



Region 13 U-5 Division

- The U-5 division is separate from U-6 as there are significant social, emotional and physiological differences between U-5 and U-6 players.
- AYSO's membership year begins on August 1 each year and extends to the following July 31. A player's age and eligibility for the various AYSO age divisions is determined by his/her age as of July 31st immediately prior to the start of the membership year.
- Region 13's U5 Program uses the "Jamboree One with One" format (described below).
- The "Season" starts on the 3rd Sunday in September (**Sept. 18th in 2011**) and continues for an additional 6-7 weeks thereafter.

Schedule & Location

- The U-5 program meets once per week on Sunday afternoon for approximately one hour and fifteen minutes. The "season" lasts for 7-8 weeks.
- The location for the Program is Muir North (see the "Maps" portion of the R13website).
- There are separate divisions for boys and girls
 - **For 2011, the meeting times will be:**
 - Boys meet from 1:00 p.m. to 2:15 p.m.
 - Girls meet from 2:30 p.m. to 3:45 p.m..

Equipment

Each U-5 player receives a uniform (jersey, shorts & socks), since it is part of the fun to get dressed up for "the big game". The uniforms are identical for all players. Each player should have their own ball (size 3), shin guards and water. Shin guards are mandatory. Soccer cleats are recommended but not required. All players will receive a trophy at the end of the season.

Jamboree One with One

Jamboree One with One is the combination of two different formats which, when combined, will provide the best possible introduction to soccer for our youngest players. "Jamboree" means that the activity is carried out on a group basis rather than with preset teams. "One with One" means that each player should have a parent (or other adult) working with them on the field.

A "Master Coach" will lead each session. The "master coach" will introduce a game/activity that will focus on a certain skill or part of the game using explanation and demonstration. Each player/parent pair will then engage in the activity while the master coach and assistants circulate between pairs providing specific help or suggestions. Once the activity is completed, the "master coach" will bring the players/parents back together as a group, recap what they have done and introduce the next game/activity.

Each Jamboree One with One session will end with a short-sided game (3 v 3), without specific coaching or instruction. This experience is designed to expose them to the game of soccer in a non-competitive environment and allow them to develop instinctively. The two goals of the program are to allow the players to enjoy the activities and to let the game be the teacher.

The focus is always on FUN.