



Week 3 & Week 4 - Tri-Town Training:

- **OVERVIEW** – The objective these next couple weeks is attacking goal with positive numbers. The first week we will work on the concept of going to goal 3 v 1 (purpose = lots of success as players have multiple options), from there we will move to 2v1, in this format players will have to make better decisions off the ball and take better angles, the success here is based on off the ball movements and better passing angles.

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

2 - 3 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.

(5-7) Minutes – 3 v 1 to Goal

- Split your team into offense and defense
- Spread 3 cones across field, right forward, central forward, left forward
- Place one cone next to goal for your defender – this is the starting point
- Coach will pass a ball into any of the (3) attackers
- Once ball is in play the defender will go out and stop play
- The GOAL here is for attacker with ball to go at defender, while teammates are moving into good positions to receive ball and score a goal... we should have lots of success in this format of play as offense will have positive numbers... ENFORCE players off ball to create a V-shape and find better passing angles to receive ball.

Drill Variations – (7) Minutes – 3 v 1 to Goal

- Once ball is in play attackers have until the count of 20 to score, once Coach hits 20 count a second defender can be added.

Coaching Points – While your getting water please address some coaching points you saw...

- Weight of pass (too hard or too soft)
- Timing of runs by attackers off the ball
- Communication – Are they working collectively in a great goal scoring situation
- Decision Making... acknowledge good decisions as it becomes infectious

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

(2 – 3) 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.

(5-7) Minutes – 2 v 1 to Goal

- Split your team into offense and defense
- Spread 2 cones across field, right forward & left forward
- Place one cone next to goal for your defender – this is the starting point

- Coach will pass a ball into any of the (2) attackers
- Once ball is in play the defender will go out and stop play
- The GOAL here is for attacker with ball to go at defender, while teammates are moving into good positions to receive ball and score a goal... we should have lots of success in this format of play. s to move into open space and create

Drill Variations – (7) Minutes – 2 v 1 to Goal

- Once ball is in play attackers have until the count of 20 to score, once Coach hits 20 count a second defender can be added.

Coaching Points – While you're getting water please address some coaching points you saw...

- Weight of pass (too hard or too soft)
- Wall Pass – Give & Go opportunities
- Timing of runs by attackers off the ball
- Communication – Are they working collectively in a great goal scoring situation
- Decision Making... acknowledge good decisions as it becomes infectious

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