
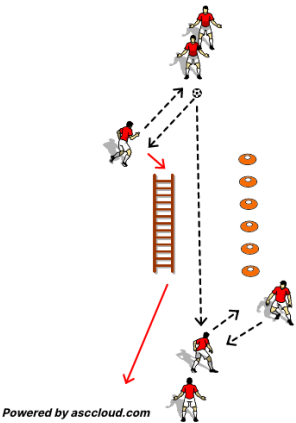


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	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	
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS	
FYP-1	#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	
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		
COACHING POINTS		
FYP drill + dynamic warmup receive, check away/to, call for the ball		



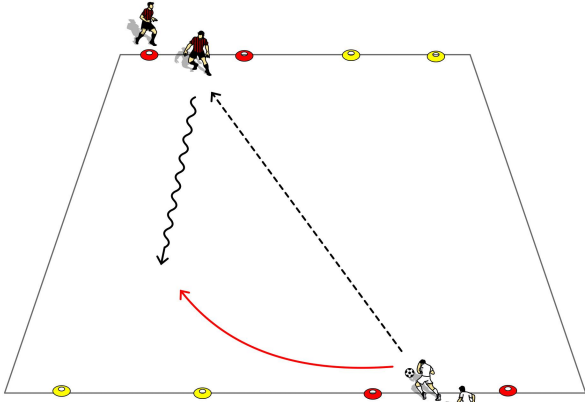
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal serve
	4v2 double grid transition
	5v5+2+2 wide w GKs
	Crossing 11-8-9-8-11
	Wide Attack 4-3-3 - SSG 2

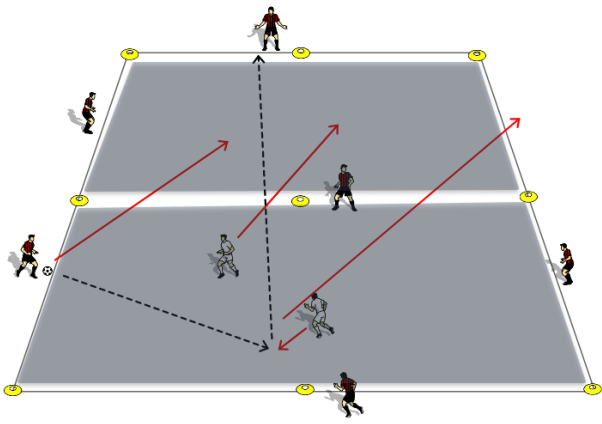
ACTIVITY 2		1v1 diagonal serve	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attacker - first touch with intent, try to quickly get to goal before defender can recover, use 1 feint to off-balance defender, then get in behind Defender - perform a recovery run (get goal side), then engage attacker, use touch line as 2nd defender OR try to shepherd attacker into wide space			
Switch corners, substitute mini-goals for dribble goals			



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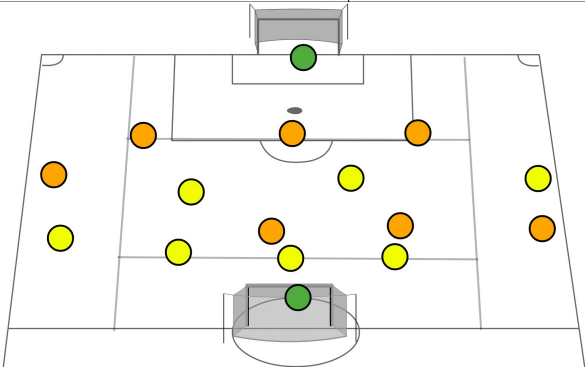
ACTIVITY 3		4v2 double grid transition	
SPACE	DURATION		EXPLANATION
	TOTAL		Players arrange 4v2 in one grid with 2 additional players in 2nd grid - when one of the defenders wins the ball, they pass to one of the players in the adjacent grid and enter on the vacant edge - the "other" defender and the player that lost the ball become defenders
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			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
PROGRESSION			Limit touch count



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ACTIVITY 4		5v5+2+2 wide w GKs	
SPACE	DURATION		EXPLANATION
	TOTAL		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
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Use offside line as shown
Attackers - look to create numbers-up situations, try to find opportunities to enter final third, look at advance the ball whenever possible, recirculate when blocked			PROGRESSION
			Allow 2nd defender to enter wide channel



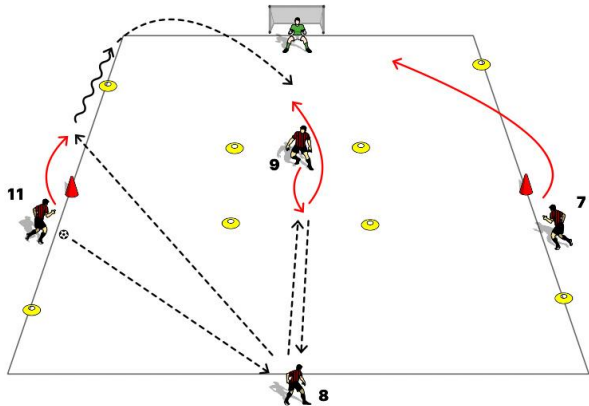
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TEAM	DATE	SESSION TIME
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TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		Crossing 11-8-9-8-11
SPACE	DURATION	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
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		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



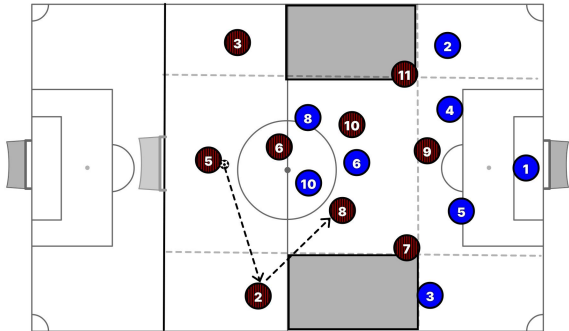
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ACTIVITY 6	Wide Attack 4-3-3 - SSG 2
COACHING POINTS	EXPLANATION
Red 6/8/10 - Recognize when wide channels are open behind midfield line, support 2/3/7/11 with angle passes Red 2/3 - Time overlaps, read shape of 7/11 Red 7/11 - Identify when to stretch vertically or check diagonally inside to pull Blue 2/3 out Red 6 - Switch point of attack early if wide not available	Field divided into 3 channels, middle/wide channel marked as shown - offside begins at edge of final third Blue in mid-block line, compact in center 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
PROGRESSION	Blue in possession - must score in 5 passes/10 seconds
#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	



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