



# COACHING 5U



OUR 5U (“UNDER 5”) DIVISION IS FOR CHILDREN BORN IN 2020. MOST PLAYERS WILL BE OLDER 3 YEAR OLDS OR YOUNGER 4 YEAR OLDS DURING THE FALL SEASON, USUALLY IN PRE-SCHOOL OR PRE-K. THERE ARE SEPARATE BOYS AND GIRLS 5U DIVISIONS. THIS IS MOST PLAYERS’ FIRST EXPERIENCE PLAYING ORGANIZED SPORTS.

## KIDS THIS AGE:

- ⚽ Are learning to develop relationships with others (i.e. team is a new concept)
- ⚽ May not like to share
- ⚽ Love questions and need lots of attention
- ⚽ Have **lots of energy!** Will struggle to sit still
- ⚽ Fundamental motor skills are still developing
- ⚽ May be very shy and will probably cry at some point 😊

## MANAGING A PRACTICE:

- ⚽ All activities are on Saturday mornings
- ⚽ Practice is the **first 30 mins**
- ⚽ Share the field with the opposing team
- ⚽ Parents are to ensure their child has their own size 3 ball, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- ⚽ **Make a plan** – prepare 3+ different activities
- ⚽ Use cones as obstacles or targets
- ⚽ Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- ⚽ Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- ⚽ **Development points:** kicking the ball and **dribbling**, shots on goal, pressure on defense
- ⚽ Be animated, be a goofball – the kids will love it!
- ⚽ Take frequent water breaks (opportunities to check in with parents)
- ⚽ Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- ⚽ Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- ⚽ Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap

## YOUR REQUIRED TRAINING:

- ⚽ No soccer experience necessary
- ⚽ Can be done **online** from the comfort of your couch 😊
- ⚽ Must complete: **6U** coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘**AYSO**’
- ⚽ Safesport requires a separate login
- ⚽ Background check and training paid for by AYSO
- ⚽ Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- ⚽ Games are the second 30 mins each Sat morning
- ⚽ We play **4v4 with no goalies**
- ⚽ **4 quarters, 5 mins each** + 2 min breaks
- ⚽ Make a **lineup** before the game – who plays in each quarter
- ⚽ **Everyone Plays** at least two quarters
- ⚽ Connect with the opposing coaches before the start of the game
- ⚽ Only one coach from each team on the field at the same time – work together to **referee**
- ⚽ **Let them play!** (As little interference as possible)
- ⚽ When the ball goes out of bounds on the endline or sideline, use **kick-ins instead of throw-ins**
- ⚽ If the score gets lopsided quickly, turn focus to passing, but most of all, **keep things positive!**
- ⚽ Coaches coach, Parents cheer! (See [Parent Pledge](#))
- ⚽ Coach is the last one to leave the field