



TOPSOCCER™

Getting Started with TOPSoccer

WHAT IS TOPSoccer?

TOPSoccer is a US Youth Soccer program designed to give children and adults with disabilities the opportunity to enjoy soccer in a safe, supportive, and inclusive environment.

✓ PROGRAM LAUNCH CHECKLIST

Use this checklist to guide your club through the launch process:

Step 1: Connect with Eastern NY's TOPSoccer Chairperson

Get help with planning, resources, and personalized support.

Email: llee@enysoccer.com; Lauren Lee, TOPSoccer Chairperson

Step 2: Identify Community Need

Reach out to schools, community centers, and parent networks to understand the local interest.

Step 3: Recruit Volunteers and “Buddies”

Recruit enthusiastic volunteer middle school and high school student volunteers to earn community service hours.

Step 4: Secure a Location & Time

Choose a safe and accessible field or indoor space. Ideal sessions run once per week for 45–60 minutes.

Step 5: Promote Your Program

Use flyers, school newsletters, social media, and email to spread the word. ENYYSA can provide templates.

Step 6: Register with a member league

The TOPSoccer programs need to register with one of the ENYYSA affiliated leagues (such as LIJSL, HVYSL or CDYSL). ENYYSA does not register TOPSoccer programs. The league you register with will assist with completing registration and providing any insurance.

Step 7: Launch and Celebrate

Start small. Be consistent. Focus on fun and inclusion!



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SAMPLE VOLUNTEER / BUDDY RECRUITMENT MESSAGE

Become a TOPSoccer Buddy! ⚽

Are you a middle or high school student/player, parent, coach, or community member who wants to make a difference?

Volunteer as a “Buddy” in our new TOPSoccer program and help athletes with disabilities enjoy the game we all love.

No prior experience needed—just a smile, patience, and energy!

- Earn community service hours
- Build leadership and empathy
- Make a lasting impact

Sign up: [Insert contact/email or QR code]

Program starts [insert date/time/location]



SAMPLE PARENT LETTER (FOR EMAIL OR PRINT)

Subject: A New Soccer Opportunity for All Abilities!

Dear Families,

We are excited to announce that [Club Name] is launching a TOPSoccer program — a recreational soccer program designed for children with intellectual, emotional, or physical disabilities.

TOPSoccer provides a safe, inclusive, and supportive environment where every child can learn and enjoy the game of soccer. Our trained volunteers and “Buddies” will support each participant in a way that best fits their needs.

- Program starts: [Insert date]
- Time: [Insert time]
- Location: [Insert field or indoor facility]
- Open to ages: [Insert age range, e.g., 5–19]

If you're interested or have questions, please reach out to us at [email] or visit [website/QR code]. We would love to welcome your child to our TOPSoccer family!

Sincerely,

[Program Director Name]

[Club Name]

[Email/Phone]





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SAMPLE SESSION FORMATS

Recommended Schedule for Weekly Sessions (45–60 min):

Time	Activity
0:00–0:10	Arrival + Welcome Warm-Up
0:10–0:25	Skill Stations (dribbling, passing, shooting)
0:25–0:35	Fun Game or Relay (e.g., red light/green light)
0:35–0:50	Small-Sided Game or Group Activity
0:50–1:00	Cool Down + Wrap-Up & Snack (optional)

✓ Pro Tips:

- Use lots of visual cues and encouragement
- Assign each player a consistent Buddy
- Adapt based on ability levels — flexibility is key



RESOURCE LINKS & LEARNING TOOLS

USYS TOPSoccer Overview

<https://www.usyouthsoccer.org/programs/topsoccer>

TOPSoccer Coaching Course

[>>> Grassroots >>> TOPSoccer](https://learning.ussoccer.com)

ENYYSA TOPSoccer Page

www.enysoccer.com/top-soccer

