

AYSO Kickstart FAQ

Our Playground and/or Schoolyard program is already successful. Why should we switch to Kickstart?

If your Region is thriving with overflowing registration, volunteer recruitment, and player retention, keep doing what you're doing. Kickstart was developed to boost participation, simplify operations, or address declining registration, field-space/access issues and volunteer challenges. You can also adopt individual elements of Kickstart, such as four-goal games, live restarts, or a jamboree format, without changing your entire program.

Are there plans to add the Kickstart curriculum to PlayMetrics?

At this time, the curriculum is already fully integrated into TeamSnap One/MOJO because this application currently supports the coaching resources and animated activities needed for the program. Although AYSO is transitioning to PlayMetrics for other functions, TeamSnap One/Mojo will also continue to support coaching education resources.

Will the lesson plans and animated activities be available in TeamSnap One?

Yes. The complete Kickstart curriculum, including manuals, session plans, videos, and animated activities, is being added to TeamSnap One and MOJO while continuing to be available through the Kickstart Wiki.

Is there a sample equipment list?

Yes. A recommended equipment list is available on the Kickstart Wiki. The list is intended as a starting point, and Regions are encouraged to adapt equipment based on the activities they choose to use and also what supplies they already have. In addition, we are working on developing a “On-Stop Shop” Kickstart store.

Does Kickstart have to be offered on Saturdays?

No. Kickstart is designed to be flexible and can be offered on any day of the week. Many Regions may find weekday sessions better fit their families' schedules and field space considerations.

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How do we accommodate players with very different ability levels?

Kickstart uses an arrival or activation activity that allows Program Leaders to observe players before dividing them into smaller groups. This "smart grouping" approach helps provide appropriate challenges for more experienced players while supporting those who are newer to the game.

Is the parent orientation available outside of AYSOU?

Yes. The parent orientation is available on the Kickstart Wiki. Regions can simply send the link to registered families before the start of the program so parents understand what to expect and how they can support..

Will involving parents in Kickstart make it harder to recruit coaches for older divisions?

Based on experience with our pilot regions, the opposite is actually true. By giving parents small, low-pressure volunteer roles early (and safely), Regions have found that parents become more comfortable participating and are more likely to become future coaches or referees.

Should the parent orientation also be used for families entering older age divisions?

Not necessarily. The parent orientation was developed specifically for the Kickstart environment. However, some of the concepts around welcoming parents and introducing volunteer opportunities may have value for older age groups as well.

What are the Supervision Protocols in Kickstart

- Program Leaders are background checked, trained on the role specifics and on Safe Haven protocols.
- Activity Leaders are required to take the Kickstart Parent Module.
- Because parents supervise only their own child under the direction of AYSO-trained Program Leaders, they do not need to be registered volunteers or complete background checks to participate on the field. They should, however, be encouraged to complete the Kickstart Parent module.
- Parent participants are covered by AYSO's General Liability Insurance and/or separate AYSO coverage for approved programs or events.

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- Safe Haven's 1:8 supervision ratios are maintained through Program Leaders, Activity Leaders, parent restart helpers, and Game Managers.

What if our Region doesn't have volunteers with the experience needed to run Kickstart?

Regions that need additional support can explore paid options through [AYSO Play](#) or [Soccer Stars](#). Both organizations have facilitators trained specifically in the Kickstart curriculum and delivery model.