



Ready! Set!

PLAYSOCCER®

GUIDE TO AYSO QUICKSTART SOCCER FOR 2020

Let's face it, most of us are not going to have all the information we need to start up our seasons in the way we have in the past. It's already July, and you're way behind where you'd normally be in planning, through no fault of your own! Don't worry, we're here to help!

Here's a plan many Regions are implementing in various forms that allows you to provide quality soccer, even though you're facing key unknowns such as field space, number of players, available volunteers, etc. This will still get you back on the field!

YOU CAN BE UP AND RUNNING WITH ONLY A FEW WEEKS OF PLANNING!

QUICK START SOCCER BASICS:

- 1. DELAY TEAM FORMATION** and related activities (*volunteer alignment, ordering uniforms*) that require longer lead times and accurate player counts.
- 2. PLAN FOR AGILE ACTIVITIES FOR THE FIRST FEW WEEKS OF PLAY** (*see page 2*).
- 3. KEEP REGISTRATION OPEN AT LEAST THROUGH THE FIRST MONTH OF YOUR SCHEDULE.** This will allow parents who are taking a "wait and see" approach to see that soccer is back and adapted to suit the current environment.
- 4. FOCUS ON LETTING THE KIDS GET OUT AND PLAY!** They'll care less about teams and uniforms and game schedules...they just want to play!



AYSO QUICK START BENEFITS: TO YOU AND YOUR BOARD

- Kids get back on the field and kick a ball around!
- Buy yourselves time to organize as your community becomes comfortable with soccer getting started again. Less pressure to set teams and "the schedule" amidst many unknowns.
- Find out in real time how you can adapt to changes in your circumstances (fields, volunteers, promotion and recruitment needs, etc.)
- Allow for word of mouth to take hold and for parent "fence sitters" to check your program out.
- Delay your uniform and big-ticket gear ordering until you have a good handle on what you'll really need.
- Many regions are providing each player with a training bib or pinnie in lieu of a jersey, which will work just fine in the interim.



TO YOUR COMMUNITY

- Starting with a few weeks of less structured play allows everyone to get accustomed to new routines and safety protocols as well as get them back into playing shape after months off the pitch.
- Kids get back on the field and kick a ball around!



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OTHER IDEAS FOR QUICK START ACTIVITIES:

Download the [Alternative Play Models handbook](#), which provides organization, structure and how-to tips.

AYSO QUICK START SAMPLE SCHEDULE:

Week 1: AYSO READY! SET! PLAY! SKILLS CHALLENGE *

- The [AYSO READY! SET! PLAY! SKILLS CHALLENGE](#) is an exciting new program that will appeal to players of all ages and skill sets. These exercises will measure a player's physical and technical ability to perform game-like movements in a controlled setting. We will be evaluating speed (both on and off the ball), agility, endurance, footwork and passing accuracy. [Our easy to follow set up guide](#) will help Regions to recreate these activities for groups of any size and have their players test themselves under the guidance of local volunteer support. Keep scores and encourage at-home practice!
- Be prepared for walk-ups – parents who hear about it a few days before and now want to sign-up & play!

Week 2: AGE GROUP JAMBOREE-STYLE PLAY

- Assign 60-90 minute blocks for choose-em/pickup soccer based on the numbers that turn out, by age group.
- Choose or assign players to teams for the day and play short-sided games. Use pop-up goals, and cones to "line" fields (no field striping required). Coaches or Referee volunteers can loosely manage the games.
- Be prepared for walk-ups – parents who hear about it after week 1 and now want to sign up & play! Youth soccer has been crying out for a less formal and organic format.

Week 3: AGE GROUP JAMBOREE STYLE PLAY

- Same as week 2, but now you'll have a better idea of player numbers and can set up fields and volunteer allocations accordingly.
- After this week you'll be in a position to think about team formations to begin "regular play" in two weeks, firm up your parent volunteers, and consider uniform ordering.

Week 4: SKILLS CHALLENGE 2

- After a few weeks of pick-up style play, cap off the "Quick Start" series with another round of the skills challenge activities and let the players show off their development.

WEEKS 5-8/10: MINI SEASON!

- A 4-6 week schedule of games with traditional teams and fields setups.
- If this still isn't feasible for you, make your mini-season an extension of the jamboree concept.

NOTE: The use of this schedule is subject to whether operating such a program would be allowed in a particular state/county/city. For example, many of these guidelines suggest incorporating the use of a Jamboree-style program. However, in jurisdictions where games/scrimmages are not allowed, which currently includes California, that portion of a Jamboree program cannot be implemented. Similarly, in those jurisdictions in which players cannot be intermingled among different teams during different weeks, selecting different players for different Jamboree pick-up teams during different weeks is not allowed. However, in jurisdictions with such restrictions, forming a team (a "stable cohort") to participate in the Return-to-Play Skills challenge for an entire season would be allowed.