



# **R.C. Sparks**

## **U-5 JAMBOREE PROGRAM**

**For kids 5 and under**

### **JAMBOREE ONE with ONE:**

In AYSO soccer, a jamboree means that teams are formed on a weekly basis depending on how many players attend a given session.

“One with one” refers to the concept that each player will have a parent (or other adult) working with them on the field.

### **Program Information:**

1. The program will take place at Carnelian Elementary School
2. The U-5 season will run from March 10<sup>th</sup> to May 19<sup>th</sup>
3. Program will not meet March 17<sup>th</sup> and April 8<sup>th</sup>
4. Times: The Girl’s session will run 12:15 to 1:30 and the Boy’s session will run 1:45 to 3:00 starting March 10<sup>th</sup>.
5. Each session will consist of skill building, drills, and short-sided games (see below).

### **Session Schedule (75 to 90 minutes)**

10 minutes -- Group Warm-Up and Activities

5 minutes -- Water Break

20 minutes -- Training Activities and Games

10 minutes – Team organizing and water break

20 minutes 4 vs 4 Game (played in two halves of 10 minutes)