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TRYECK

Game-Like Technique Training

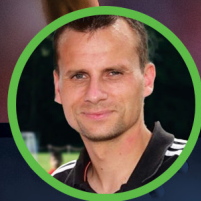


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- Principles of Technique Training
- Qualitative Action Triggers
- Variable Repetition
- Situational Application

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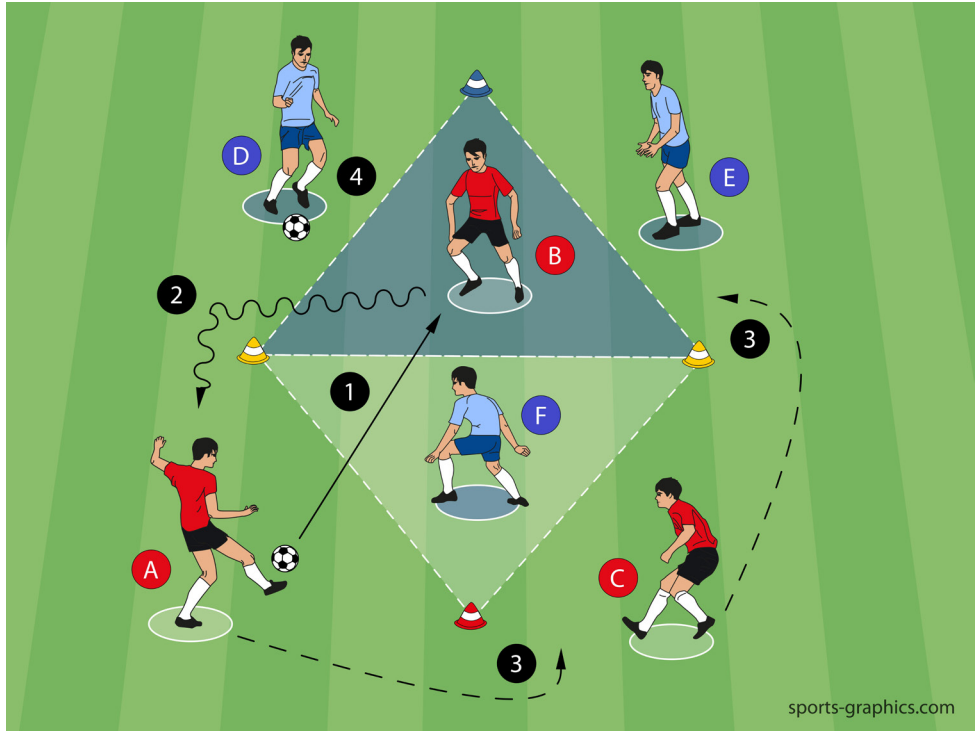
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Variable passing game with change of position



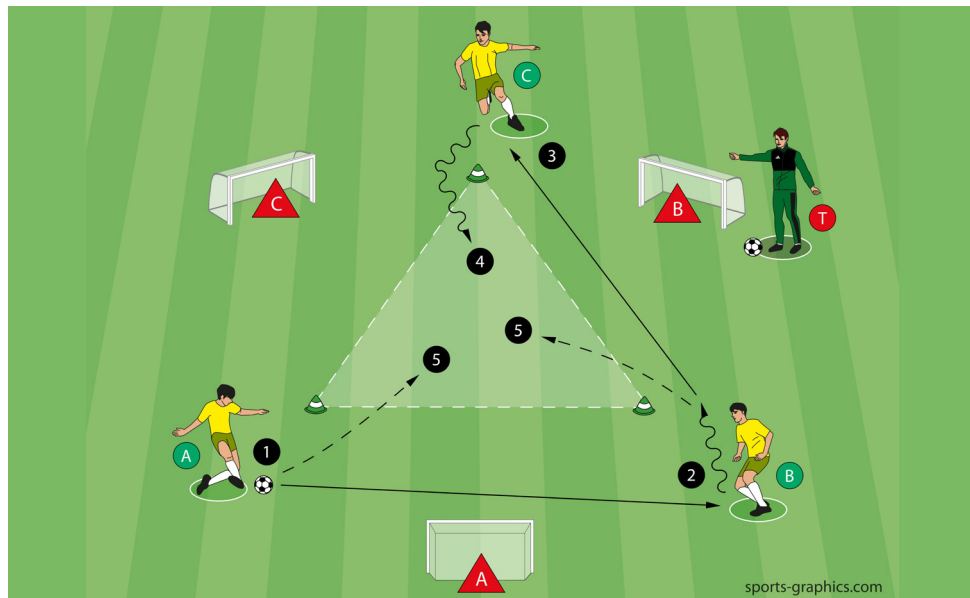
ORGANIZATION/PROCEDURE

- Mark 2 small TRYECKs with a total of 4 cones (approx. 1-2 m side length)
- 6 players in 2 groups with 2 balls: Play passes over 2 lines through the TRYECK (1)
- Pass receiver (B) processes (2) to the left or right (here right)
- Rotation (here on the right) and reaction (3) of the two potential pass receivers (A/C)
- Team RED and team BLUE act simultaneously (action trigger: opponent)
- The takeaway can be implemented to the left or right (action trigger: ball)

VARIATIONS/HELP/COACHING-POINTS

- The players challenge each other and train together (speed and precision)
- Competition (max. 2/3 contacts) possible: Which team achieves X actions first?
- Variation through technique specification: inside, outside, sole or foot selection
- Disruptive players (different groups in each case) are simple triggers for action

The ball triggers the action (3)



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ORGANIZATION/PROCEDURE

- Mark out the TRYECK (e.g. with 6m long sides) plus set up 3 mini goals
- Passing game from A/B/C around the TRYECK plus game stimuli (2:1 / 1:2)

PLAYING ON MINI GOALS

- Direct passing (1) and passing with two ball contacts (2) alternate endlessly
- Each pass receiver can trigger a phase of play by dribbling into the TRYECK (4)

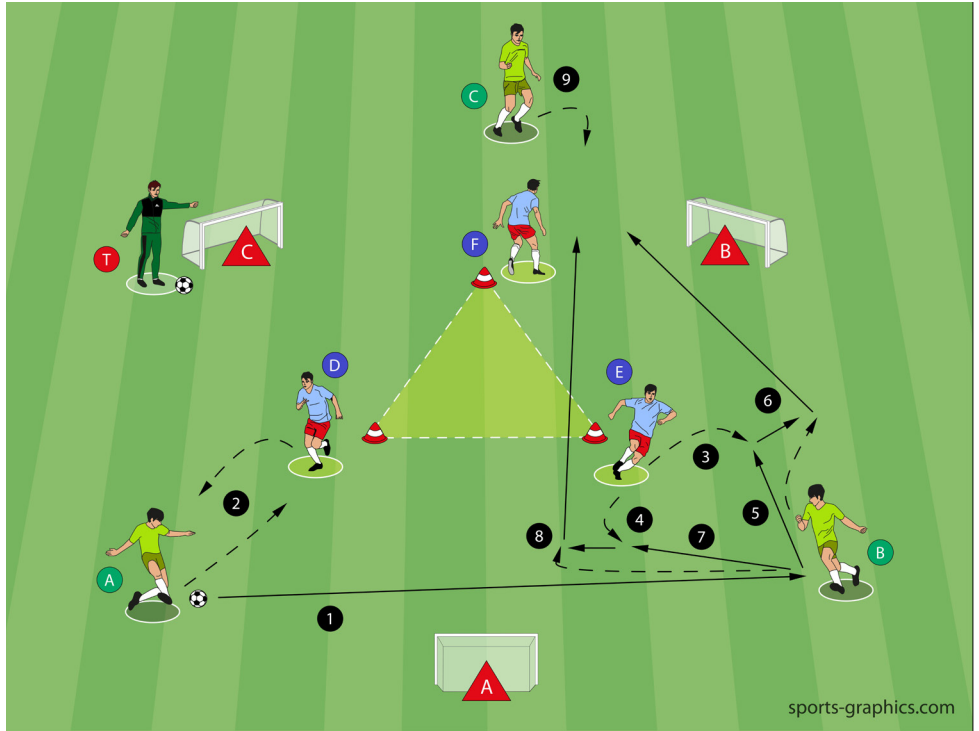
PLAYING STIMULUS OUTNUMBERING

- The holder of the ball (here C) plays with the passer (here B) to the distant mini goal (here A)
- 2:1 on mini goal A (After 5 passes, the other mini goals may also be played on)
- After winning the ball, player A can counterattack on the mini goals B and C

PLAYING STIMULUS OUTNUMBERING

- The owner of the ball (here C) plays against the other two players on the Mini goal A
- After dribbling through the TRYECK, C may also score on the other two mini goals
- After winning the ball, A and B can counterattack on the mini goals B and C

The Teammate triggers the action (1)



ORGANIZATION/PROCEDURE

- The players are divided into fixed pairs (teammates). The ball is passed around the outside of the triangle. After each action, the pairs change positions (2). The pass (1) always goes to the player positioned on the outside (here currently A/B/C).
- Each player acts close to the play, (but) with as little contact with the ball as possible (direct passing or two-contact play is ideal). The respective center player (here currently D/E/F) gives a signal as a teammate (passing option) and offers himself or, while the pass is on its way to his direct teammate, either in the direction of play (3) or against the direction of play (4). The respective recipient of the pass (in this case, B) must recognize this free-running behaviour and adjust his follow-up action accordingly.

DECISION CONTINUATION IN THE DIRECTION OF PLAY

If teammate E sets off in the direction of play (3), then B passes to him (5) and sets off on the outside in the direction of play to play the cross pass around the outside of the TRYECK to the distant pass receiver (here C) (6)

DECISION CONTINUATION AGAINST THE DIRECTION OF PLAY

If teammate E sets off against the direction of play (4), then B passes to him (7) so that he can pass the cross pass through the center and also through the TRYECK (8). The recipient of the pass (C) moves away depending on the action.

DECISION INDIVIDUAL CONTINUATION

The respective teammate (here E) can also simply remain in the middle of his position. This means that he has no passing option. The recipient of the pass (in this case B) has to continue on his own and can decide to pass to C in the direction of play or to pass to D (D has now taken A's position) against the direction of play.

3:3 GAME STIMULUS ON MINI GOALS

Based on this, there is an action that triggers a 3-on-3 game sequence. If a pass receiver (e.g. player B) plays a direct return pass back to the previously active pair (here A/D), the game sequence immediately starts on the 3 mini goals. The 6 players are divided into two teams so that the team affiliation for the 3-on-3 is clear (A/B/C as team GREEN against D/E/F as team BLUE).

The team in possession of ball may first be asked to complete a certain number of passes or to play the TRYECK (e.g. with a diagonal pass) in order to be allowed to score the 3 mini goals. After a goal has been scored, the coach has the option of playing in additional coach balls from a ball pool to enable further game sequences. In order to make the technical stimulus sustainable, the game stimulus is only possible if the TRYECK has already been played around correctly three times in the technical sequence.