



Summer Training Program Information Sheet

5 week program (10 Sessions, Mondays and Thursdays) - \$125 per player

**For TCYSA Players only – age groups based on the 2009-10 ages

Training Groups:

U9/U10 Boys, U11/U12 Boys, U13 - U18 Boys

U9/U10 Girls, U11/U12 Girls, U13 – U18 Girls

Training Dates: Monday/Thursday

Week 1: June 15, 18

Week 2: June 22, 25

Week 3: July 13, 16

Week 4: July 20, 23

Week 5: July 27, 30

Training:

Mondays at BB&T Soccer Park: Station Training - 3 x 15 minute Stations, 30 minutes playing

Thursdays at W-S SoccerPlex: Small Sided Games (4v4,5v5)

Times:

Mondays:

5:30 pm – 6:45 pm: U9/U10 Boys, U9/U10 Girls, U11/U12 Girls

7:00 pm – 8:15 pm: U11/U12 Boys, U13-U18 Boys, U13-U18 Girls

***Thursdays:**

5:00 pm – 6:00 pm, or 6:00 pm – 7:00 pm: U9/U10 Boys, U9/U10 Girls, U11/U12 Girls

7:00 pm – 8:00 pm or 8:00 pm – 9:00 pm: U11/U12 Boys, U13-U18 Boys, U13-U18 Girls

***based on number of registrants, players will be assigned a time on Thursday**

Topics: FIELD PLAYERS			
Week	U9/U10 (6v6)	U11/U12 (8v8)	U13-u18 (11v11)
1	1v1 Duel	1v1 Duel	1v1 Duel
2	Combination play (Support) Wall Pass/Overlap 2v1, 2v2	Combination Play (Support) Wall Pass/Overlap/Blindside runs and Crossovers 2v1, 2v2, 3v2	Combination Play (Support) Wall Pass/Overlap/Blindside Third man Running, destroy the cover, 2v1, 2v2 ,3v3, 4v4
3	Transition 1v1, 2v1	Transition 1v1, 2v1, 2v2	Transition 2v1, 3v3, 5v5
4	Attacking Shape Two Line interaction Depth and width 4v2, 4v4	Attacking Shape Three Line Interaction Depth Width Height Attacking Rhythm 4v2, 4v4, 6v6	Attacking Shape Three Line interaction Depth width Height, Attacking Rhythm 4v2, 4v4, 6v6
5	Goal Scoring	Goal Scoring	Goal Scoring
Topics: GOALKEEPERS			
Week	U9/U10 (6v6)	U11/U12 (8v8)	U13-u18 (11v11)
1	Handling/Footwork	Handling/Footwork	Handling/Footwork
2	High Balls/Reaction Saves	High Balls/Reaction Saves/Reading Play	High Balls/Reaction Saves/Reading Play
3	Grass Cutters/Collapse Dive/ Breakaways/ Recovering	Grass Cutters/Collapse Dive/ Power Dive/Breakaways/ Recovering	Grass Cutters/Collapse Dive/ Power Dive/Breakaways/ Recovering
4	Pass Back/Distribution	Pass Back/Wide Distribution Throws/Organizing Play	Pass Back/Wide Distribution Throws/Organizing Play
5	Review All (Shot Stopping/Diving)	Review All Shot Stopping/Diving	Review All Shot Stopping/Power Diving