must discover the game, not be taught the game by adults.

4U PLAYGROUND

For players born in 2016 for the 2019 Season

The 4U Program is for kids under 4 years old and is focused on teaching the fundamentals of soccer in a fun, engaging, and pressure-free environment. We will meet once a week on Saturday mornings at the Conejo Creek South fields where the kids and parents will participate together in instructor-led activities designed to introduce the basic skills of the game.

Our coaches will set up drills and exercises in a playful setting that parents and kids will take part in together. This format begins to inspire a love for the game by setting our youngest players up with the fundamentals they'll use as they grow with the game.

Children will not be competing in games. Each player will receive a program t-shirt and workbook. Click [here](#) for more information about this program.

2019 Practice Sessions: Saturday September 7 – Saturday November 9 from 8:00 am – 8:55 am

Meeting Location: Conejo Creek South soccer fields, in the large area in front of the snack shack, just past the 6U fields.

What to bring each week:

- Size 3 soccer ball
- Children should come dressed in athletic clothes/shoes and program t-shirt. Cleats and socks/shin guards are optional. No sandals please.
- Water and snacks for your child

5U SCHOOLYARD

For players born in 2015 for the 2019 Season

5U begins to introduce the concept of team playing. Kids and parents will participate together in skills and drills that teach the basics of the game and the kids will play 3 on 3 mini-games during the same sessions. Our coaches will teach the kids age appropriate exercises that will seek to establish the basic skills such as dribbling, goal scoring, passing, etc.

Kids in 5U will be assigned to one of 3 groups. Groups will rotate through 3 time slots on Saturday mornings.

Practice sessions will include both fun activities as well as small 3 vs 3 games. Players will receive a uniform (shirt/short/socks) which should be worn to practice each week.

- No set teams or coaches – each week children get to meet new friends and rotate who they play with, in a pressure-free environment.
- Email sent to parents outlining the activities each week. Parents print off the games and join in the fun, led by a master coach
- All parents become Safe Haven Certified at the parent meeting ensuring safety of children.
- Online links to the games so you can see exactly what the game will look like.

2019 Practice Sessions: Saturday September 7 – Saturday November 9 at either 9:00 am, 10:30 am, or 12:00 pm. Teams will rotate time slots each week based on the calendar below.

Meeting Location: Conejo Creek South soccer fields, in the large area in front of the snack shack, just past the 6U fields.

What to bring each week:

- Size 3 soccer ball
- Children should come dressed in uniform (shirt/shorts/socks). Cleats and shin guards under socks are required for the children
- Water and snacks for your child

Practice Session Times			
	Team 01	Team 02	Team 03
9/7/2019	9:00-10:15	10:30-11:45	12:00-1:15
9/14/2019	10:30-11:45	12:00-1:15	9:00-10:15
9/21/2019	12:00-1:15	9:00-10:15	10:30-11:45
9/28/2019	9:00-10:15	10:30-11:45	12:00-1:15
10/5/2019	10:30-11:45	12:00-1:15	9:00-10:15
10/12/2019	12:00-1:15	9:00-10:15	10:30-11:45
10/19/2019	9:00-10:15	10:30-11:45	12:00-1:15
10/26/2019	10:30-11:45	12:00-1:15	9:00-10:15
11/2/2019	12:00-1:15	9:00-10:15	10:30-11:45
11/9/2019	9:00-10:15	10:30-11:45	12:00-1:15

**Please make an effort to attend your child's assigned meeting time. If you cannot attend your assigned time for any reason, please contact us so that we can accommodate your needs. We strive to have the same number of children in each group each week.*

75-minute Practice Session for 5U:

Skills and Drills (45 minutes)

- 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 small-sided teams, assigning field locations

Jamboree (30 minutes)

- 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 make changes between the quarter
- Parents may be asked to help coordinate or “referee” the jamboree games

CONTACT INFORMATION

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