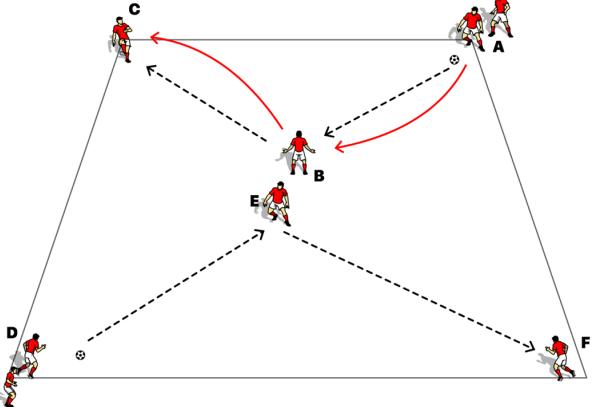
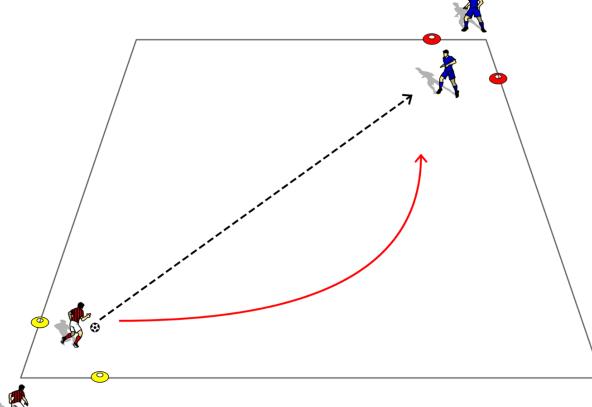
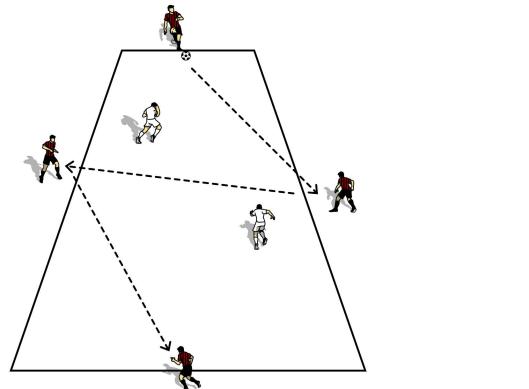
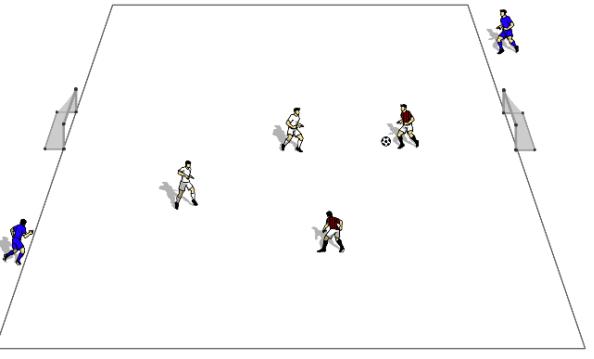
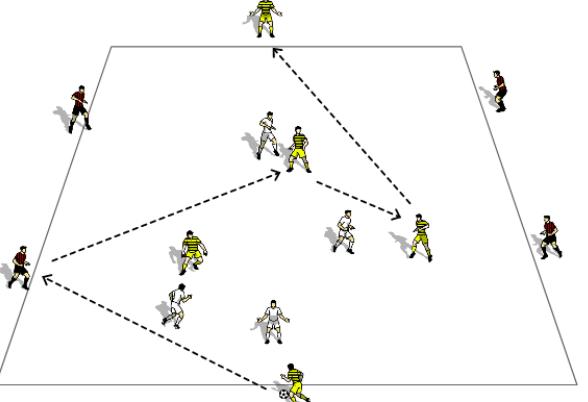
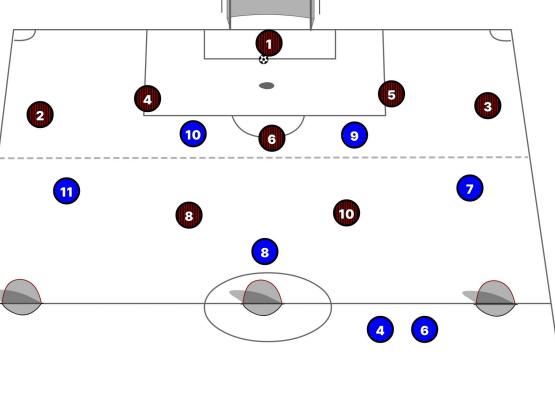


| MANAGE ONESELF | | MANAGE SPACE | | MANAGE THE BALL | |
|--|-----------------------------|--|----------------|---|------------------------|
| Perceive and conceive | Create and close space | Attack 1, 2, 3 | Defend 1, 2, 3 | Keep it simple | Pass with purpose |
| Decide and deceive | Organize defense on offense | Pressure quickly on transition | | Play what you see | Keep and move the ball |
| Execute and assess | | | | Receive with intent | Advance the ball |
|  | | EQUIPMENT | | EMPHASIS/THEME | |
| | | Transition, counterpressing | | | |
| TEAM | DATE | SESSION TIME | | | |
| Week of Aug 25 2025 | | | | | |
| TOTAL SPACE | LOAD | SESSION DURATION | | | |
| | | NOTES | | | |
| ACTIVITY 1 | | Clock passing w stretch | | 1v1 diagonal goals | |
| PHYSICAL ACTIVATION | | FUNCTIONAL/SPORTS SKILLS | | EXPLANATION | |
| 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 | | 1v1 with goals in the diagonal corners (mark out the side lines) | |
|  | | | | | |
|  | | | | | |
| ACTIVITY 3 | | 4v2 narrow | | 2v2+2 switch teams, diagonal | |
| SPACE | | DURATION | | EXPLANATION | |
| TOTAL SETS/REPS WORK REST | | TOTAL SETS/REPS WORK REST | | 15x15 yds (age appropriate) 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 | |
| COACHING POINTS | | COACHING POINTS | | COACHING POINTS | |
| 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 | | 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 | | 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 | |
|  | | | |  | |
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| 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 | Advance the ball | | |
|  | EQUIPMENT | EMPHASIS/THEME | TIME | DESCRIPTION | |
| | | Transition, counterpressing | | Clock passing w stretch | |
| TEAM | DATE | SESSION TIME | | 1v1 diagonal goals | |
| | Week of Aug 25 2025 | | | 4v2 narrow | |
| TOTAL SPACE | LOAD | SESSION DURATION | | 2v2+2 switch teams, diagonal | |
| | | | | 4v4+5 - 9v4 switch on change | |
| | | | | Building from back 4-3-3 - SSG 1 | |
| NOTES | | | | | |
| ACTIVITY 5 | | 4v4+5 - 9v4 switch on change | ACTIVITY 6 | | Building from back 4-3-3 - SSG 1 |
| SPACE | DURATION | EXPLANATION | COACHING POINTS | 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) | 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 | |
| | SETS/REPS | Objective is for team in possession to move ball from one end to other to score points | GK - play firm pass to back foot, avoid playing into pressure | Blue may join on first touch by receiver | |
| | WORK | PROGRESSION | 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 | |
| | REST | Require one interior player to touch ball to score point, limit touches | Midfielders - look for pockets of space to receive, read off of defenders' positions | | |
| COACHING POINTS | | Work with defending team on pressing triggers, moments of transition, patterns of play | PROGRESSION | | |
| Attackers - look for find number overloads (3v1, 4v2) always looking "forward" to find high target, slide up/down line to provide passing windows | | | Add additional Blue, allow players to enter when ball is played by GK | | |
| Defenders - try to simplify/isolate, communicate to 1st defender, try to prevent long switches | | | | | |
| Neutrals - look for triangle shape, pockets of space | | | | | |
|  | | |  | | |
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