



05U / 06U / 08U Parent Manual

American Youth Soccer Organization – Region 183

Peterson Park / Hollywood Park

Web: www.ayso183.org

AYSO's Vision and Mission

AYSO's **Vision** is to provide world-class youth soccer programs that enrich children's lives.

AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

Everyone Plays[®]

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50 percent of every game. It's no fun to spend the game on the bench...and that's no way to learn soccer!

Balanced Teams

Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.

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. There are no elimination try-outs and nobody gets cut.

Positive Coaching

Encouragement of player effort provides for greater enjoyment for the players and leads to better-skilled and better-motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.

Good Sportsmanship

We strive to create a 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.

Introduction

The objective of AYSO's 05U / 06U 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.

Family Information

Location

All 05U / 06U activities are held at Hollywood Park – Saturdays between 9:00am – 4:00pm.

The final schedule will be found online at our web site at www.ayso183.org at the start of each season.

Seasons

Pre-Season: Aug

Fall Season: Sept and Oct

Spring Season: Mid-April to Mid-June.

Break: Memorial Day Weekend.

Special Events:

Late Sept or Early October is "AYSO Photo Day"

Last Week in Spring Season is "AYSO Soccer Fest"

Player Equipment:

Be sure and bring the following to each session

- Uniform jersey, shorts
- Shoes and Shin-guards
- Size 3 ball
- Water bottle

Shin-guards covered by the socks are mandatory at all practice and game activities. Soccer shoes or sneakers are recommended. The type and condition of cleated shoes must be inspected for safety before use.

Uniform

The 05U / 06U Division each team has a different uniform color.

Snack Schedule

Each team will independently define a snack schedule. Parents will usually self organize the snack schedule. A team parent should manage the snack schedule with the team families.

Team Information

Team Assignments

Each team will be comprised of 5-6 players. Each player will be assigned to team. The team must also have an assigned coach or co-assistant coaches to help lead the team with activities. The following is needed per team

- Team Coach
- Team Assistant Coach
- Team Parent

We need to volunteers to help out as the team coach and team parent. We welcome as many parents to sign up and volunteer to become team parents, coaches or assistant coaches.

Volunteer Registration at AYSO183.org

A volunteer form online is to be completed online and “e-signed”. (electronic signature) before an assignment is done. Registration is to be completed at the AYSO 183 Web Site.

Pre-Season Coach and Parent Activities

Each volunteer will need to attend the following over the summer.

1. Attend AYSO Safe Haven Online Certification Course (required)
2. Attend 05U / 06U Coach Certification Course (required)
3. Complete 06U Online Course at AYSOU (required)
4. Attend AYSO Region 183 – Coach Meeting (August) (mandatory)
5. Attend Team Uniform Pickup (mandatory and team coach)

AYSO 06U and 08U Official Coach Manual

Upon completing the Online Coach Course for 06U or 08U, you are able to download a PDF copy of the manual at AYSOU. This manual is essential for you to complete.

Team Roster and Uniform Pickup

The uniforms are to be picked up only by the official team coach or the team parent. We also distribute a game ball (size 3) with the team uniform. The team roster is also distributed to team coach so that the coach can either email or make phone calls to the team. Again, the team is not very large (5-6 players) and therefore communication should be relatively easy.

Pre-Season Player Notification

In late August, we send out postcards to each player with the assigned team coach name and phone number.

Team Web Site at Shutterfly.com

AYSO has worked with Shutterfly.com regarding a team web site for your team. In August, the assigned coach will get a notification to authorize and create a team web site. The coach or the team parent can help organize the team schedule for games and a snack schedule.

05U / 06U/

Each week, your son or daughter will report with their team at the field location along with the other team that is scheduled to play. There may be multiple field locations.

05U Coaches Meeting

Coaches in the 05U Division are suggested to take the U06 Coach Course.

At the start of the session, all 05U coaches will meet up the Session Leader who will provide a quick overview of the day's session with a training plan. Each coach at the field will become an activity leader. There are 2 or 3 activities per training plan. See example training session. The training session will include a warm up, along with 2 training activities and games.

At each field location, all 05U coaches at the field are to work together and follow the training plan together as a group. This will allow for all players, coaches and team parents to familiarize with each other during the season.

06U Coaches Meeting

Coaches in the U06 Division are certified and trained.

At the start of the session, the coaches will work together on the training activities before the actual game. The format of the 06U Session follows the 05U Session.

08U Coaches

Coaches in the 08U Division are certified and trained.

At least once a week practice. Twice a week is fine.
Practices follow the U06 Practice Session Format (Saturdays).

Games are on Saturdays (60 minutes)

Training Session Activities

Players will then attempt the activity while the coaches providing specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the coaches will bring the players and parents back together as a group and recap what they have done, introducing the next game/activity.

Each week before the game portion of the day begins, players will be divided into groups (3 on the field with substitutes/reserves). Based on how many players arrive, pinnies (different colored "vests") to differentiate the "teams" for games for a particular weekend will be used.

Each session will end with a 20-minute short-sided game (3 v 3). Most importantly allow the players to play without coaching or teaching them 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.

Session Leader

The Session Leader is a Master Coach who is certified as an AYSO Advanced Coach / Advanced Coach Instructor / or Coach Instructor. The Regional Coach Administrator shall work with the Regional Commissioner to determine the most qualified instructor.

Training Session Timeline

5 minutes - Group Warm-Up and FMS Activities

5 minutes - Water Break

20 minutes - Training Activities and Game

5 minutes - Water break and team organization (player assignment, field location assignments)

25 minutes - 3 vs. 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)

During the game, a coach from each team should be selected to act as the game supervisors for the week. These coaches should only be required to keep the game going. All 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!

FMS Activities

Fundamental Motor Skills are to be stressed with various types of activities that are both soccer and non-soccer related. FMS Activities should include running, skipping, jumping, throwing, balancing, or twisting. These types of activities encourage players to learn new skills and provide a solid foundation for future movement activities and sports.

05U / 06U Game Play

The following guidelines include the only elements of the Laws of the Game that apply to the AYSO Short Sided Game Program 05U / 06U:

The Field (already set up):

U05 / U06 games is 30 x 15 yards marked with lines or cones and goals.

The Teams:

Each team should have a maximum of 5 on the roster. Games are played with 3 players per team on the field (3v3) or (4v4) and no goalkeepers. Substitutions are made at quarters, halftime and for injuries. A minimum of 2 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.

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 touchline (side line) or goal line (end line) either on the ground or in the air. In these 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 a 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 games, goals are not recorded to determine who wins as everyone wins!

Fouls and Other Stoppages:

Deliberate fouling should be rare in U05 / U06 games. Kicking, tripping, handling the ball and dangerous play may occur. There should be few, if any additional reasons to stop play in 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.

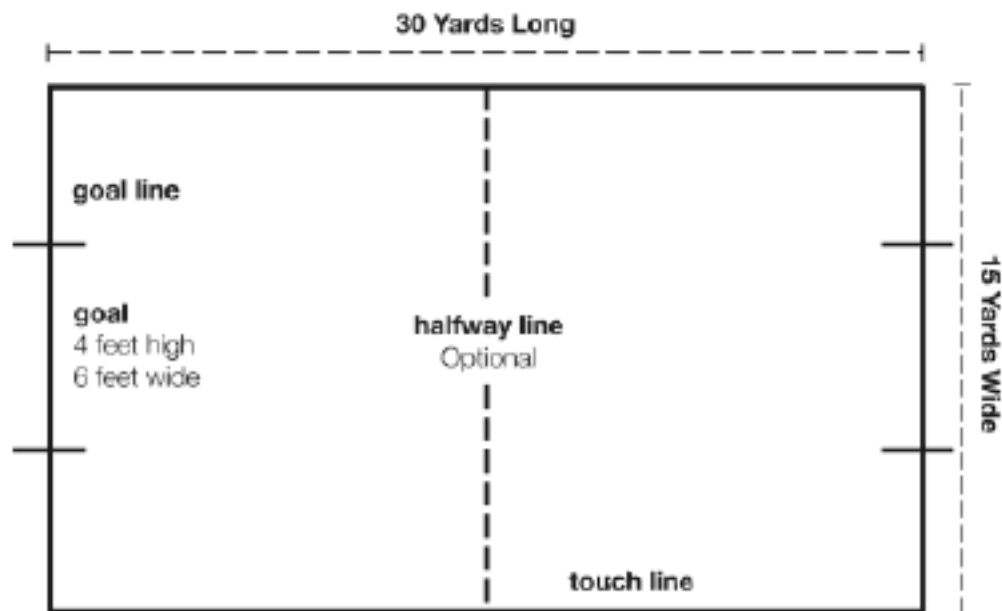
Free Kick:

Play may have to be stopped occasionally to "sort things out" in 05U / 06U 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 U05 games. All free kicks in these 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:

When the ball goes out of play 05U / 06U games across the touchline (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 these 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.

Diagram of Field



8U Game Play

The following guidelines include the only elements of the Laws of the Game that apply to the AYSO Short Sided Game Program for 8U :

The Field:

The field size for 08U games is 50 yards long, 25 yards wide (max).

The Markings:

Halfway line the width of the field, marked equidistant between the goal lines. Center circle with an six-yard radius in the center of the field. Corner arcs with a one-yard radius at each corner of the field. Goal area in front of each goal measuring 6 x 12 yards.

The Goals: Maximum six feet high and six yards wide.

The Ball: A size 3 ball is used for 08U games.

The Players: There will be four per team on field (4v4); no goalkeepers. Seven maximum on roster.

Substitutions are between periods, at halftime and for injuries. The players will be separated by girls and boys teams at all levels of play. Playing time is a minimum of two periods per game and no player should 4 periods until everyone has played 3. Separate girls and boys teams should be promoted at all levels of play.

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.

Duration of Game: Four 10-minute periods. Halftime break of 5-10 minutes.

The Start of Play: The game should be started with a kick-off in the middle of the field.

The Kick-off:

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. Opponents must be six yards from the center mark while kick-off is in progress.

Method of Scoring: See 08U Coaching Manual.

Fouls & Misconduct

The coaches will assess direct free kicks for all fouls, with the opponents six yards away from the ball.

Direct free kicks for all fouls, with the opponents six yards away from the ball. Free kicks are awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal. There are no penalty kicks. Referees will work cooperatively with the coaches and eliminate the need for cautions and send-offs. Do not show yellow or red cards

08U Officials:

AYSO certified 08U Officials or higher are required for 08U games. The 08U Official should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

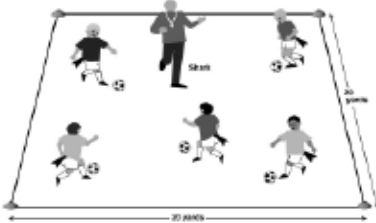
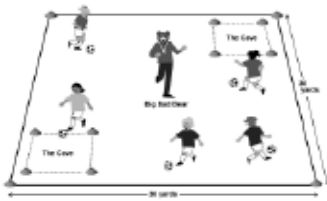
Assistant Referees/Club Linesmen:

If available, qualified assistant referees who have completed Assistant Referee Certification may be used to assist the referee. This is an opportunity for new assistant referees to begin getting experience. If qualified assistant referees are not available, Club Linesmen (untrained volunteers who may be affiliated with one of the teams/clubs) may be recruited from the spectators to assist the referee with calling the ball in and out of play only. This is an opportunity for parents to get involved.

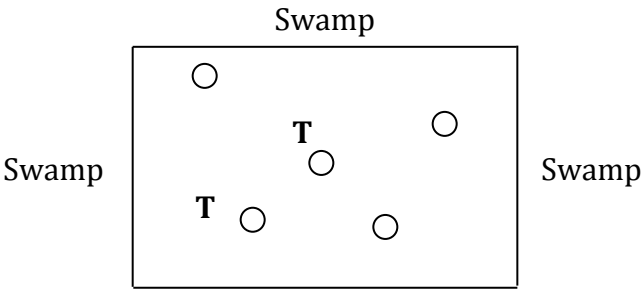
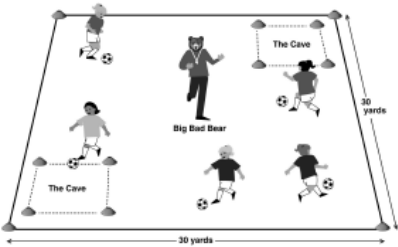
Sample Training Plans and Activities

Training Plans can be found at the www.ayso183.org web site under Coaches.

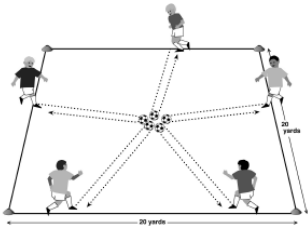
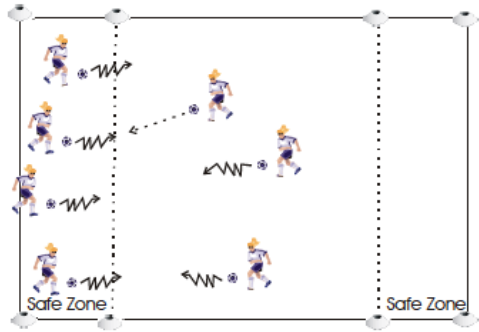
AYSO Region 183 – Sharks and Bears

Time	Activity	Description
0 min	Master Coach Review with Team Parents	Theme is Dribbling and Foot-skills; Working with the ball; All about Fun with Cool Games! Take a Water Break every 5-10 minutes.
0 to 5 min	Ice-Breakers	Ice Breaker Throw Ball; Send 2-3 players to bring back. Call by name.
0 to 5 min	Warm up Activity	Each player dribbles ball in a grid. Each player is welcome to dribble around in any direction of the grid.
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #1	<p>Sharks and Minnows Each player with the ball, coach is the Shark; players are the Minnows; coach guides players around as Shark; coach just gently taps ball away. Minnows keep possession. Next; remove 2 balls; have players share the ball with passing.</p> 
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #2	<p>The Big Bad Bear Game (Cones are Caves) Players are Foxes, Rabbits, Squirrels, Raccoons.</p> 
25 min – 50 min	<p>3 v 3 Game</p> <p>3 players per side</p> <p>5 Min Quarters</p> <p>4 Quarters</p>	<p>Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee</p> <p>Observe: Players from Station Activity Games will behave with dribbling, some foot-skills and start to develop penetration into the attacking half of the field.</p>

AYSO Region 183 – Lions and Tigers

Time	Activity	Description
0 min	Master Coach Review with Team Parents	Theme is Dribbling and Foot-skills; Working with the ball; All about Fun with Cool Games! Take a Water Break every 5-10 minutes.
0 to 5 min	Ice-Breakers	Ice Breaker Throw Ball; Send 2-3 players to bring back. Call by name. Do this a couple of times
0 to 5 min	Warm up Activity	Each player dribbles ball in a grid. Each player is welcome to dribble around in any direction of the grid.
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #1	Tigers Players (o) are the animals protecting the ball. Tigers kick the ball out to the swamp. Players will have to quickly get the ball before Alligators get to the ball. Alligators are parents outside grid in the swamp. <div style="text-align: center;">  </div>
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #2	Lions The Lion (Coach) is helping her “little lions” (players) learn to play soccer and are hunting for soccer balls. The “little lions” need to steal balls from one box to another box as “food”! <div style="text-align: center;">  </div>
25 min – 50 min	3 v 3 Game 3 players per side 5 Min Quarters 4 Quarters	Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee Observe: Players from Station Activity Games will behave with dribbling, some foot-skills and start to develop penetration into the attacking half of the field.

AYSO Region 183 – U05C Activity Plan – Pirates

Time	Activity	Description
0 min	Master Coach Review with Team Parents	Theme is Dribbling and Shooting; Working with the ball; All about Fun with Cool Games! Take a Water Break every 5-10 minutes.
0 to 5 min	Ice-Breakers	Ice Breaker Throw Ball; Send 2-3 players to bring back. Call by name. Do this a couple of times
0 to 5 min	Warm up Activity	Dribbling Drills and Basic Shooting on Goal Drills
05 min – 15 min Part 1 15 min – 25 min Part 2	Treasure Hunt Players to start on Pirate Ship; and find treasure on islands. Use an imaginary treasure map.	Treasure Hunt Drill 1) – Place balls in center; Tell players to get treasure Drill 2) – Place cones or pinnies in a corner. Tell player to pick a treasure cone or pinnie to pickup treasure and return to ship.  Game changes: 1) Add flat cones as obstacles to treasure. 2) Player to weave around the cones 3) Pretend cones are swamps; rocks, on treasure map.
05 min – 15 min Part 1 15 min – 25 min Part 2	Pirate Run	Pirates in the middle try to steal ball when players going from left to right. 
25 min – 50 min	3 v 3 Game 3 players per side 5 Min Quarters 4 Quarters	Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee Observe: Players from Station Activity Games will behave with dribbling, some foot-skills and start to develop penetration into the attacking half of the field.



AYSO — A Kids Zone

In recent months, the national media has focused on the negative, even violent, behavior of players, coaches and parents involved in youth sports. In a proactive effort to counteract this trend of violence, AYSO has initiated a program called Kids Zone.

As part of AYSO's education agenda, Kids Zone is a dynamic program targeted to eliminate negative sideline behavior. It is aimed toward producing a thoroughly positive impact on everyone involved in youth soccer. To execute this program, three basic elements are involved:

1. **The Button.** This is a pin-on button bearing the program's logo. This will be worn by program supporters at games, and will serve as a reminder of the importance of *positive* sideline behavior.
2. **The Sign.** A large sign, which lists positive behavior standards, will be posted at the entrance of participating fields. Parents and spectators who will abide by these standards are welcome — all others are not.
3. **The Pledge.** We request AYSO parents to sign a pledge that holds them to the Kids Zone standards.



Kids Zone Parent Pledge

Please read, initial each item, sign at the end, and return to the coach or the appropriate AYSO volunteer.

1. I pledge to be on time or early when bringing my child to his/her practices and games. I understand that it may be uncomfortable for my child to be late to a game or practice and that he/she is subject to physical risk if not provided with adequate time to warm up. I understand that I am encouraged to stay during practices and games, but if I do not, I will be there when he/she is finished. Being punctual shows respect for the coach, who has other time commitments, and it tells my child that he/she is my top priority. _____
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____
3. I will redefine what it is to be a "Winner" in my conversations with my child. Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self. _____
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship for my child. I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her. _____
5. I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game, I will make only sportsmanlike comments that encourage my child and other players on both teams. _____
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. I agree to act in a sportsmanlike manner and make every effort to foster a friendly and non-violent atmosphere. _____

I agree to honor the AYSO Parent Pledge in my words and actions.

Parent Signature

Print Child's Name

Tools for Parents

The following ideas may be helpful for being a supportive AYSO parent.

Conversations before the games

Tell your child you love him/her regardless of the outcome.

Tell him or her “Go for it, give it your best shot and have fun!”

During the game

Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.

Cheer and acknowledge good plays by *both* teams.

After the game

Thank the officials for doing a difficult job.

Thank the coaches for their efforts. After a difficult loss, recognize that it is not a good time to question a coach.

Thank your opponents for a good game.

Congratulate your child and his or her teammates for their efforts.

Compliment individual players on good plays they made in the game.

During the car ride home

Point out a good play your child made during the game.

Avoid criticizing or correcting mistakes.

Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:

- ✓ Did you have fun?
- ✓ Did you give it your best effort?
- ✓ What did you learn from the game?
- ✓ What was the best play you made and how did it feel?
- ✓ Did you bounce back from your mistakes?

AYSO recognizes the efforts and advancements made by the Positive Coaching Alliance in Honor of the Game. The Kids Zone Parent Pledge is adapted from Positive Coaching Alliance's Parent Pledge (www.positivecoach.org)