ALTERNATIVE PLAY MODELS
Introduction

As we eventually get back on the field, the new reality may well be that a 10-week regular season initially isn’t possible. Therefore, we have outlined some suggestions to provide a quality AYSO experience to fit the needs of your environment, comply with local state and public health guidelines and restrictions and, best of all, keep your players kicking!

Many of the ideas offered may be easier to organize, and take less volunteer-power, due to a more organic format. Beyond the programming benefits, there also can be educational and experiential benefits for the players, including:

- Less structure, more freedom
- More opportunity to be creative
- Players take responsibility and ownership
- Less controlled and directed coaching
- Less pressure, more FUN!
- Development catches up to winning
- Appreciation of the game

NOTE: The use of these guidelines 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.

Of course, other designs might well be the answer for your specific program and, if you need support, please don’t hesitate to get in touch with programs@ayso.org.

Please note: This information does not constitute permission to return-to-play, therefore, please consult your local state and public health guidelines and restrictions.

Have fun with this and thanks for being there!
IDEAS AND OPTIONS FOR SHORTENED PLAY SUMMARY

ITEMS TO CONSIDER
- Shortened Season vs Regular Season
- Smaller teams, More games!
- Weather Restrictions - Potential indoor play - Lower player numbers??
- AYSO Marketing support needed
- Ability to modify and adapt as needed
- Add weeknight games/replace training for games

AYSO –’PICK UP’ SOCCER DAY – KICK OFF THE SEASON
- Sign up on the day!
- Make the day into a player based Regional Registration Event
- Players divided by age groups
- Warm up, divide teams, play short sided games and rotate teams often
- Focus on playing time and playing with new team mates each week
- Keep it simple! Blue vs Red (or similar) across all age groups
- No score kept
- Play as many games as possible
- Create a Family Fun Zone. Activities for non-playing children, or create a drop in Playground Soccer program that families can try out with their little ones
- Weekly program to create interest and excitement in your community
- Incorporate local businesses to help support this within the local community

AYSO REGION CUP
- 4 Week program, games only
- Small sided games, Small fields, Small goals
- Region creates bracket, dependent on # of teams
- Each team has a route to play out the full season (play full amount of games)
- Ability to rebalance brackets after each week of gameplay

SKILL DEVELOPMENT PROGRAM – AYSO STARS
- Skill based, technical training to supplement weekend gameplay
- Players rotate though various skills stations each session
- The ability to vary weekly skills based on key elements of soccer; passing, shooting, dribbling, control and turning
- # of players per group can be altered to adhere to any restrictions that may be in place locally
- 4 - 10 Week program
- Weeknight program
- Break off into small sided games at the end of each session (15 - 20 mins)
- Can be used in conjunction with the AYSO Region Jamboree Program
REGION JAMBOREE – PLAY SOCCER
- Small sided teams picked each week (3v3 – 5v5 – 7v7)
- Players divided by age division and new teams created each week
- Shorter games – 2 Games per week
- Group Warm Up Practice/Two 20-minute games
- Easily Managed

FUTSAL FOR ALL
- Indoor or small sided outdoor play
- Futsal rules
- One practice per week / One game
- Regions can partner to make use of available indoor space (Basketball/Tennis courts, School gymnasiums)
- Introduction of ‘New’ game to the Region
AYSO Youth Soccer Pick-Up Game Day
How to Welcome Back Players & Parents

1. **One day event;** or multiple dates if you have flexibility
2. **Minimum administrative oversight;** 3-5 organizers, plus volunteers for younger kids 3v3 & 5v5 groups
3. **Minimal equipment;** cones, pinnies/bibs, balls

**Concept**

- **Welcome your players & parents back** with a simple special event or series of events. Reach out to all soccer players and parents in your neighborhood. Set a place and time, bring cones, balls, bibs, and then leave them alone for 60-90 minutes! Older kids can break up into teams themselves, and just play. 7v7 short sided teams. No parents or coaches providing any type of advice or thoughts. They can ref themselves, keep score and keep time limits on their games. Younger players should be guided by activity leaders (volunteers!) and sorted by size & age similar to a Soccerfest. 3v3 or 5v5 short sided teams. Start with age appropriate skill sessions, followed by 10 minute fun time game segments.

- In parallel hold a same day player & volunteer registration using the local school computer library or other such game day location.

**Think simple, feel free to start small (one division) building on your success. The event is made up of multiple youth soccer pick-up games. One event, one location, lots of kids. Just throw a ball out on the field, and let the kids figure it out. Like we did when we were kids! If you must, here’s some organizational help:**

**The Steps**

- Using marketing support tools to communicate ‘AYSO Youth Pick-Up Soccer Day’ to all your local players & parents. Set up info on your local website; what, who, date(s), time(s), how to register, when, and where.
- Gather equipment; order balls, cones, pinnies/bibs, pop up goals, porta potties, etc. Secure field permits.
- Prepare for standard on-sight player & volunteer registration; computers, printers, payment process, school permits, janitor, etc. Setup 60-90 minutes prior to event.
Players arrive 30 minutes prior to start of event and check in. Sample breakout is as follows:

- 3-5 year olds 9-11a (too young?) Maybe a drop in Playground program would be a better option?
- 6-9 year olds 12-2p
- 10-14 year olds 3-5p
- 15-19 year olds 6-8p

Times can vary depending on field availability and ages. You can do 3-9 year olds on Saturday, 10-19 year olds on Sunday. Lots of fields, do everyone on the same day and time!

- Pick-Up sessions often involve simultaneous games, it’s important to ‘join’ each event prior to starting some age group games. Welcome players & parents back. Thank them, and offer words of encouragement. Share your local AYSO planned vision. Offer age appropriate skills sessions in which players of all levels and ages are welcomed. Even offer beginner’s pickup training.
- Optional, use a Soccerfest guided team formation: Have all players in a designated age group (physical size & gender can also be used) move to a single location, line up, count number of total players, divide that number by the number of players on a single team for that age group (example 5v5, total of 51 players, equals 9 teams of 5 each, one team has 6)
- Let them play, have fun!
- Designated cleanup crew, for water bottles & garbage.
- Review, rinse, and repeat next week!
- See Appendix C for some general info.
AYSO REGION CUP

1. 4 or 6 Week program. Games only, no practices
2. Small sided games, Small fields, Small goals, Easy set up
3. Regions create their own brackets, depending on # of teams in each age group
4. All games to be played with the Region. No continuation of play to Area or Section
5. Each team has a route to play out the full season regardless of record. All teams will play the same number of games
6. Regions have the ability to rebalance brackets after each week of gameplay

Concept
- Create a National tournament to be played on a regional level
- Each Region will create/compete in own in-house competition
- All players will have option to participate in tournament style completion over 4 or 6 weeks

The Steps
- Using marketing support tools to communicate ‘AYSO Competition’ to all your local players & parents. Set up info on your local website; what, who, date(s), time(s), how to register, when, and where.
- Gather equipment; order balls, cones, pinnies/bibs, pop up goals, porta potties, etc.
- Secure field permits.
- Prepare for both online and standard on-site player & volunteer registration; computers, printers, payment process, school permits, janitor, etc. Setup 60-90 minutes prior to first event.
- Arrange bracket or round robin style tournament – create tournament style where all players get to play out the full amount of games. Round robin works best!
- Smaller sided teams should be created (3v3, 4v4, 5v5)
- Teams plan to play 2 x 40 min games each week (times can vary based on field availability, hours of daylight etc.)
- Games to be played by age division and within a 2-hour time slot each week;
  - Weekends:
    - e. 3-5 year olds 8am-10am
    - f. 6-9 year olds 10:30am-12:30pm
g. 10-14 year olds 1pm-3pm
h. 15-19 year olds 3:30pm-5:30pm

OR

Weekdays:
a. 3-5 year olds 5pm-7pm - Monday
b. 6-9 year olds 5pm-7pm - Tuesday
c. 10-14 year olds 5pm-7pm - Wednesday
d. 15-19 year olds 5pm-7pm - Thursday

*Times can vary depending on field availability and ages.

- Let them play, have fun!
- Review, rinse, and repeat next week!
SKILL DEVELOPMENT PROGRAM – AYSO STARS

1. Skill based, technical training to supplement Regional gameplay
2. Focus on developing key elements of soccer; passing, shooting, dribbling, control & turning
3. 4 - 10 Week program
4. Weeknight program
5. Small sided games will be played at the end of each skills session
6. Can be used to support a weekend Jamboree Soccer Program, or regular programming

Concept
- To Create both a technical training environment and active playing circuit for your Region. Players will plan on attending one skills based training session throughout the week play two games during the weekends.
- Host either a 4 or 10 week program dependent on field availability and support within your area, Introduce a new skill each week and give players and opportunity to play
- The focus is to build a players skill base and keep them actively playing each week

The Steps
- Using marketing support tools to communicate the ‘AYSO Skill Development Program’ to all your local players & parents. Set up info on your local website; what, who, date(s), time(s), how to register, when, and where.
- Gather equipment; order balls, cones, pinnies/bibs, pop up goals, etc. Secure field permits. Find coaches to help run each grid and organize gameplay.
- Prepare for both standard online and on-sight player & volunteer registration; computers, printers, payment process, school permits, janitor, etc.

- Players should plan to arrive 30 minutes prior to first skills development to check in and warm up with a coach
- The Skill Development Program is not a team based activity.
- Sample breakout is as follows:
SKILLS SESSIONS (75 mins):

   i.  4U, 5U, 6U Age Groups Tuesdays 5pm – 6:15pm
   j.   7U, 8U, 9U Age Groups Tuesdays 6:30pm – 7:45pm
   k.  10U, 11U, 12U Age Groups - Thursdays 5pm – 6:15pm
   l.  14U, 16U, 18U Age Groups - Thursdays 6:30pm – 7:45pm

   • Each player would rotate between pre-determined skills stations every 8-10 minutes (4-6 stations per session), with one key focus. A new skill would be introduced each week (see sample field layout in Appendix A)
   • Practices/Activities can be used straight from the age specific AYSO coaches curriculum, or can be designed by your local Region Coach Trainer or Coach Administrator
   • Sessions should be designed to allow all players time on the ball to develop their individual skill set.
   • Allow time for a short scrimmage at the end of each practice (15 -20 mins)
   • Detailed activities are in Appendix B.
Region Jamboree – Play Soccer

1. **Small sided** teams picked each week (3v3 – 5v5 – 7v7)
2. Players divided by age division and new teams created each week
3. **Shorter games** – 2 Games per week
4. Group Warm Up Practice
5. **Easily Managed**
6. Can be combined with the AYSO Skills Development Program to offer a midweek playing option

The objective of this program is to provide young players and their parents with a “pressure free” environment to enjoy soccer. Players should be exposed to soccer by playing simple, fun activities and games that require little to no practice, and a minimal time commitment.

**Concept**
- To Create an environment where players get to play
- Short sided fields with small sided teams
- Low time commitment for local volunteers

**The Steps**
- Using marketing support tools to communicate ‘AYSO Regional Jamboree’ to all your local players & parents. Set up info on your local website; what, who, date(s), time(s), how to register, when, and where.
- Gather equipment; order balls, cones, pinnies/bibs, pop up goals, porta potties, etc. Secure field permits.
- Prepare for standard on-sight player & volunteer registration; computers, printers, payment process, school permits, janitor, etc. Setup 60-90 minutes prior to event.
- Players arrive 30 minutes prior to start of event and check in. Sample breakout is as follows:

**JAMBOREE SCHEDULE:**

- **a.** 4U, 5U, 6U Age Groups 8am-9:30am
- **b.** 7U, 8U, 9U Age groups 10am-11.30pm
- **c.** 10U, 11U, 12U Age Groups 12pm-1.30pm
d. 14U, 16U, 18U Age Groups 2pm-4:00pm

*Times can vary depending on field availability and ages

- Once Players arrive and check in, have a coach set up and run an age appropriate group warm up to prepare players for matches
- Prior to (or during warm up) divide players using blue or red pinnies (colors optional)
- Evenly divide teams and have them proceed to designated field
- Teams will play one 20-30 min match (timing can be adjusted) and then move to an adjacent field to play their second game against a different team.
- For the younger ages, parents can assist with refereeing and moving teams, use coaches/referees where available for the older age groups.
- Jamboree’s often involve simultaneous games, it’s important to start and end games around the same time to allow for a good flow throughout the day.
- Let them play, have fun!
- Review, rinse, and repeat next week!
- See Appendix C for some applicable info.
Futsal For All

Welcome Back Players & Parents back with Futsal

1. **1-day event, or season long activity**; length of season in accordance to time available
2. **Administrative oversight**; 2-4 organizers, plus volunteer coaches/referees for each age group
3. **Minimal equipment**; cones, pinnies/bibs, balls (goals if available)

**Concept**

- *Create an alternative play option for your players* with a special Futsal kickoff event, (or a series of Futsal matches that could be played across a shortened season). For a kickoff event, reach out to all soccer players and parents in your neighborhood. Set a venue (a local indoor complex, school gymnasium, basketball court, tennis court etc.) and time, bring cones, portable goals, balls, bibs, and let them play! 5 v 5 games. No parents or coaches providing any type of advice of thoughts. They can ref themselves, keep score and keep time limits on their games.

- In parallel, hold a same day player & volunteer registration event at the same location.

*Think simple, feel free to start small (one division per age group) building on your success. The event is made up of multiple Futsal pick-up games. One event, one location, lots of kids. Just throw a ball there, and let the kids figure it out. Like we did when we were kids.*

**The Steps**

- Using marketing support tools to communicate ‘Futsal For All’ to all your local players & parents. Set up info on your local website; what, who, date(s), time(s), how to register, when, and where.

- Gather equipment; order futsal balls (or street soccer balls if playing on a hard, outdoor surface), cones, pinnies/bibs, pop up goals/Futsal goals, etc. Secure field permits, or locate a suitable indoor venue that could work. Think local facility, school gym, basketball court, tennis court etc.

- Prepare for standard on-site player & volunteer registration; computers, printers, payment process, school permits, janitor, etc. Setup 60-90 minutes prior to event.

- Players arrive 30 minutes prior to start of event and check in. Sample breakout is as follows:
  - **m.** 3-5 year olds 9-11a
n. 6-9 year olds 12-2p
o. 10-14 year olds 3-5p
p. 15-19 year olds 6-8p

Times can vary depending on availability and ages. You can do 3-9 year olds on Saturday, 10-19 year olds on Sunday. If you have lots of space, do everyone on the same day and time!

- Pick-Up sessions often involve simultaneous games, it’s important to ‘join’ each event prior to starting some age group games. Welcome players & parents back. Thank them, and offer words of encouragement. Share your local AYSO planned vision.
- Let them play, have fun!
- Designated cleanup crew, for water bottles & garbage.
- For a season long plan, have coaches log into AYSOU and take the ‘Foundations of Futsal’ certification class to get a better understanding of the game; what it is and how it works.
- Local referees can also go to AYSOU to take ‘Foundations of Officiating Futsal’ to get an understanding of the laws of the game and the differences between soccer and futsal.
- If the plan is to make this a weekly program, decide if permanent teams will be formed or if you will be creating new, balanced teams each week.
- Review, rinse, and repeat next week!
APPENDIX A
SKILLS DEVELOPMENT FIELD LAYOUT (SAMPLE)
APPENDIX B
SKILLS DEVELOPMENT ACTIVITIES

**REMEMBER** we need to limit contact as much as possible due to physical distancing.

All the games and drills have been designed to be played in ‘small groups.’ What ‘small groups’ means to you will be defined by your local city or state. Many of the drills can be done in isolation as individual activities, led by a coach.

The younger age group activities have been designed with the AYSO mantra of **Let Them Play!** and a **Time for Discovery!** Fun games that incorporate a freedom and exploration with element of technical proficiency.

The older age groups concentrate more on ball mastery and individual skills, mixed in with fun games and technical learning.

**Practices**
Each player would rotate between pre-determined skills stations every 8-10 minutes (4-6 stations per session), with one key focus. New skills would be introduced each week.

Sessions should be designed to allow all players time on the ball to develop their individual skill set.

Allow time for a short scrimmage at the end of each practice. The duration of the games and numbers will depend on local restrictions that may be in place and should always supersede our suggestions.

Practices/Activities can also be taken from the age-specific AYSO Coach curriculum.

**Set Up & Coaching Tips**
- Make sure that fields are completely set up prior to the first child arriving for the session.
- Explain the game or activity as simply as possible.
- Modify the activity as needed to suit your group of players.
- Demonstrate the skill if possible. Utilize older players to help with the skills practices.
- Start the practice/activity quickly. Each rotation will be short, so get the players moving.
- Be a cheerleader. Encourage your players for their efforts.
- At the end of the activity, whilst the kids are drinking water, ask them a couple of questions based on the topic.
- Maximize your space per player.
- Have Fun!
**5-8 Years**

**Freeze.** The players run around a grid and must freeze when the coach commands. The object is to stand still and balance once the coach calls freeze. **Give commands like balance on left leg, hold arms out etc.**

**Marching.** Have players put one foot on the ball. On the coach’s command, have the players switch feet. **Try and get the players to bounce from one foot to another.**

**Side to Side.** Have the players try to move the ball back and forth, sideways between the insides of their feet. **Make sure players look up while they do this. Hold up colored disc cones and have the players call out the color.**

**Rolling the ball.** The players place their foot on the top of the ball and then see how many times they can roll it back and forth in 30 seconds. **Have them try with their weaker foot too.**

**Ball Jumps.** The players must jump sideways over the ball. Vary the exercise by having players do both one and two footed jumps. **Start by having them step sideways over the ball.**

**Circle Soccer.** The players start by standing behind the ball. They will then move completely around it, without changing the way they are facing. **Do this in both directions. Try doing it backwards too. Add a ball!**

**Squash the Bug.** The players throw their balls into the air and attempt to put their foot on it as it lands. **Vary the height of the throw and allow them to try with both feet. Start low and progress to higher throws.**

**Soccer Golf.** The players kick their balls toward the hole that is marked with a cone. The ball needs to stop on ‘the green’ to score. Have players count their score to see who gets the lowest ‘round’. **Vary the distance of the holes. Use both right and left feet to kick the ball.**
One Pin Bowling. The players try to knock the ball of the cone that is directly in line with them. Count how many kicks it takes to knock the ball off the cone. Vary the distance of the target. Have players strike the ball with both their left and right feet.

Coach Says. The players start with a ball at their feet and await the coach’s commands. The players may only react if the direction is preceded by “Coach Says.” Use actions like dribbling, balancing, hopping, jumping, speed up, slow down etc.

Soccer City. Players can explore Soccer City driving in various directions at different speeds. Bike Speed = Slow, Truck Speed = Medium, Sorts Car = Fast. Introduce special directions to stop, to move to a specific corner, or to perform a turn.
**Cats & Dogs.** Have players work in pairs and start in the middle of the grid. One player is the cat and the other player is the dog. When the coach calls out “dog,” the dog turns and chases the cat to the opposite end line. **Can do with or without the ball.** Have players start from sitting or lying down.

**Body Brakes.** Players dribble around the grid, changing pace and direction. The coach calls a part of the body, i.e., right knee. Players must stop the ball with their foot, and then place that part of their body on the ball. **Use weaker foot to stop the ball.**
9-12 Years

**Fast Feet.** The players jog quickly on the spot, and on the coach’s command they turn 90 or 180 degrees. **Use the sole of their feet to drag and turn the ball.**

**Toe Taps Challenge.** The players will put one foot on the ball and then change feet on the coach’s command. Once a player is comfortable with this action, challenge them to see how many toe taps they can perform in 30 seconds. **Can they beat their score?**

**Foundations.** Players move the ball sideways between the insides of their feet. Remind players to keep their feet shoulder width apart and to make consistent contact with the ball. **Try to increase the speed or make small movement forwards and backwards while performing the skill.**

**Inside outside Roll.** Place the sole of one foot on the top of the ball. Maintaining contact with the ball, roll the sole of your foot sideways in each direction over the top of the ball. **Try it with both feet. How many times can you do it in 30 seconds?**

**Drag back and push forward.** From your starting point, move backwards dragging the ball one step at a time. Once you reach the end line, stop and then push the ball forward with alternate touches of the soles of each foot. **Start at a walking pace and then try to bounce from one foot to the other, gradually increasing your speed.**

**Sideways Roll.** The players start at one end of the grid and aim to roll the ball sideways across their body to the opposite end of the grid. Players then repeat in the opposite direction with the other foot. **Encourage players to take wide steps to cover more ground and smaller steps to keep the ball under closer control.**

**Shadows.** Players will be placed into pairs and labelled A and B. Player A will dribble in any direction within the grid and Player B must follow and replicate their movements. After 60 seconds the two players will switch roles. **Create challenges such as step overs, turns and fakes.**
**Gate Ball.** Players move through the grid from gate to gate. One player passes the ball to the other (through the gate), who then controls the ball and moves on to another gate. **How many gates can you get through in 60 seconds?**

**Shoot Out.** One player goes in goal and the other players line up 20-25 yards out. Each player takes it in turn to dribble and try and score within 5 seconds. **The game can either be played as an elimination game or players can earn a point for scoring. Rotate the Goalkeeper.**

**Soccer Tennis.** Set up tennis style ‘net’ using either tall cones or pop up goals and mark out the ‘court’ (10x15). Players will compete either 1v1 or 2v2 and points are scored when the ball lands on your opponent’s side of the court and they are unable to return it. First team to 15 wins. **Let the ball bounce once before returning.**

**Kickball.** Divide players into two teams. The fielding team’s pitcher passes the ball to the batter who kicks the ball into space. The batter will attempt to run around the ‘diamond’ without being tagged out or caught. Once everyone is out, the batting team becomes the fielding team and vice versa. Each team counts the number of runs that they score. **Only kick with your weaker foot.** One-handed catches.

**Team Dribbling.** Divide players into small groups and create dribbling challenges. Challenges should be created to display dribbling speed, close control, change of direction among others. Each group will compete in a relay style. **Timed challenges. Can they beat their best time?**

**Cross Bar Challenge.** Players position themselves along the edge of the penalty area and attempt to strike the crossbar. 5 points for a direct hit, 1 point for a post. 21 points needed to win. **Move the starting point either closer or further away to create a new challenge.**
**Soccer Skills Course.** Players should dribble through the pre-determined obstacle course, performing skills/tricks along the way. **Turns, fakes, use of non-dominant foot etc.**

**Four Goals.** Score in any of the 4 goals (only from the front). You can score by dribbling through the goal or passing through the goal and retaining possession. **Introduce consecutive passes for bonus points.**
13 Years +

Ball Mastery
Ball mastery is the skill in developing the touch and coordination necessary to dribble, pass or shoot. These are the fundamental skills that are critical to player development.

Toe Taps. (Challenge)
To start, the players will put one foot on the ball and then change feet on your command. Once a player is comfortable with this action, challenge the to see how many toe taps they can perform in 30 seconds. And then see if they can beat their score

Toe Taps / Drag Back.
Players dribble freely around their grid, on your command each player will perform 5 toe taps, then place one foot on top of the ball and drag it back, turn 180 degrees and accelerate in opposite direction.

Sideways Roll.
The players start at one end of the grid and aim to roll the ball sideways across their body to the opposite end of the grid. Players then repeat in the opposite direction with the other foot. Encourage players to take wide steps to cover more ground and smaller steps to keep the ball under closer control.

Roll & Step.
The coach will set up a series of cones. Each player will attack the cones performing the ‘roll and step’. Players dribble towards the cone and use their foot closest to the cone to roll the ball to their outside foot. They then step over it with the opposite/outside foot, but do not make contact with the ball. This move allows the player to continue in the same direction while making their opponent go the opposite way.

Drag Back & Push.
Drag the ball backwards with the sole of either foot. As the ball becomes level with the standing leg, open up your hips to the ball side, and using the inside of the same foot, push the ball out into the open space.

Static Scissors.
Standing slightly behind the ball, lift one foot up and move it around the inside of the ball bringing it back to its starting position. Take the ball away with the outside of the opposite foot. Repeat with opposite foot. *When moving your foot over the ball remember to lean your body in that same direction to imply you intend to go that direction.

Double Scissors.
Standing slightly behind the ball, lift one foot up and move it around the inside of the ball bringing it back to its starting position. With a quick movement bring your other foot over and around the ball to complete the same motion. Repeat for multiple scissor moves!!
Step Over (at speed)
Dribble towards your opponent (or cone) at speed. Turn your body, angled in the direction you are faking to go, bring one foot up and around front of the ball. Once the foot is positioned on the opposite side of the ball, use the outside of the same foot to touch and accelerate in opposite direction.

Skills & Turns
For all the skills and turns listed below, remember, they are all about changes of direction and acceleration out of the move. Start off slow, and as you gain in confidence, start to add more speed. With plenty of practice you will soon master all these techniques.

The Inside Hook.
- Place your standing foot (non-kicking foot) behind the ball
- Your inside part of your kicking foot will then come around and make contact with the back of the ball
- Using the inside of your foot, you will hook the ball 180 degrees back behind you
- Turn in the same direction as the ball and continue your dribble

The Outside Hook.
- Place your left foot (standing foot) alongside the ball, leaving some distance between your foot and the ball
- Your right foot (kicking foot) will pass forward between the gap of your left foot (standing foot) and the ball
- The inside of your right foot (kicking foot) will come around to make contact with the back side of the ball, flicking it 180 degrees in the opposite direction
- Turn your body back toward the ball to continue your dribble
- Remember to lean your body into the turn

The Step Over Turn.
- With the ball in front of you, place your stronger foot to the outside and slightly behind the ball
- Bring your weaker foot forwards alongside your standing foot and quickly do a sweeping movement up and over the ball
- Once you have completed the sweeping move over the top of the ball and shifted your body weight, bring your foot down and place it to the other side of the ball
- Cut the ball with the outside of your stronger foot and accelerate away

The Donovan Cut.
- Dribble toward the defender (cone) using only touches with the inside of your foot
- Once you have made the final contact with the inside of your foot, push the ball diagonally away with the outside of the same foot
- Accelerate away into the open space
The Drag Back Turn.
- Place your standing foot alongside the ball
- Place the sole of your other foot on top of the ball and drag the ball backwards
- Turn back towards the ball to continue your dribble
- Make sure that you turn your body the correct way. If you are dragging the ball back with your right foot, turn to the right. If you are dragging the ball back with your left foot, turn to the left

The Cruyff Turn.
- Place your standing foot alongside the ball, but not too close
- Bring your kicking foot forwards over the ball without it touching the ground
- Using the inside of your kicking foot, push the ball back between your legs
- As the ball passes through your legs, swivel to face the ball and accelerate away
- Unlike the drag back turn, you will turn toward your standing foot, i.e., if you perform the turn with your right foots, you will turn to your left towards the ball

The Ronaldo Chop.
- Dribble toward the defender (cone)
- When you are about 2 yards away from the defender, hop in the air so you are above the ball
- As you come back down, chop the ball to the left with the inside of your right foot
- The ball will cut back diagonally behind your left foot
- Accelerate away into your dribble

The Matthews Cut.
- Dribble the ball forward toward the defender (cone)
- Touch the ball softly with the inside of the right foot (big toe)
- Push off with your left foot and cut the ball to the right with the outside of your right foot (little toe)
- Don’t ground your kicking foot in between the inside/outside touches
APPENDIX C
AYSO Soccerfest information to help with your Pick-Up or Jamboree program

Soccerfest is an event in which players either, (a) affiliate with a team; or (b) as individuals, are randomly distributed onto teams for gameday, for purpose of playing for fun and camaraderie.

Everyone Plays – Boys, Girls, Coed, Teams, Individual Players, AYSO Registered Players, Non AYSO Registered Players. Everyone is welcome to participate and join in the fun.

Enjoy the experience
- Just be part of it. Make it a casual, fun soccer day and let the kids play!
- Registration Event. Get a head start or catch up on late registrations. Have onsite registration available.
- Recruitment. Invite families to sample AYSO and promote new registrations. Invite former AYSO players and encourage everyone to play.

Assigning Teams
- Players sign up as individuals
- Players to be assigned to their Soccerfest teams as they arrive, or
- Players assigned by numbering each player randomly. All players with the same number are on the same team.

Equipment Checklist
- 1 set of pop up goals per micro field
- Cones to mark off the playing area
- Pinnies
- Soccer balls

Game Format
- Small Sided or Full Field will depend on your numbers
- Short games (20 mins) and rotate often
- Pop up goals
- No goalkeepers?
- 4 ‘micro fields’ on one regular field

Ideas to ‘Keep it Simple’
- No coin toss
- No offside (especially on smaller field sizes)
- Kick ins instead of throw ins
- 1 referee to keep the game moving (Great opportunity for youth referees to get experience)

Soccerfest provides a great opportunity to demonstrate great customer service and deliver a memorable experience to players and families both old and new to the AYSO organization.