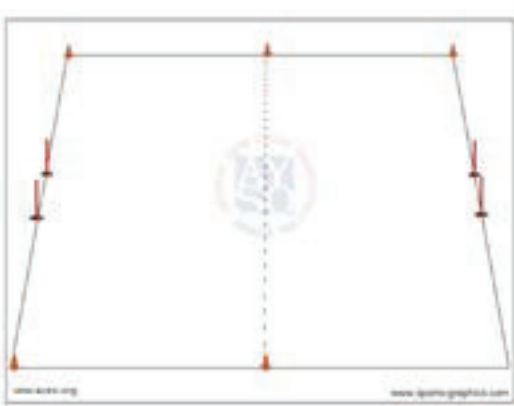
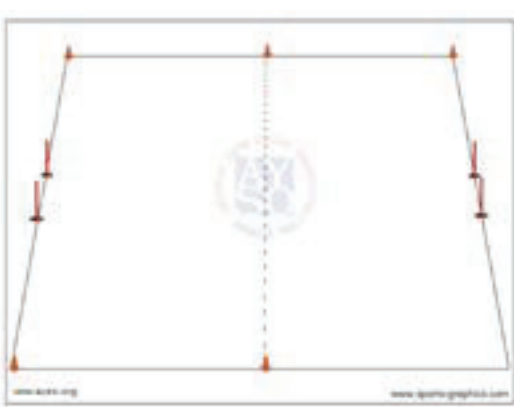




AYSO TRAINING PLAN

<p>STAGE 1 Technical Warm-up</p> <ul style="list-style-type: none"> * Max. ball contact, reps. * Introduce topic * Physical prep. (dynamic) * Unopposed to opposed 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 2 Small-sided Activity</p> <ul style="list-style-type: none"> * Individual & pairs * Competition & Teamwork * 2v2 & 3v3.. 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 3 Expanded Activity</p> <ul style="list-style-type: none"> * Opposition (attack & defense) * Directional play (w/goals or targets) * Expanded #s. (3v3 to 7v7...) * Most game aspects 	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>
<p>STAGE 4 Small-sided Match</p> <ul style="list-style-type: none"> * Unconditional * Emphasize topic * Age group laws * Formations * Let them Play! <p>Cool Down/Debrief</p>	<p>Organization/Rules</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 		<p>Coaching Points</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ <p> PSYCHOSOCIAL <input type="checkbox"/> PHYSICAL <input type="checkbox"/> TECHNICAL <input type="checkbox"/> TACTICAL <input type="checkbox"/> </p>