

U5 JAMBOREE PROGRAM



U5 JAMBOREE SEASON PROGRAM PALMDALE REGION 393



Everyone Plays * Balanced Teams * Open Registration * Positive Coaching * Good Sportsmanship * Player Development



These pages are intended to provide information to
AYSO Coaches to improve their ability to deliver
quality training sessions and practices

All materials are maintained in pdf format.

The Training Games Have Been Categorized into Age Specific Groupings

10 WEEKS-U5 TRAINING

TEN WEEK JAMBOREE TRAINING PROGRAM

INTRODUCTION:

The objective of the U5 program is to provide young players and their parents with a “pressure free” introduction to the 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.

The AYSO National Coaching Commission supports this program predicated on the basis that the U5 guidelines are followed and that all decisions regarding the program are made in the best interest of the players.

Jamboree One with One is the combination of two different formats that 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.

One with one refers to the concept that each player will have a parent (or other adult) working with them on the field.

GAME DAY - WEEK 1 - 10

SATURDAY PRACTICE – Each Saturday prior to GAME PLAY, A “**Master Coach**” will lead each session. The “master coach” will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each pair (player/parent) will then attempt the activity while the master coach circulates between pairs providing specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the “master coach” will bring the players and parents back together as a group and recap what they have done, introducing the next game/activity.

GAME PLAY- Each Jamboree One with One session will end with a 20 minute short-sided game (3 v 3). Details regarding the game are explained at the Parent Meeting on August 25th. 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.

From what we experienced in the recent past by allowing teams to form in this age group, the level of teaching was far beyond the players capacity to retain and the spectators were beginning to react the same way as the U10 and above games, competitive and some interaction not as kid friendly and supportive as AYSO expects.

It is our goal to make this a fun and learning experience that these players will remember and will want to come back to year after year.

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U-5 Training Games		
WEEK	Technique	Practice Theme/Key Words
1	Warm ups	Stretch and movement
1	Throw-in	Comfort ability with the ball
1	Stopping the Ball	Comfort ability with the ball
1	Dribbling	Change direction/movement
1	Passing & Shooting	Pure mechanics/static/moving
1	How to Start & Play Game Overview	Basics understanding of the U5 3v3 game
1	GAME PLAY	3v3 game play
2	Warm ups	Stretch and movement
2	Throw-in	Comfort ability with the ball
2	Stopping the Ball	Comfort ability with the ball
2	Dribbling	Change of direction and speed
2	Passing & Shooting	Pure mechanics/static/walking
2	Team Organization	Team selections
2	GAME PLAY	3v3 game play
3	Warm ups	Stretch and movement
3	Passing	Pace/accuracy/targets
3	Ball Control	Pure mechanics/walk/run
3	Dribbling	Change of direction and speed
3	Passing & Shooting	Pace/accuracy/targets
3	Team Organization	Team selections
3	GAME PLAY	3v3 game play
4	Warm ups	Stretch and movement
4	Passing	Pace/accuracy/targets
4	Ball Control	Pure mechanics/walk/run
4	Dribbling	Direction and speed/basic moves
4	Passing & Shooting	Pure mechanics/static/walk/run
4	Team Organization	Team selections
4	GAME PLAY	3v3 game play
5	Warm ups	Stretch and movement
5	Passing	Pace/accuracy/jog/run/targets
5	Ball Control	Pure mechanics/run
5	Dribbling	Direction and speed/basic moves
5	Passing & Shooting	Pace/accuracy/static/run/movement

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5	Team Organization	Team selections
5	GAME PLAY	3v3 game play
6	Warm ups	Stretch and movement
6	Passing	Pace/accuracy/jog/run/targets
6	Ball Control	Pure mechanics/walk/run
6	Dribbling	Direction and speed/basic moves
6	Passing & Shooting	Pure mechanics/static/walk/run
6	Team Organization	Team selections
6	GAME PLAY	3v3 game play
7	Warm ups	Stretch and movement
7	Passing	Pace/accuracy/jog/run/targets
7	Ball Control	Pure mechanics/walk/run
7	Dribbling	Direction and speed/basic moves
7	Passing & Shooting	Pace/accuracy/targets
7	Team Organization	Team selections
7	GAME PLAY	3v3 game play
8	Warm ups	Stretch and movement
8	Passing	Pace/accuracy/targets
8	Ball Control	Pure mechanics/walk/run
8	Dribbling	Change of direction and speed
8	Passing & Shooting	Pace/accuracy/targets
8	Team Organization	Team selections
8	GAME PLAY	3v3 game play
9	Warm ups	Stretch and movement
9	Passing	Pace/accuracy/static/run/movement
9	Ball Control	Pure mechanics/run
9	Dribbling	Direction and speed/basic moves
9	Passing & Shooting	Pure mechanics/static/walk/run
9	Team Organization	Team selections
9	GAME PLAY	3v3 game play
10	Warm ups	Stretch and movement
10	Passing	Pace/accuracy/jog/run/targets
10	Ball Control	Pure mechanics/run
10	Dribbling	Direction and speed/basic moves
10	Passing & Shooting	Pure mechanics/static/walk/run
10	Team Organization	Team selections
10	GAME PLAY	3v3 game play

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