



## AYSO WEEK 3 & 4 – 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 – Week 1 Sole Drag (pull-back) – Week 3 & 4 Adds Tick-Tocks (popcorn) & Toe Taps
- Proficient Dribbling Around a Defender

### Week 3 & 4 Training Format

- **4 – 5 Minutes Free Style Dribble** – Ask players to dribble around in your half of the field and **FREE-STYLE**, toe taps, tic-toks (foundations), big toe and pinky toe change of direction and we like last week we still want to encourage the drag-back move, this is a great change of direction move and our hope is that week in and week out of encouraging players to use drag back will increase speed and competency of player using the move.

### **Sharks and Minnows – 10 Minutes**

1. **Designate the boundaries of your rectangular play area**
  - It should have ample running room such as a soccer field or large yard.
  - Use cones to mark designated playing area.
2. **Choose 1 or 2 players to be the Sharks; the other players are Minnows**
3. **Minnows line up on 1 end of the field; Sharks go to center of field**
4. **Sharks yell “Hey Minnows, swim this way!” when ready to begin with the goal of tagging Minnows**
5. **Minnows then run toward the opposite end of the field avoiding the sharks**
6. **If a Minnow is tagged, they join the Sharks in the center**
7. **If a Minnow reaches the opposite end without being tagged, then they are safe**

**Repeat steps 3 – 7 until only 1 or 2 Minnows are left – Progression – Can they play while dribbling a soccer ball, this will be challenging!**



- **1 - Minute – Quick Water Break**

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

- **Formation 2 – 1 – Teams Play (Triangle)**
- **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!**