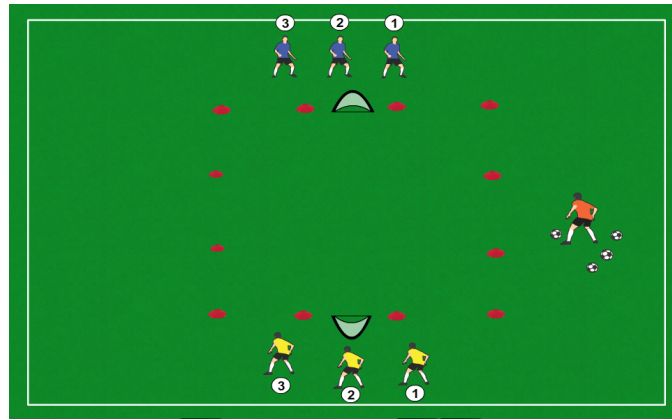


MONDAY & TUESDAY – PRACTICE ROUTINES



FIELD SET UP – 15 x 20 Field

TRI-TOWN – ATTACKING GOAL GAME (VARIATIONS - 1v1 or 2v1 or 3v1 or 2v2 or 3v3)

The purpose of this session is to teach your team to attack goal, you can play a variety of games inside this grid. It all starts by breaking up your team into (2) groups, and positioning them behind each of the designated goals (if you don't have goals use two cones or a line on field). From here you assign each player a number, when a player hears his or her number they are to come out onto the field of play and try to score into the opposing goal. It's a very simple concept and you can have a lot of FUN with this and build on it each week.

Practice 1 & 2 – Start with 1v1 and 2v1 and 3v1 (build off each progression with a simple idea, 1v1 beat defender and score a goal quick, 2v1 teach players to play combination pass (give & go), 3 v 1 have players attack in V shape formations. As you progress bring something new to the table!

Practice 3 & 4 – Start with 1v1 and 2v2 and 3v2 (build off each progression with a simple idea, 1v1 beat defender and score a goal quick, 2v2 teach defense the following, one player steps to ball the other doesn't mark man without ball, instead they take a position to cover the 1st defender. We want players learning to cover vs getting spread-out... Finally, 3 v 2 have players attack in V shape formations and player with ball needs to create a 2v1 somewhere... 2 defenders can't mark 3 offensive players so try and create scenarios where attacker with ball is looking for 2v1.

WATER BREAK – 3-5 minutes – During the break please take some time and make some Coaching Points to your players, this is often best time to ask players questions about what they just did and also ask them how they can incorporate it into the Expanded play portion of your training session. EMPOWER THEM to think and make some decisions...

- **EXPANDED PLAY** – Scrimmage – 4 v 4 is ideal, 5 v 5 is MAX (I WOULD RECOMMEND NO MORE THEN 5v5, IN MY EXPERIENCE, PLAYERS JUST WON'T ENGAGE ENOUGH.)

IF YOU WANT A TEAM EVAL & PRACTICE EVAL PLEASE SET IT UP WITH ME PERSONALLY:

JAIME JORGE
TRI-TOWN SOCCER ACADEMY
TRITOWN@INSPORTSCENTERS.COM
CELL – 203.540.7456