



LUSA U5 Parents & Tots Program

*Fall 2013
(2009 Born)*

The objective of the U5 program is to provide young players (boys & girls) and parents with a pressure-free introduction to the beautiful and simple game of soccer. At this age, players should be exposed to soccer by playing simple, fun activities and games that require little or no practice, and minimal time commitment. The program is the initial stage in the CSA's (Canadian Soccer Association) Long Term Player Development model.

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Usually on Sunday evening/late afternoon (TBA), this is conducted as a *Jamboree*. This is a combination of two different formats that provide the best possible introduction to soccer for our youngest players. *Jamboree* means that groups are formed on a weekly basis depending on how many players attend a given session. The program will be overseen by the Director of Grassroots, under the guidance of the Technical Director. The Director of Grassroots, along with staff coaches will be the head coach(s) on field for the sessions. Assistance will also be provided by select players from the upper age groups (U14-18). Parents will be asked to assist with their children though some of the activities and games. In the event of parents unable to participate, the player assistants will be able to step in.

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The program will begin mid-September and conclude after 8 weeks . All registered players will be contacted in the week(s) prior to the program starting with more detailed time/day information. All players will receive a LUSA t-shirt or jersey. All players are required to wear soccer boots, and shinpads.

The program runs 3 times over the year, Fall, Winter, and Spring. We encourage you to register for all three sets and join in the fun!

Regards,

Scott Moye
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Langley United
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