
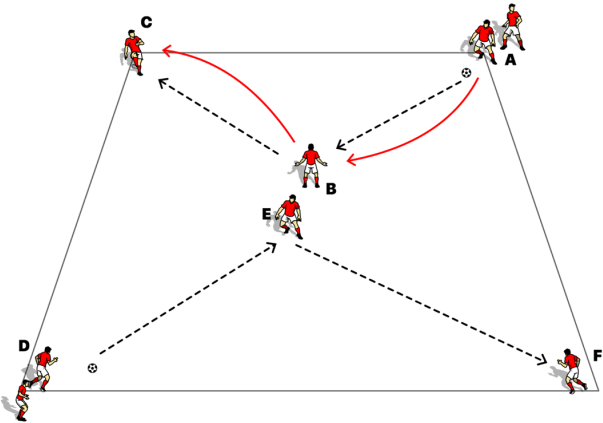


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

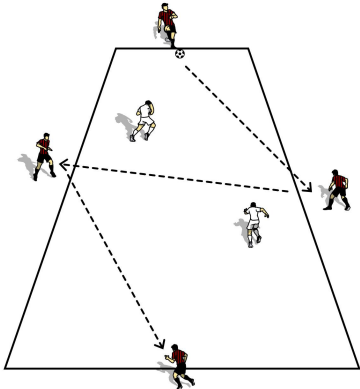
	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Clock passing w stretch
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Clock-1 3-4 minutes of passing with breaks: #1 - hips rotation, greatest stretch, down dog, ankle pedal #2 - quad pull, knee pull hamstring scoop, single leg RDL #3 - dead bugs, grasshopper, bird dog	Players form in a grid with 1 player in the middle - players follow their pass in and out of the grid Add a 2nd player and have a double clock once players have the pattern Progression - 2-touch -> 1-touch Progression - interior player switches with passer rather than following their pass



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ACTIVITY 3		4v2 narrow
SPACE	DURATION	EXPLANATION
	TOTAL	Grid organized as shown - length > width Score point for ball played between long edges On loss of possession, outside player steps in to create 2v1, when ball is recovered, game resumes as 4v2
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Attackers - look for quick combinations to progress ball, encourage 1-touch when available, look for body shapes, ball played to forward foot Defenders - keep ball in front of you, communicate roles (pressure, cover), show patience, be willing to press ball on poor 1st touch		#1 Limit outside touch count #2 When defenders win possession, they must try to exit the grid with the ball under control



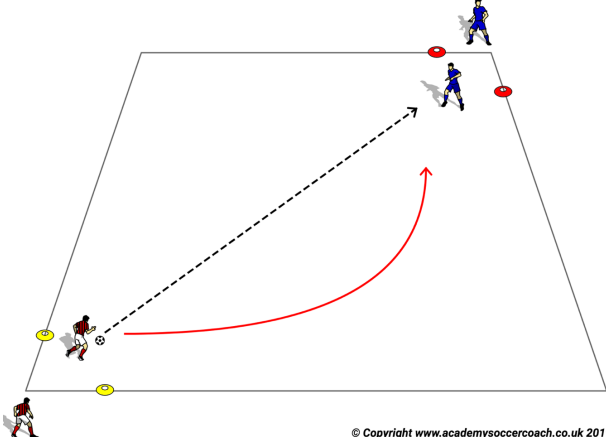
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MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

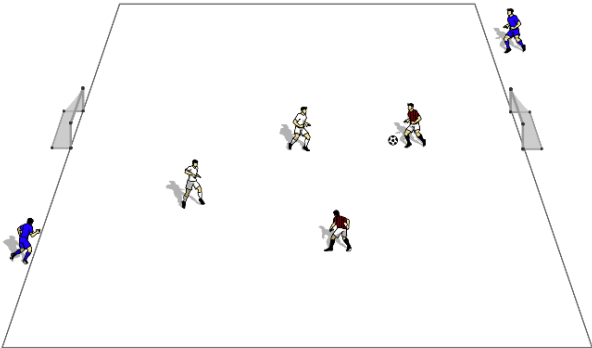
TIME	DESCRIPTION
	Clock passing w stretch
	1v1 diagonal goals
	4v2 narrow
	2v2+2 switch teams, diagonal
	4v4+5 - 9v4 switch on change
	Building from back 4-3-3 - SSG 1

ACTIVITY 2		1v1 diagonal goals	
SPACE	DURATION		EXPLANATION
15 yds	TOTAL		1v1 with goals in the diagonal corners (mark out the side lines)
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attacking player should attempt to use exactly 1 feint/move to beat the defender Defender should use the wide portions of the field to shepherd and cut off angles			
			Allow attacker to play passes off of next player in line (back pass)




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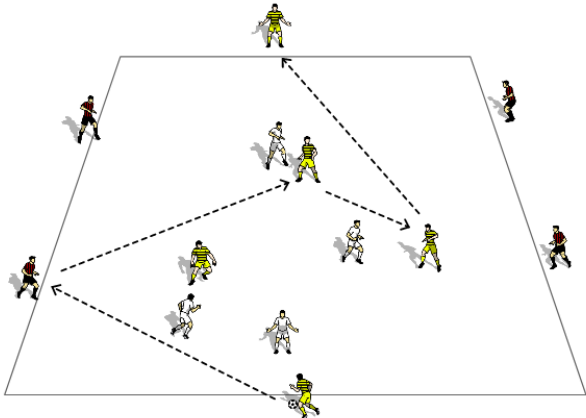
ACTIVITY 4		2v2+2 switch teams, diagonal	
SPACE	DURATION		EXPLANATION
15x15 yds (age appropriate)	TOTAL		Teams play 2v2 with 2 neutral players positioned diagonally on the end lines - when a goal is scored, the defending team switches with the neutrals and the scoring team switches directions
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attackers - look to use the neutral players to create combinations with the 3rd player who should be making angled supporting runs Defenders - avoid chasing passes at the neutrals, stay with central players to avoid give+go			
			Limit interior touch count Limit neutrals to 1-2 touch



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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
			Transition, counterpressing
TEAM	DATE	SESSION TIME	
	Week of Aug 25 2025		
TOTAL SPACE	LOAD	SESSION DURATION	
NOTES			

ACTIVITY 5		4v4+5 - 9v4 switch on change	
SPACE	DURATION		EXPLANATION
	TOTAL		Teams are organized as 4v4 (one inside defending, one outside in possession) with 5 neutrals (3 inside + 2 target players at each end) Objective is for team in possession to move ball from one end to other to score points
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Objective is for team in possession to move ball from one end to other to score points
Attackers - look for find number overloads (3v1, 4v2) always looking "forward" to find high target, slide up/down line to provide passing windows Defenders - try to simplify/isolate, communicate to 1st defender, try to prevent long switches Neutrals - look for triangle shape, pockets of space			
			PROGRESSION
			Require one interior player to touch ball to score point, limit touches

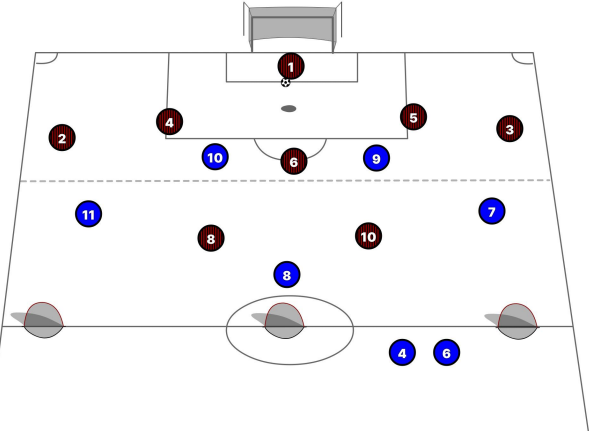


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball
TIME	DESCRIPTION
	Clock passing w stretch
	1v1 diagonal goals
	4v2 narrow
	2v2+2 switch teams, diagonal
	4v4+5 - 9v4 switch on change
	Building from back 4-3-3 - SSG 1

ACTIVITY 6		Building from back 4-3-3 - SSG 1	
COACHING POINTS		EXPLANATION	
Backs - take open body positions, center backs mostly facing up field, outside backs side-on		Ball starts with goal kick from Red - ball must be played to one of the players in the defending zone, only 2 Blue allowed in zone - additional	
GK - play firm pass to back foot, avoid playing into pressure		Blue may join on first touch by receiver	
All - look for safe passes, avoid pressure, advance forward when/available and possible		Red scores on mini-goals, Blue has 3 passes to shoot, restarts with GK	
Midfielders - look for pockets of space to receive, read off of defenders' positions			
Work with defending team on pressing triggers, moments of transition, patterns of play		PROGRESSION	
		Add additional Blue, allow players to enter when ball is played by GK	



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