



AYSO WEEK 1 & Week 2

Week 1 & Week 2 - Tri-Town Training:

- **OVERVIEW** – The objective of the first two weeks is to get players accustomed to dribbling, passing and playing again. Some players may have not touched a ball all Winter... so the first two weeks we are going to KEEP IT SIMPLE and give coaches areas of the game that we would like to see players develop in. Dribbling, passing off the dribble, and movement off the ball are the (3) points of emphasis. We will have (3) Tri-Town Coaches supporting the U7-U8 program and PLEASE utilize us for ideas or strategy's on how to optimize your trainings. These kids are young, these teams are balanced, so the CHALLENGE is finding common ground for ALL TO SUCCEED, this is what we are good at as we specialize in PLAYER DEVELOPMENT!

Week 1 & 2 Session Plan: (Progression Week 2 --- MORE SPEED & MORE COMMUNICATION & INCORPORATE UNMARKING FROM PRESSURE)

1. **3 - 4 Minutes – Freestyle dribble...** Incorporate, toe taps (Challenge players, 5 slow toe taps, next time 5 fast toe taps), Tic-Tocks (foundations), during the free-style dribble ask players to change directions and identify the players using “drag back” or “pullback” also after the move ask them to burst away with small touches.
2. **3 - 4 Minutes – Tri-Town Circle Passing Drill** – Make a circle with 6-8 cones - ½ the team is in the circle with a ball the other ½ of team is at a cone without a ball. Player in the inside will dribble around and when Coach says “GO” players on outside will call to players with ball and say, “pass I’m open”, player with ball makes a pass to outside player and now those players swap roles. KEYS – PLAYER WITH BALL = Play the way your facing / PLAYER WITHOUT BALL = move to open cone so player with ball is facing you
3. **5 - 8 Minutes – Two vs Coach** – Coaches here all your doing is introducing a 2 v 1 situation, make two lines at midfield and have all balls start on one side... **Player 1** attacks on the dribble toward goal, Coach your job is to stop the ball and invite **Player 1** and **Player 2** to work together and invite the pass to open player for goal scoring opportunities. IMPORTANT – GIVE THEM POINTS 100 to 500. Coaching Points – **Ask them questions...** 1. what should you do if I stop the ball, 2. Suggest better passing angles to ensure players connecting these passes, 3. Lastly, TIMING of the pass, the best time to pass is when the defender engages on stopping the dribble, don't pass to early as defender can recover, also don't wait to long as the you give defender better opportunity to close space and make a play on the ball.

TRI-TOWN 7U – Game Developmental Goals:

- **Formation 3 – 1 /** Simple Position Responsibilities (Wing Players offer width and often look to attack off the dribble as their first option, Central Players are the QB, job #1 is distribution into open spaces and then offer support to Wing Players)
- Key Words or Phrases In These Games –
 1. “Shape” – All restarts should incorporate ½ line as buildout line
 2. “Dribble” – Inspire players to take open space on the dribble, often on a loose ball our players just want to smack the ball down the field, ask them to dribble prior to them making that decision... see if they can create better numbers to goal.
 3. “Where is the easy pass” – get your players use to playing the simplest, easiest and often most open pass.
 4. “Who’s Wide” – Inspire those Wing players to offer better passing angles to ball, the sooner you can get players understanding width the better flow your games will have.
- Rules – Understanding a couple simple rules, (Kick-Off, Goal Kicks, Kick-ins)

TRI-TOWN 8U - Player Developmental Goals:

- **Formation 3 – 2 /** Simple Position Responsibilities (Wing Players offer width and often look to attack off the dribble as their first option, Central Midfielder is the QB, the #1 job of this position is distribution into open spaces and keep offensive flow going, Right & Left Defenders – these players offer support to all (3) players in front of them and on the defensive side if we can create an idea of step and cover it would be great first step in defending. Closest player to ball steps first to defend, other defender covers them goal side and vice versa.
- Key Words or Phrases In These Games –
 5. “Shape” – All restarts should incorporate ½ line as buildout line
 6. “Dribble” – Inspire players to take open space on the dribble, often on a loose ball our players just want to smack the ball down the field, ask them to dribble prior to them making that decision... see if they can create better numbers to goal.
 7. “Where is the easy pass” – get your players use to playing the simplest, easiest and often most open pass.

8. "Who's wide" – Inspire those Wing players to offer better passing angles to ball, the sooner you can get players understanding width the better flow your games will have.
 9. 1 – 2 or give and go – Combination Plays are often the most effective way to attack defenses. While these players are still young, getting them to play off each other is a reasonable ask, introduce the concept and acknowledge this verbally so your team can hear. Most times kids want kudo's from the coach and if they see 1-2 combination plays get them a shout out, they may often try it.
- Rules – Understanding a couple simple rules, (Kick-Off, Goal Kicks, Kick-ins)

Thank You To All The AYSO Coaches