



# Parent Orientation

AYSO 153 Board



## AYSO 6 Philosophies



Open Registration



Balanced Teams



Everyone Plays



Positive Coaching



Good Sportsmanship



Player Development



# Parent Needs...

- ⚽ Embrace being an AYSO parent. Especially an AYSO 153 parent
- ⚽ **Kid Zone-** Keep cheering positive, Be a good steward of the game
- ⚽ Help the coaches by volunteering for team roles
- ⚽ Be timely with pick-up/drop-off for practice and games
- ⚽ Home Team sets up field & Away tears down
- ⚽ Sit at least 10 ft back from touchline
- ⚽ No Dog's allowed at games





# Get Involved!!!

- AYSO Regions and Areas are 100% volunteer run
  - Official Roles include
    - Coaches Referees Board Members Team Parents
  - Requirements
    - Background Check - Computer Training – In-Person Training (role dependent)
  - Receive a \$35 future registration\* (Coaches & Referees)
  - No prior skills, experience, or knowledge required
- EMAIL [volunteer@ayso153.com](mailto:volunteer@ayso153.com) for more information

## SESSION 1, ACTIVITY 2 - COACH SAYS

FMS: Balancing +

### EQUIPMENT/ ORGANIZATION

- 1 ball per player.
- Create a 15 x 15 grid with 4 or more cones.
- All players are required to play within the grid.



### HOW THE GAME IS PLAYED

- Players start on endline with ball at their feet and await Coach commands.
- Players only react if the direction is preceded by "Coach Says."
- The coach provides various commands: take one (Two, three, etc.) Steps forward, \*Balance on right/ Left leg, also add: sit on ball, one foot on ball, speed up, slow down, elbow on ball, ear on ball, pick ball up and bounce, jump over ball, etc.

*\*Balancing on each leg should be a main focus.*

### VARIATIONS/ PROGRESSIONS

- Change the command from "Coach Says."

### FMS POINTS (balance)

- Body stable and weight over base.
- Eyes and head focused forward.
- Leg raised off ground and not touching supporting leg.
- Supporting leg still and foot flat on contact point.
- Arms out to the side at shoulder height for counter balance.
- Tighten muscles to gain balance and stability.

## HUNTERS AND RABBITS

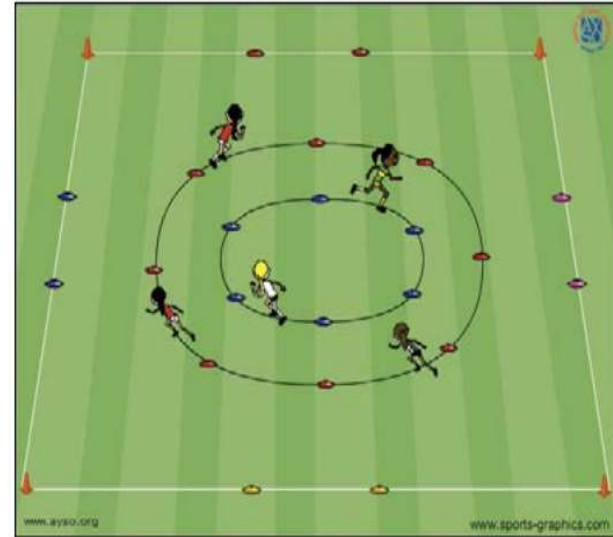
### TECHNIQUE:

Physical Coordination

### Equipment/

**Organization:** Mark a 15 x 20 grid. Inside, mark a small circle in the middle of a larger one (like a bullseye). On the outer grid, mark four small gates of different colors (or names).

To see this activity in action visit:  
[ayisovideo/rabbits](https://www.youtube.com/watch?v=ayisovideo/rabbits)



### HOW THE GAME IS PLAYED

- Place some players in the middle circle (hunters) and some players in the outer circle (rabbits).
- Rabbits run clockwise around their circle, hunters run clockwise around theirs.
- The coach calls out the color (name) of a gate and the rabbits need to make it through that gate before the hunters tag them.
- If they are tagged by a hunter, they switch roles.

### VARIATIONS/PROGRESSIONS

- Vary the running style around the circle, i.e., heel kicks, high thighs, side steps, etc.
- Players start in sitting or lying position.
- Players with ball, i.e., bounce in hands, toe taps, etc., *until* coach calls the gate, then they drop ball and run.
- Players can dribble their ball to start; leave it and run; or take it with them.

### COACHING POINTS

- Physical coordination.
- Follow directions and movement education.

FMS LOCOMOTIVE ACTIVITIES | AYISO PLAYGROUND

6U TRAINING ACTIVITIES | HUNTERS AND RABBITS



# Division Breakdown

Division	# of Players	Practice Frequency	Game Location	Skills
Schoolyard	Groups of 10	N/A	Jesse Owens	Playful games, skill building, teamwork Guardian involvement required
6U	3 v 3	1 @ 25 min*	Jesse Owens	passing, shooting, team play, no hands, and no goal keepers
8U	4 v 4	1 @ 45 min	Jesse Owens	Dribbling, passing, communication, throw-ins, defense, strategy, and no goal keepers
10U	7 v 7	2 @ 60 min	Home: Jesse Owens Away: Interplay	Positional play introduced, goal keepers introduced, all laws of the game are enforced
12U	9 v 9	2 @ 90 min	Home: Jesse Owens Away: Interplay	Intermediate skills introduced, strategy and positional play
14U	11 v 11	2 @ 120 min	Home: Lincoln Park Away: Interplay	Intermediate skills increased, strategy, positional play
HSA	9 v 9	2 @ 90 min*	Indoor (Interplay)	Pick-up style, skill building, developmental league



# Division Breakdown

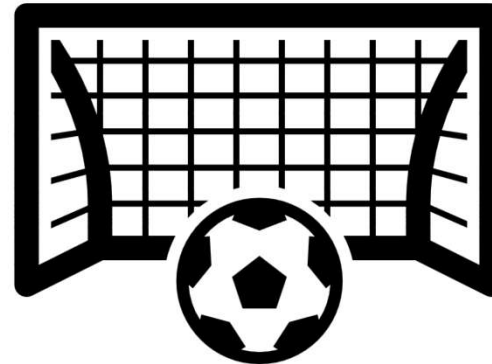
Division	Coaches	Referee	Field Setup Needs	Game Breakdown
Schoolyard	1	N/A	N/A	45 min session of games and activities
6U	1	Coach	Popup goals and 4 corner cones	4 - 5min quarters
8U	1	8U Ref or Coach	Bownet goals and corner cones	4 - 8 min quarters
10U	2	Regional Referee	Nets, corner flags, buildout line cones	4 - 10 min quarters (2 -20 min halves) Friday Night or Saturday
12U	2	Intermediate Referee	Nets, corner flags	4 - 12 min quarter (2 - 25 min halves)
14U	2	Advanced Referee	Nets, corner flags	2 - 30 min halves
HSA	1	N/A	N/A	Determined by Head Coach





# Player Needs...

- Soccer Ball (size based on division)
- Shin Guards
- Soccer Socks
- Water Bottle
- Enthusiastic attitude
- Cleats (Optional)
- No Jewelry during practice or games







# What size soccer ball?

- 6U-8U – Size 3
- 10U-12U – Size 4
- 14U – Size 5

Label EVERYTHING: soccer balls, water bottles, practice tees, etc.



# Jesse Owens Park





# Key Dates

Date	Notable Event
9/5	Opening Ceremony, 6pm – Udall Park Field C – Region Picture
9/6	First Games
9/20	Picture Day
10/11	Fall Break No Games & Optional Practice
10/TBD	Winter Alliance Tryouts (tournament team)
11/11	Winter Registration Opens
11/22	Last Fall Game
12/6-8	Area Tournament
12/13-15	Area Tournament

The background of the slide features an abstract design with various shades of blue. On the right side, there are overlapping geometric shapes, including triangles and polygons, in different tones of blue, ranging from light to dark. These shapes create a dynamic, layered effect. The rest of the slide background is a solid, very light blue.

FUNDRAISING \$\$\$\$

# O'RIELLY



Together  
let's drive™



John R. Carson, DDS, PC  
cosmetic • preventive • restorative



TELOS  
STRENGTH & CONDITIONING





## Opening Ceremony

September 5<sup>th</sup> @ 6:00 pm

Region Photo - Parade of Teams - Cleatcycle - Family Fun



## Contact Information

Christina Kinney, Regional Commissioner, 153 Board

E: [rc@ayso153.com](mailto:rc@ayso153.com)

Marina Angel, Treasurer/Volunteer Coordinator, 153 Board

E: [treasurer@ayso153.com](mailto:treasurer@ayso153.com)

Eli Hernandez, Ref Administrator, 153 Board

E: [refadmin@ayso153.com](mailto:refadmin@ayso153.com)