

## AYSO REGION 249 5U/Schoolyard Soccer Program

Parents,

To ensure that your **2023 5U/Schoolyard "One with One"** soccer experience is a success for your child, Monday August 7, 2023, is your first opportunity to take the Basic Parents AYSO Orientation. It lasts approximately 30 minutes and will be given at Crestmoor Field, located at 271 Courtland Drive in San Bruno, starting promptly at 6pm. This course is mandatory for the parent that will be participating on the field during our eight-week soccer training sessions. Parents must attend a Basic Parents 5U informational course before the child may participate. Uniforms and a soccer ball will be distributed after the training.

The "**One with One**" soccer experience sessions start the following Monday, August 14th from **6:00 pm to 7:15 pm** and continue through October 4th on Monday nights. August 14th is also the 2nd opportunity for parents to attend a Basic Parents Orientation course that will be offered from 5:30 pm to 6:00 pm. Additionally, August 14<sup>th</sup> will also be picture day for our 5U players. (If your child will be unable to attend on this date, we will have two additional picture dates in September- dates to be determined.)

Then the fun really begins. Parents should wear comfortable clothes as you will be playing soccer with your child – "One with One." You will be leading them through warm ups, stretching and each evening 5U/Schoolyard "One with One"- designed soccer drills. The sessions will end with the players in a short sided organized game while parents help coach, referee and provide positive support and encouragement.

### AYSO Schoolyard Soccer for Kids & Parents

**An innovative 8- week AYSO Soccer Learning Experience for parents  
and their players born in 2019**

**August 7, 2023 through October 2, 2023**

<b>Monday</b>	<b>Time</b>	<b>Event</b>
8/07	6:00 - 6:30	Basic Informational Course for parents
8/14	5:15 - 5:45 6:00 - 7:15	Basic Informational Course for parents <b>Soccer Time – Session 1 (Picture Day)</b>
8/21	6:00 - 7:15	Soccer Time – Session 2
8/28	6:00 - 7:15	Soccer Time – Session 3
9/04	6:00 – 7:15	Soccer Time – Session 4 (this is Labor Day)

9/11	6:00 - 7:15	Soccer Time – Session 5
9/18	5:30 - 6:45	Soccer Time – Session 6
9/25	5:30 - 6:45	Soccer Time – Session 7
10/02	5:30 - 6:45	Soccer Time – Session 8

- Players and parents are paired up for a 50-minute session of skills, drills and thrills
- Dress comfortably and be prepared to learn.
- The kids will then play a 20-minute short- sided game.
- Parents & players will love this "one with one" weekly soccer experience which is the best introduction to soccer for our youngest players and their parents!

**\*PARENTS MUST ATTEND**  
**A FREE ½ HOUR BASIC PARENTS COURSE**  
Your child's safety is our highest priority



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