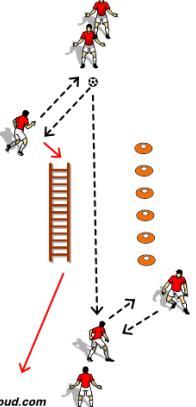
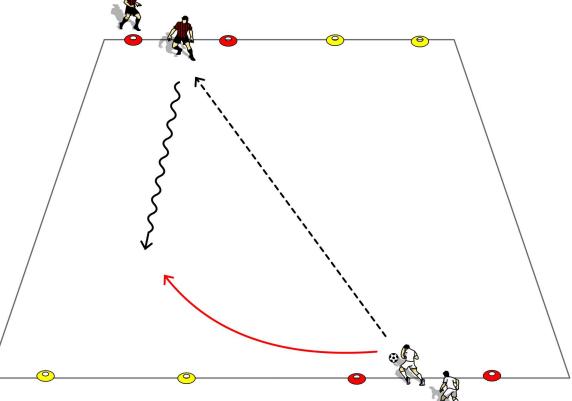
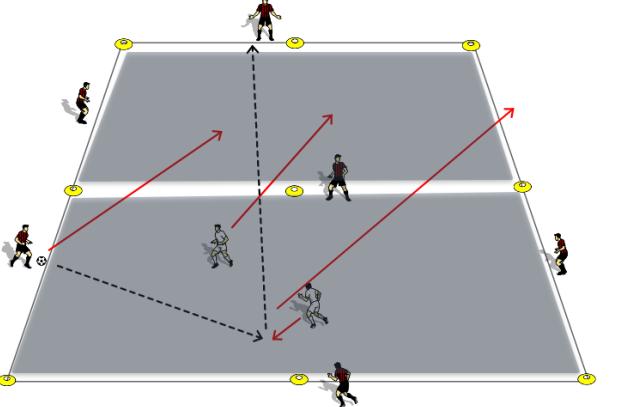
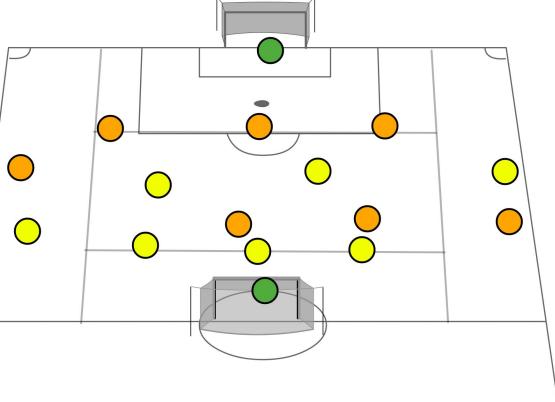
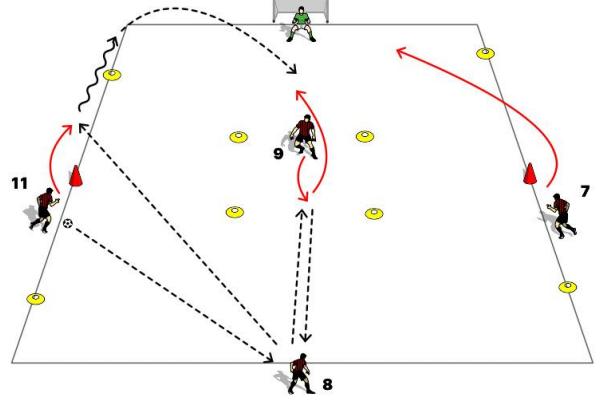
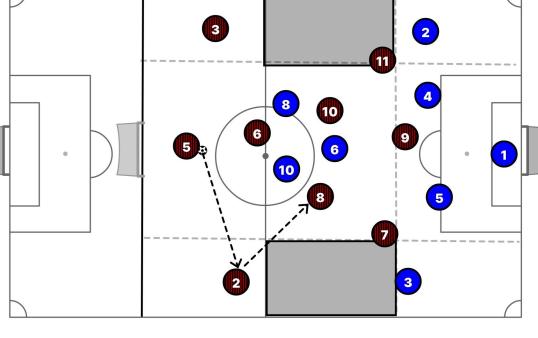


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL																									
Perceive and conceive	Attack 1,2,3	Create and close space	Defend 1,2,3	Keep it simple	Pass with purpose																								
Decide and deceive	Organize defense on offense	Pressure quickly on transition	Play what you see	Play what you see	Keep and move the ball																								
Execute and assess			Receive with intent	Receive with intent	Advance the ball																								
		EQUIPMENT		EMPHASIS/THEME																									
		Crossing and finishing																											
TEAM	DATE	SESSION TIME																											
Week of Aug 18 2025																													
TOTAL SPACE	LOAD	SESSION DURATION																											
		NOTES																											
ACTIVITY 1		Warm-up/activation		1v1 diagonal serve																									
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		EXPLANATION																									
FYP-1 Combination of follow-you-pass and agility movements Start with simple back-and-forth pass, adjust touch types (2-touch, 1-touch, switch feet, foot surface) Progress to include wall pass as shown below		#1 Hip open/close, curtsy lunge, lunge with twist #2 Knee/quad pull w/ calf extension, ankle circles #3 A-march, hamstring scoop, opposite leg/arm kick #4 - lateral lunge, double-foot fwd/lateral hops #5 - glute bridge, 4x20 sec planks 10 sec rest #6 partner 10x Nordics, single leg RDL		Activity starts as shown - player passes ball to opponent in diagonal corner (Red to Red), then game goes 1v1 goal with the attacker/defender going to opposite goals (Yellow to Yellow) Player must dribble through to score a goal																									
COACHING POINTS				PROGRESSION																									
FYP drill + dynamic warmup receive, check away/to, call for the ball				Switch corners, substitute mini-goals for dribble goals																									
				<p>Powered by acscloud.com ©Copyright Academy Sports Coach 2021</p>																									
ACTIVITY 3		4v2 double grid transition		5v5+2+2 wide w GKs																									
SPACE		DURATION		EXPLANATION																									
<table border="1"> <tr> <td>TOTAL</td><td></td></tr> <tr> <td>SETS/REPS</td><td></td></tr> <tr> <td>WORK</td><td></td></tr> <tr> <td>REST</td><td></td></tr> </table>		TOTAL		SETS/REPS		WORK		REST		<table border="1"> <tr> <td>TOTAL</td><td></td></tr> <tr> <td>SETS/REPS</td><td></td></tr> <tr> <td>WORK</td><td></td></tr> <tr> <td>REST</td><td></td></tr> </table>		TOTAL		SETS/REPS		WORK		REST		<table border="1"> <tr> <td>TOTAL</td><td></td></tr> <tr> <td>SETS/REPS</td><td></td></tr> <tr> <td>WORK</td><td></td></tr> <tr> <td>REST</td><td></td></tr> </table>		TOTAL		SETS/REPS		WORK		REST	
TOTAL																													
SETS/REPS																													
WORK																													
REST																													
TOTAL																													
SETS/REPS																													
WORK																													
REST																													
TOTAL																													
SETS/REPS																													
WORK																													
REST																													
COACHING POINTS		EXPLANATION		EXPLANATION																									
1st defender - on winning the ball, immediately pass out of pressure, then determine where to join 2nd defender - try to quickly counter press in the adjacent grid before opponents organize		Players arrange 4v2 in one grid with 2 additional players in 2nd grid - when one of the defenders wins the ball, they pass to one of the players in the adjacent grid and enter on the vacant edge - the "other" defender and the player that lost the ball become defenders		Field as shown with 2 wide channels, one player from each team in wide channel - when ball goes wide, one teammate may join to form 2v1, when ball leaves, one player must also leave Use offside line as shown																									
PROGRESSION		PROGRESSION		PROGRESSION																									
Limit touch count																													
				<p>Powered by acscloud.com ©Copyright Academy Sports Coach 2022</p>																									

MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1,2,3	Keep it simple	Pass with purpose	
Decide and deceive	Organize defense on offense	Defend 1,2,3	Play what you see	Keep and move the ball	
Execute and assess	Pressure quickly on transition	Receive with intent	Receive with intent	Advance the ball	
	EQUIPMENT	EMPHASIS/THEME	TIME	DESCRIPTION	
		Crossing and finishing		Warm-up/activation	
TEAM	DATE	SESSION TIME		1v1 diagonal serve	
	Week of Aug 18 2025			4v2 double grid transition	
TOTAL SPACE	LOAD	SESSION DURATION		5v5+2+2 wide w GKs	
				Crossing 11-8-9-8-11	
				Wide Attack 4-3-3 - SSG 2	
NOTES					
ACTIVITY 5		Crossing 11-8-9-8-11	ACTIVITY 6		Wide Attack 4-3-3 - SSG 2
SPACE	DURATION	EXPLANATION	COACHING POINTS	EXPLANATION	
	TOTAL	Ball starts with 11 - plays ball back to 8 who plays into a checking 9 - 9 rebounds ball back to 8 who plays into 11's curved run - 11 carries to corner and plays cutback cross 9 has checked back out, 7 is making angled run to close far post	Red 6/8/10 - Recognize when wide channels are open behind midfield line, support 2/3/7/11 with angle passes	Field divided into 3 channels, middle/wide channel marked as shown - offside begins at edge of final third	
	SETS/REPS		Red 2/3 - Time overlaps, read shape of 7/11	Blue in mid-block line, compact in center	
	WORK		Red 7/11 - Identify when to stretch vertically or check diagonally inside to pull Blue 2/3 out	Play starts with Red 5 - must progress using wide channels behind midfield line - must enter final third through wide progression - goal attempt must originate from wide entry or assist zone	
	REST		Red 6 - Switch point of attack early if wide not available	Blue in possession - must score in 5 passes/10 seconds	
COACHING POINTS		PROGRESSION	PROGRESSION		
Ideally, balls played between 11, 8, and 9 are 1-touch Ask 8 to make movements off ball in order to open body shape, curl ball into 11's run on 2nd pass Short/sharp movements from all players		Change sides (start with 7) Add defenders	#1 - Attacking entry only through wide zones; #2 - Red 8/10 must receive in wide space before entering final third; #3 Red 2/3 may overlap freely entering final third; #4 Add additional Blue mid 4-4-2		
					
<p>Powered by asccloud.com</p> <p>©Copyright Academy Sports Coach 2023</p>			<p>Powered by asccloud.com</p> <p>©Copyright Academy Sports Coach 2023</p>		
<p>Copyright © 2025 205 Sports</p>					