



## AYSO WEEK 1 & Week 2 – Spring 2023

### Weekly Tri-Town Training format will be as follows:

- **Our (5-6) professional trainers will be around to support all (8) fields, coaches and teams for first 20, then a break for teams to get water & coaches to organize another 5-10 minutes of training activity. Teams will play (2) 20-minute halves with a 5-minute break for halftime.**

### TRI-TOWN 5U & 6U - Player Developmental Goals:

- Player Confidence – Identify players in the warm-up by name and reinforce something positive
- Basic Ball Mastery
- Sole Drag (pull-back)
- Proficient Dribbling Around a Defender

### Week 1 & 2 Training Format (Progression Week 2 --- MORE SPEED & PLAYER COMFORT WITH DRILL)

- **3 – 4 Minutes Free Style Dribble** – In your half of the field start your team off with **FREE-STYLE**, invite them to change speeds while keeping control of ball vs kicking and chasing ball.
- **3 – 4 Minutes** – Incorporate inside and outside foot dribbling technique. The best way to introduce this skill set is having the players use their big toe and pinky toe to move ball side to side. During this activity challenge players with different variations of speed, final minute of exercise have a race and encourage big toe/pinky toe while going as fast as they can go.
- **1 - Minute – Quick Water Break – Set-up 8-12 cones randomly on the field while team gets water.**
- **3 – 4 Minutes Free Style Dribble** around the cones, use the inside part of your foot to turn, using a 3-touch turning technique. Ask them to make the Letter U on the turns...
- **1 - Minute Race** – Players are to dribble around the cone going as fast as they can counting how many cones they turned on.
- **1.5 - Minute BEAT YOUR RECORD Race** – Players are to dribble around the cone going as fast as they can counting how many cones, they turned on... **HOW TO WIN... THEY NEED TO BEAT THEIR PREVIOUS RECORD...**

**Water-Break – Prior to letting them get water compliment players on things you felt were AWESOME...**

**Examples...** Great Energy, Good Dribbling, Speed... and finally great work rate...

**“You’re working so hard” is always a great way to draw a smile from players!!**

- **3 – 4 Minutes – Score, Score and Score some more...** Players are spread out on your half of the field with a ball, Coach will call players name and once player hears their name; they need to go attack the goal and score a goal. If your team is excelling, then Coach acts as a defender and the object here is to have them dribble around you are using the inside or outside part of their foot, encourage good dribbling and speed here!!!

### GAME TIME – (3) 10-Minute Quarters or (2) Equal Halves

- **Formation 2 – 1 – Teams Play (Tri-Angle)**
- **GAME PLAY IDEAS/STRATEGIES**
  - Defense starts on their own half on all restarts, kick-ins and goal kicks
  - Coaches Talking Points
    - “Shape” – Coach calls out shape and players must get into their triangle
    - “Dribble” – Inspire players to take open space on the dribble.
    - “Where is the easy pass” – have players identify “OPEN PLAYERS” and pass off the dribble.
- **Rules** – Understanding a couple simple rules, (Kick-Off, Goal Kicks, Kick-ins)

**GOOD LUCK & START YOUR SCRIMMAGE!**

**Thank You To All The AYSO Coaches!**

**Coach Jaime & Tri-Town Staff**