



**AYSO.
PLAYER BUILT.**



AYSO REGION 137 **HEMET/SAN JACINTO**
SKILLS DEVELOPMENT
PROGRAM

April/May 2021





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PROGRAM INTRODUCTION

Welcome to Region 137's 2021 Skills Development Program!

Our Region Board Members have been hard at work the last few months to bring the AYSO Soccer experience back to Hemet/San Jacinto! We're excited to announce that we'll be hosting a skills & conditioning development program that will provide your young soccer players with a high quality AYSO development experience.

Our goals include the following:

Develop our Players Technically & Tactically

Teach & build on Soccer Psychology

Provide Enthusiastic Coaching Staff working in tandem with Our Coach Admin, Competitive Play & Division Coordinators

Prepare our Players for a future full Season!

Focus on FUN but push our players to get in great soccer shape





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PROGRAM OVERVIEW

Program sessions will begin on
Monday, April 26, 2021

Program will last a total of **6 WEEKS!**

Two Sessions Per Week (1 Weekday + Saturday)

6U & 8U Divisions: 1 hour per session

10U Division: 1hr / 15m per session

12U, 14U & 16U Divisions: 1hr/30m

NOTE: Schoolyard will be 45m Weeknights ONLY

Each week a new skill development “THEME OF THE WEEK” will be introduced. Coaches will be prepped on these themes so they can prepare

The focus for each of these themes will be to
build a solid player skill base!



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BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

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PROGRAM OVERVIEW

Coaches will be assigned a Group of about 10-12 players (Co-ed Groups). This group will stay intact throughout the duration of the Skills Development Program.



2 SESSIONS / PER WEEK*

Each Group's Saturday session arrival time is based on their Division.

(Example) Saturday Schedule Per Division

8:30am - 10:00am	12U Div (1.5 Hrs)
8:45am - 9:45am	8U Div (1 Hour)
10:00am - 11:00am	6U Div (1 Hour)
10:30am - 12:30pm	14U/16U Div (2 Hrs)
11:15am - 12:30pm	10U Div (1.25 hrs)

Your group's **Second Session** will occur on a **Weeknight** in the late afternoon (5:30pm).

Note: Schoolyard only has Weeknight Sessions



PROGRAM OVERVIEW

AYSO NATIONAL ACTIVITIES

AYSO 137 is basing a majority of our designs on those created and approved by **AYSO National** specifically tailored for a **Skills Development Program!** Our Coach Administrator is using National's curriculum and combining it with our own experiences to create a program that will be impactful.

Groups will focus on training and development with an emphasis on **passing, shooting, dribbling, spatial awareness, technique in isolation, Finishing, etc.**

One conditioning activity a week will be an important part of the program!



PLAYGROUND/SCHOOLYARD MODIFICATIONS SUPPLEMENT



AYSO RETURN TO PLAY COACHING ACTIVITIES AGES 5-8



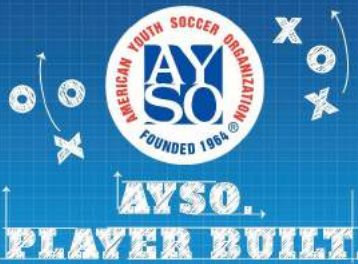
AYSO RETURN TO PLAY COACHING ACTIVITIES AGES 9-12



AYSO RETURN TO PLAY COACHING ACTIVITIES AGES 13+



Find these Activities at:
aysovolunteers.org/coaching-activities



PROGRAM OVERVIEW



STATIONS

Our Valley-Wide soccer fields will each contain four pre-prepared drill 'STATIONS'. Each of these stations will contain a unique drill that reinforces the development theme of the week. **1 Group per Station!**



Coaches will run pre-planned skill development drills with guidance from our Coach Admin & Division Coordinators. Each Station will last approx. 10 minutes with a 2-3 minute break for rest and water.



FIELDS & STATIONS

SKILLS THEME EXAMPLE

10U DIVISION

THEME #1 - BALL CONTROL!

Station 1 – 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.**

Station 2 – Touchdown. Set up several dribbling lanes with cones at the end to simulate a small goal. Rather than shooting on goal, the objective is to dribble the ball over the goal line put foot on ball with control in the end zone. **Try and get the players to control ball with both feet; challenge players to stop ball directly on the goal line.**

Station 3 - Gates. Six players dribble around a 20x20 grid. Inside the grid are 7 gates. Players will first dribble through a gate and then do figure-8's. On coaches command or whistle, players dribble to another gate and repeat. **Have them try the figure-8's using only one foot. Then only their off-foot.**

Station 4 – Fake to the Cone. Place 2 cones 20 yards apart east and west. Attacker with the ball on north side and defender on south side. On Go!" players advance straight towards each other. Then, using fakes, the attacker tries to gain an advantage and will either cut left or right, trying to reach that cone before the defender. **Attacker cannot change mind once headed in a certain direction.**



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SKILLS COMPETITION

Saturdays will feature a **Skills Development Competition!** This Competition will take the lessons learned from the development stations to test our youth soccer players with one final set of challenges! All members of each group will compete against one another to decide who can get the best scores (i.e. most successful shots in 30 seconds, Goalkeeper Challenges, and much more!)



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PROGRAM EXTRAS



Buddy System

For this program ONLY, AYSO Region 137 will allow friends to join a “group” together so they can share in the fun! If interested in having friends be in the same group, please make sure to contact us and let us know.

NOTE: Friends **MUST** be in the same division (age group)

Hopes of Competitive Play!

If competitive play is allowed to return during our Skills Development Program, we will work with our Coaches to set up competitive games. However, there is a caveat. Due to AYSO National rules, on game day teams will need to be selected at random either by Coaches or by players on the day of - **Soccerfest style!** Each week teams will need to be reshuffled to keep things fair!





PROGRAM EXTRAS



Program Fees

All divisions:

\$50

* Note #1: An additional \$2.75 Service Charge will be added per transaction. Register all children in one transaction to avoid multiple charges.

** Note #2: Cost noted above includes the \$20 AYSO Insurance Fee

Included w/ Fees

AYSO Branded shirts:

2 Dri-fit shirts & 1 pair of socks

FINAL UNIFORM DESIGN IS STILL PENDING. THIS UNIFORM IS FOR ILLUSTRATIVE PURPOSES ONLY

Current Important Dates

Registration Opens: April 5, 2021

Registration Closes: April 14, 2021

First Session: Monday, April 26, 2021

Final Session: Saturday, June 12, 2021



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April 2021



UPDATED SAFETY GUIDELINES

Information on Social Distancing & New Safety Procedures

AYSO Region 137, as well as our neighboring regions, are fully dedicated to the health needs of our children and our community. Our commitment to providing all of you with a safe, reliable environment to play the game of soccer is paramount.

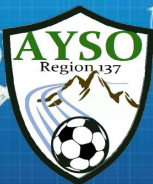
With the guidance of our National Office as well as the County of Riverside and City of San Jacinto, and Valley-Wide, we have created the following guidelines and procedures for the upcoming 2021 Season.

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GENERAL UPDATES

FROM THE BOARD STAFF

Reminder: If anyone is exhibiting symptoms please stay home

Sanitizer Availability: Hand sanitizer stations will be available at the Board Tent. Players and volunteers will be asked to sanitize prior to reporting to skill development activities. Bathrooms will be sanitized regularly.

Mask Policy:

Masks will be **mandated** for all attendees at Warm Springs fields until further notice. AYSO Region 137 will take mandates from the County of Riverside, the City of San Jacinto, and Valley-Wide into consideration when making any future adjustments to this policy.

During a Skill Development Session:

- **Coaches** will be mandated to wear their masks
- **Spectators** will be mandated to wear masks
- **Players** will not be required to wear masks during sessions

Policy Banners: Signs and banners will be placed throughout Valley-Wide Fields advising parents of adopted AYSO 137 policy changes. All parents, coaches, volunteers and children will be required to acknowledge that they don't have symptoms and/or have not been exposed to the virus before entering the entrance gate.



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GENERAL UPDATES

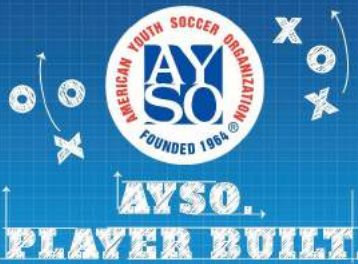
FROM THE BOARD STAFF

Staggering Activities: All region activity timeframes will be staggered as much as possible to limit the amount of people on the field at one time.



The time between all activities has increased. The window in-between skills development sessions is 45 minutes to provide time for families to exit the field and time for Board Members and volunteers to sanitize high traffic areas.

End of Game Celebration: If competitive games manage to return this upcoming season, high five lines and parent tunnels will not be returning. Everyone will be asked to join the center of the field in order to clap for their players (social distancing will be in effect).



GENERAL UPDATES

FOR PARENTS

Ensure your child is healthy: Parents will need to test child's temperature before departing for a Region 137 activity. Temperatures will be checked at the check-in table at the fields. If above 100.4°, do not attend.

Social Distancing Guidelines: During sessions Region 137 two adults max (Parent/Guardian) will be allowed on the field to watch activities (see note further below).

In addition, if siblings are present parents/guardians will be asked to remain in their cars with their children for the duration of the Region 137 Activities. This is to keep the number of people on the field at one time to a bare minimum.

If Allowed on the Field: Everyone allowed on the field will be required to social distance and have a temperature check at the check-in table. Masks will be **mandated**. Those not adhering to social distancing may be asked to leave the fields. Those who refuse to leave the fields under these circumstances, will run the risk of suspension and possible expulsion from future AYSO 137 activities. Refunds will not be honored.

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

[spreads through close contact]

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE



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GENERAL UPDATES

FOR PARENTS



Please be sure to wash your child's clothing after every training/activity

If your child or family member becomes ill for any reason, Parents/Guardians should notify your Coach or Team Point of Contact.

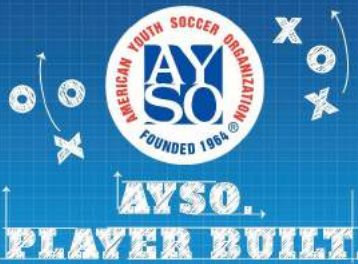
Do not assist coach with equipment before or after activities

Communication: Check Region & Coach communication regularly

Sanitize all equipment: Includes soccer balls, cleats, shin guards, etc. before and after every region activity

Mark Belongings: Clearly label your child's water bottle and personal items

Player Hydration Update: Parents/Guardians - please make sure to provide water for your child.



GUIDELINES

ADDITIONAL

All activities will be held at Valley-Wide Regional Fields

Thermometer Checks: Board Members will be on hand at the entrance gate to check player temperatures. If parents/guardians would like to be on the field, the Board will need to make sure to check their temperatures as well. These checks are **mandatory**. No one will be allowed on the fields without them.

If any participant's temperature is deemed high (**100.4°+**), the Board will ask the individual to sit in the shade and relax for a few minutes, then try again. If the temperature remains high, the individual will not be allowed inside.

Social Distancing: Region 137 will allow that only 2 parents will be allowed on the fields during their child's skills training. While these parents are allowed, they will be required to social distance. Masks will also be **mandated**. Those not adhering to social distancing may be asked to leave the premises.

In addition, if siblings are present, parents/guardians will be asked to remain in their cars with their children for the duration of the session. This is to keep the number of people on the field at one time to a bare minimum.





GUIDELINES

ADDITIONAL

Drop-Off / Pick Up Note

As mentioned previously, all parents are **required** be on the premises during all activities, whether it be social distancing on the field or waiting in your car. However, while parking your car if you decide you need to drop off your child we are requesting parents to **drop them off in the parking lot closest to the softball field.**

Communication Plan

- Safety Director contact information will be added to all Region email communication for all Covid-19 related reporting, questions or concerns.
- A Region 137 website will be created that's dedicated to all information pertaining to Return to Play. This site will feature all available information & procedures.



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GUIDELINES

FOR COACHES

Coaches will need to check their own temperatures

If a Coach's temperature over 100.4°, cancel the session

Coaches or Team POC will send pre-training communication to families ensuring that only healthy participants attend and reiterate expectations and guidelines

Coaches should maintain social distancing requirements from players and family members

Wearing a face mask is required for Coaches for the duration of the Skill Development session

Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players

Children will be assigned to ONE Coach throughout the entire season. Groups are not allowed to mix with other groups for any reason until further notice.

Scrimmages will not be allowed to avoid close contact as much as possible. The focus must be placed on grid work & exercises (6ft at all times)

Older divisions will not be allowed to travel to other regions. 137 Will be holding inner-region activities only to minimize exposure to outside entities.





GUIDELINES

FOR COACHES

Ensure all players have and handle their own labeled equipment (ie. soccer ball, water bottle, training disks, etc.)

Coach should be the only person to handle coaching equipment (ie. cones, disks, etc.); do not let parents, players or attendees assist

Hand sanitizer will be provided to Coaches by the region for the duration of the season. Handwashing on arrival / mid-way / end of training session is expected. Coaches will be required to have hand sanitizer available at all times.

Hand sanitizer will be available at all Stations. Sanitizer will be available at every station to be used by Coach/Players before starting their station activity

No shared Goalkeepers Jerseys. If competitive scrimmages become permissible, the Region will provide Coaches with pinnies for 4 quarters.

No shared Goalkeeper Gloves. Players must bring their own gloves to wear as Goalkeeper. Keepers will not be allowed to play the position without them.

Coach or Team POC to perform a weekly check-in with the Safety Director to report if anyone on their team has reported a Covid-19 related concern. Coaches/POCs are only expected to report information provided to them by parents or guardians. The Coach will not proactively ask for updates.





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GUIDELINES

FOR REFEREES

If competitive games become permissible, Referees will only be allowed to referee a max of 2 games per week (Center or AR).

At All Times:

- Stay at least 6 feet from anyone as much as possible
- Avoid touching eyes, nose, and mouth
- Spitting or rinsing the mouth with water is to be avoided
- Cough into elbow
- Stay home if not feeling well and communicate to the Referee Admin

Pre-Game Protocol

- Prior to arrival, wash hands with soap or alcohol-based solution for at least 20 seconds
- Arrival in full uniform is recommended
- Maintain six (6) foot distance from players, coaches, spectators and referee team for all administrative procedures
- Mask is **required** for pre-game duties until further notice
- No handshakes with coaches, players, or spectators





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GUIDELINES

FOR REFEREES

During Play:

- Masks **will be mandated** during active play
- Referees are recommended to stay a minimum of six (6) feet away from players, coaches, spectators, and the referee team during dynamic play and stationary play at all times.
- Do not share whistles or, if possible, any other referee equipment. The use of electronic whistles is recommended but not required.
- If not feeling well during the game at any time, go home immediately

Post Game:

- After the game, handshakes, fist bumps, elbows are not permitted. However parents and players are invited to celebrate during the Sportsmanship Pin announcement in the center of the field.
- If shared, wipe down the handles of flags with an alcohol-based rub or wash with soap and water
- Upon completion of the match, wash hands with soap or alcohol-based solution for at least 20 seconds





GUIDELINES

ACTIVE VS. INACTIVE FIELDS

Field Usage - Active & Inactive Fields for Social Distancing

Parents/Guardians will be required to sit 6ft away from other families and 8 ft away from the sidelines.



In this example, when Field 6 is inactive, Fields 4 & 5 are "Active"

During the next block of time, Field 6 is now "Active" while Fields 4 & 5 are inactive



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GUIDELINES

CASE REPORTING

For Covid-19 concerns and case reporting, all participants should notify our **Safety Director**, - safety@ayso137.org

In accordance with state and local privacy and confidentiality laws and regulations, Region 137 will notify local health officials, program staff, coaches and referees and families immediately of any case of Covid-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.

Region 137 will advise those who had close contact with the person diagnosed with Covid-19 to stay at home and [self monitor for symptoms](#). Please refer to our **Risk Assessment guide** on the next slide for information on how to handle various scenarios.

- **A negative test will not be required by our region to return**
- Updates on cases will be included in weekly regional update emails
- We will attempt to provide additional time in December for make-up activities if needed

CORONAVIRUS PREVENTION





GUIDELINES

RISK ASSESSMENT CHECK

RISK ASSESSMENT	EXPOSURE IDENTIFIED THRU CONTACT CRITERIA/INVESTIGATION	ASYMPTOMATIC (SHOWING NO SYMPTOMS)	SYMPTOMATIC (SHOWING SYMPTOMS)
NO IDENTIFIABLE RISK	Interactions with a person/player with symptoms confirmed or suspected COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions below such as walking by the person or being briefly in the same room.	*No Exclusion	*Exclude Player/Coach/Person *Return-to-play 72-hours after recovery (no symptoms or fever without use of fever-reducing medication); and improvement in respiratory symptoms; and at least 10-days have passed since symptoms first appeared
LOW	Being in the same indoor environment as a person/player with symptoms confirmed or suspected COVID-19 infection for a prolonged period of time but not meeting the definition of close contact (within 6-feet for more than 15-minutes)	*No Exclusion *Recommended Self-Observation	*Exclude Player/Coach/Person *Return-to-play 72-hours after recovery (no symptoms or fever without use of fever-reducing medication); and improvement in respiratory symptoms; and at least 10-days have passed since symptoms first appeared
MEDIUM	* Close contact (within 6-feet for more than 15-minutes), with a player with symptomatic confirmed or suspected COVID-19 infection * Playing on the same field or within 6-feet of a person/player with symptomatic confirmed or suspected COVID-19 infection *Person/Player living in the same household as an individual symptomatic but not yet confirmed COVID-19 infection	*Notification of Exposure *May continue to play if asymptomatic for 72-hours without the use of fever-reducing medication and or any other symptoms.	*Exclude Player/Coach/Person *Recommended Testing *Return-to-play 72-hours after recovery (showing no symptoms or fever without fever-reducing medication); and improvement in respiratory symptoms; and at least 10-days have passed since symptoms first appeared.
HIGH	Player/Person lives in the same household of a person with symptomatic confirmed or suspected COVID-19 infection without using recommended precautions	*Notification of Exposure *May continue to play if asymptomatic for 72-hours without the use of fever-reducing medication.	*Exclude/Player/Coach *Recommended Testing *Return-to-play 72-hours after recovery (showing no symptoms or fever without fever-reducing medication); and improvement in respiratory symptoms; and at least 10-days have passed since symptoms first appeared.
CONFIRMED	*Follow/Use Protocols Above: No Identifiable Risk Low Medium High	*Exclude Player/Coach/Person *Return-to-play after at least 10-days have passed since the date of the positive test and continue to have no fever or symptoms since the test.	Return-to-play 72-hours after recovery (showing no symptoms or fever without fever-reducing medication); and improvement in respiratory symptoms; and at least 10-days have passed since symptoms first appeared

Helpful Links

CDC How to Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-nCoV/prevent-getting-sick/prevention.html>

CDC Symptoms of Coronavirus

<https://www.cdc.gov/coronavirus/2019-nCoV/symptoms-testing/symptoms.html>

How to stay healthy and avoid the spread of COVID-19



Use tissues and dispose immediately after use



Wash your hands regularly for 20 seconds



Stay home when sick



Avoid touching your face



Wipe high-touch surfaces often



Avoid close contact with others



Cover your mouth when coughing or sneezing



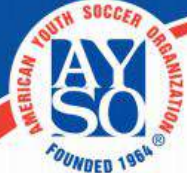
GUIDELINES

WAIVER FORM

Even though the young and healthy may experience a less severe case of COVID-19, every case is potentially life-altering or deadly, particularly in those with risk factors. Health consequences may be long-term, which is why until COVID-19 is either eradicated or a vaccine is widely distributed, there is no way of eliminating the risk of infection.

During the paid Registration process, all parents/guardians will be asked to e-sign a Covid-19 Waiver. This waiver will be mandatory. Children will not be placed on a team or allowed to participate in region activities without our Region having a signed waiver on file.

Same can be said for all Volunteers. All volunteers will need to sign and turn in a Waiver during their volunteer application process.



AMERICAN YOUTH SOCCER ORGANIZATION
19750 S. Vermont Ave., Suite 200
Torrance, CA 90502
(800) 872-2976 • www.ayso.org

DISCLAIMER, ASSUMPTION OF RISK AND WAIVER ADDENDUM

**COVID-19
ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY
AGREEMENT**



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CONTACTS

SAFETY DIRECTOR

Open

safety@ayso137.net

COACH ADMINISTRATOR

April Cordero

rca@ayso137.net

REFEREE ADMINISTRATOR

Chris Burden

rra@ayso137.net

VOLUNTEER COORDINATOR

Open

rc@ayso137.net

REGIONAL COMMISSIONER

Andrea Aguilar

rc@ayso137.net

HAVE AN AMAZING SEASON!



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