

# Highland Park AYSO – Region 891

## U5 - Jamboree

### Organization

Jamboree is a format that 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.

A "Master Coach" will lead each session. A selected group of parent volunteers will act as coaches as well, with the intention of assisting the players but also learning from the "master coach". Each parent coach will have a laminated set of activities from which a group of activities will be chosen each week. The master coach will let the parent coaches know what the activities will be for the week prior to the session.

When the players arrive each week they will be guided to a field by the master coach. Each field will have 2 parent coaches and 6 players. The master coach will try to pair up friends when requested but it may not work out each week.

The parent coaches will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each player will then attempt the activity while the "master coach" and the parent coaches circulate providing specific help or suggestions so that the activities are performed as intended. The parent coaches will take the players through each activity selected for the week spending an appropriate amount of time on each activity to allow the players to develop their skills. The master coach will walk around to the fields to offer suggestions. At the U5 level the activities will focus on the basic techniques of dribbling, shooting (kicking) and receiving (trapping).

Each Jamboree session will end with a short-sided game (3 v 3). Details regarding the game are explained later in this document. **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

In the case of Highland Park, a professional trainer will serve as the "master coach". The master coach is, "in charge" at the field! He/she will introduce each game/activity to the parent coaches, then circulate to help the parent coaches as they help the kids, providing all with a positive learning experience.

### 3 v 3 Game Set-Up and Guidelines

Each player in the U5 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 are identical for all players. Each week before the game portion of the day begins, players will be divided into groups of 3. Based on how many players arrive, pinnies (different colored "vests") to differentiate the "teams" for games for a particular weekend will be used. When possible, we will attempt to pair up children with friends or other children from the same school (or future elementary school).

## **Session Schedule**

Sessions should last one hour including organizing time and breaks—NO MORE.

- 10 minutes - Group Warm-Up and Activities
- 5 minutes - Water Break
- 20 minutes - Training Activities and Games
- 5 minutes - Team organizing and water break
  - Assigning players to teams
  - Assigning field locations
- 20 minutes - 3 vs 3 Game
  - Played in two halves of about 8-10 minutes each with a short break at the quarter to make substitutions and get a quick drink

During the game, the parent coaches 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 guidelines include the only elements of the Laws of the Game that apply to the AYSO Short Sided Game Program for U5:**

### **The Field:**

The field size for U5 games is approximately 30 x 15 yards to be marked with cones.

### **The Goals:**

The goals in U5 games are 2.5 feet high and 4 feet wide.

### **The Ball:**

A size 3 ball is used for U5 games.

### **The Teams:**

Games are played with 3 players per team on the field (3v3) and no goalkeepers.

### **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. No baseball cleats are allowed (these have a single toe cleat).

**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 U5 games, the parent coaches 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. The ball will be put back into play with a kick-in and not a throw-in.

**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 U5 games, goals are not recorded to determine who wins as everyone is a winner.

**Fouls and Other Stoppages:**

Deliberate fouling should be rare in U5 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in U5 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 U5 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 U5 games. All free kicks in U5 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:**

There are no throw-ins at the U5 level. When the ball goes out of play the team that last touched the ball will back up 5 yards and the opposing team will take a kick in on the ground from the point where the ball went out of play. Again, let them play with minimum interruption. Keep the game moving and fun.