

General

The effective date of age determination shall be the player's age as of July 31st of the year that the season commences (07/31/2011). Players who have reached the age of four as of this date are eligible to participate—**NO EXCEPTIONS**.

The U-5 program consists of one *day per week* (Saturday) of the Jamboree One with One program for the current (Fall) season.

Jamboree means that teams are formed on a weekly basis. Each week, teams with a maximum of five players will be formed from the players attending the session.

One with One refers to the concept of each player having a parent (or other adult) working with them on the field during the session. Each parent—player pairing will be doing the same exercise at the same time.

Session Schedule

During the 3 v 3 game, one parent from each team will volunteer to act as the game supervisor for one of the quarters of the game. All other parents (adults) will stand on the touch and end lines to assist in keeping the ball in play. The goal is to keep the game going.

Parents are encouraged to CHEER positively and refrain from COACHING. Give encouragement not instructions. This is the time for the kids to play.

LET THEM PLAY.

Each Saturday sessions will last *one hour and fifteen minutes* including organizing time and breaks—**NO MORE**.

15 minutes—Days activities explanation by the Master Coach for all parents / adults. (Free Play for Players)

10 minutes—Training Group formation, assigning players to groups (Master Coach and Assistant Coaches).

20 minutes—Training Activities (no more than two per session)

10 minutes— 3 v 3 Game Organizing and Water Break

20 minutes—3 v 3 Game played in two halves of 10 minutes each with a short break at the quarters to make substitutions and get a quick drink.

Please, be on time as the program will start on time and end on time. **Late arrivals cannot be guaranteed playing time due to time and space considerations.**

Player Equipment

Shoes and shinguards ***covered by socks*** are mandatory. Tennis shoes may be worn.

The Start of Play

The kick-off is taken from the center circle. A coin toss determines possession. The winner of the coin toss selects which goal to defend and the other team has possession at the kick-off.