

Tri-Town Soccer Academy 2023 Spring Plan - AYSO



"RISE AS ONE"



AYSO Tykes - U2-3 fields...

U2&3 Program

FOCUS – AYSO Tykes is an introduction to soccer where children and parents take to the pitch together! The program curriculum is specific for players ages 2 to 4 years old. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Tri-Town Soccer Academy U4 Training Goals:

- Have fun!!!
- Kicking the ball with mom or dad
- Have fun!!!
- Jumping through hoops or going through tunnels
- Have Fun!!!
- Chasing mom or dad
- Have Fun!!!
- Score a goal
- Have Fun!!!
- Meet your future friends & teammates
- Have Fun!!!
- Then off to Ice Cream & Have Fun!!!



"RISE AS ONE"

The magic starts on U4 fields...

U4 Program

FOCUS - For many kids in the U4 program this will be their first experience with soccer or being on a team. In our groups we have players who are full of energy and ready to play, while other will be shy, apprehensive, and even afraid to join in.

Tri-Town Soccer Academy U4 Training Goals :

- Have fun!!!
- Running with the ball
- Have fun!!!
- Stopping the ball
- Have Fun!!!
- Striking the ball
- Have Fun!!!
- Score a goal
- Have Fun!!!
- Meet your future teammates
- Have Fun!!!
- Then off to Ice Cream & Have Fun!!!



"RISE AS ONE"

Practice, are we talking about practice... practice???

U5-U6 Program

FOCUS – At U5 & U6 the focus is to improve players confidence and skill with a ball. So, the Tri-Town focus in these ages pools this Fall will be to add a **NEW** skills to players personal toolbox, bi-weekly. Development is a direct result of repetition and a player's ability to become faster with the skill. Players also need to understanding where, when and how to apply these skills during a game... When players are confident, the **PASSION** to practice and play takes over. This vibe is very contagious as well, so you will see teams evolve as players become more confident!!!

Tri-Town Soccer Academy U5-U6 Training Goals

- Bi-Weekly Practice Curriculum... 20-minutes in (1) isolated week isn't enough for these players. So, introducing a drill week (1) and then coming back to it week (2) will create a certain sense of familiarity among your team and lend to better overall player development.
- Tri-Town Coaches will bring (2) fields together which means (4) teams will engage in activity. AYSO Coaches will assist and support the Tri-Town demonstration and after 20-minutes each team will go back and work on that skill for another 10-minutes with AYSO Coach.
- AYSO Coaches will take lead after the demo, you will run your weekly scheduled game. Tri-Town Coaches will absolutely love to help you during game play, please just ask them as they have been told NOT to interfere with game play, rather they have told to support any team looking for ideas or help, we aren't going to step on any AYSO Coaches prepared game plan...



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Passion, Teamwork, Compete...

U7-U8 Program

FOCUS – At U7 & U8 players are starting to develop a passion for sports and in this case soccer. So, the focus here is helping them develop or sharpen good soccer techniques. This will take a great deal of patience on coaches' part, because your teams will have players who are at different levels of development, but if you stick with it, you'll be amazed with the personal player and team development by the end of the season. At U7 and U8 we should also be stressing teamwork and positional shape. So, our plan is to do a lot of small combination drills that attack goal, like 2v1, 3v2, 4v2, 5v3 (if you have these numbers)... creating positive numbers to create better goal scoring opportunities while talking players through these situations at practice and in games...

Tri-Town Soccer Academy U7-U8 Training Goals

- Bi-Weekly Practice Curriculum... 20-minutes in (1) isolated week isn't enough for these players. So, introducing a drill week (1) and then coming back to it week (2) will create a certain sense of familiarity among your team and lend to better overall player development.
- U7 & U8 Teams will report to Tri-Town Demo Area 5-minutes prior to kick-off, we will start on-time or when we have at least 6 teams available. After 10-minute demonstration, teams will be sent back to their assigned fields and coaches will run the balance of the practice for next 20-minutes. Tri-Town Coaches will go to each field and dedicate 5-minutes to assisting Coaches and supporting teams.
- AYSO Coaches will take lead after the demo, and you will run your weekly scheduled game. Tri-Town Coaches will absolutely love to help you during game play, please just ask them as they have been told NOT to interfere with game play, rather they have told to support any team looking for help, we aren't going to step on any AYSO Coaches toes who have prepared game plans...



"RISE AS ONE"

Creating more opportunities....

Trumbull Academy

FOCUS – The Trumbull Soccer Academy was created to offer a quality training soccer program, in collaboration with coaches from Tri-Town Soccer, for U6, U7 and U8 players that want more than what is provided in the AYSO Core Rec program but are too young to start in the CJSA Travel Soccer program with Trumbull United.

The Trumbull Soccer Academy Structure:

The major difference between the Academy and the normal AYSO structure is there are no fixed teams under an Academy system. Instead, the Academy players train altogether but are divided into groups of players of the same ability, which normally aligns with players' actual age and also allows players to train at the most appropriate ability. It also means that an individual player can move between groups to best meet their needs as they develop.

Tri-Town Soccer Academy Spring 2023 Training Goals

- Friday Training Sessions 4:30pm to 5:45pm – Starting
- Academy starts 4/21 (U6 Program Starts Spring 2023)
- 7-8 Weekly Foot-Skill Session With Tri-Town Coaching Staff
- (1) Fall Jamboree
- Trumbull Academy Uniform



"RISE AS ONE"

TRI-TOWN SOCCER ACADEMY TRAINING AREA'S



U4 TRAINING AREAS

- 4-6 Designated Tri-Town Coaches
- Tri-Town Coaching Staff Runs Point

U5 & U6 GROUP TRAINING AREAS

- Field A & C – (1) Designated Tri-Town Coach
- Field E & G – (1) Designated Tri-Town Coach
- Field B & D - (1) Designated Tri-Town Coach
- Field F & H – (1) Designated Tri-Town Coach
- FIELD I & J – (1) Designated Tri-Town Coach
 - These fields supported by AYSO Coaches

U7 & U8 DEMO AREA

- (3) Designated Tri-Town Coaches – Support Fields 3-8
- AYSO Teams & Coaches report to demo area 5-minutes prior to game time
- Post DEMO Tri-Town Coaches will move among the 6 fields

PLEASE KEEP THE AREA BETWEEN THESE FIELD GROUPS OPEN SO COACHES & PLAYERS HAVE ENOUGH OPEN SPACE...

THANK YOU AYSO...
HAVE A GREAT SPRING SEASON!!!



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