

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

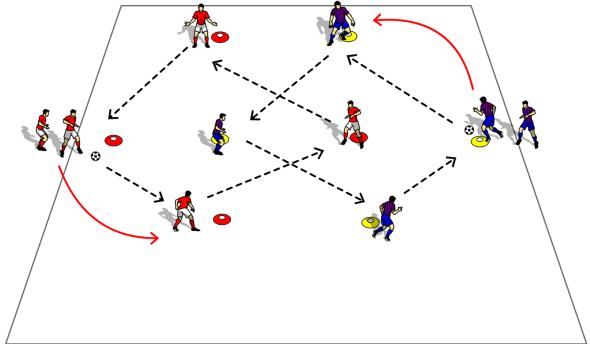
MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

	EQUIPMENT	EMPHASIS/THEME
	Breaking compact lines	
TEAM	DATE	SESSION TIME
	Week of Sep 15 2025	
TOTAL SPACE	LOAD	SESSION DURATION

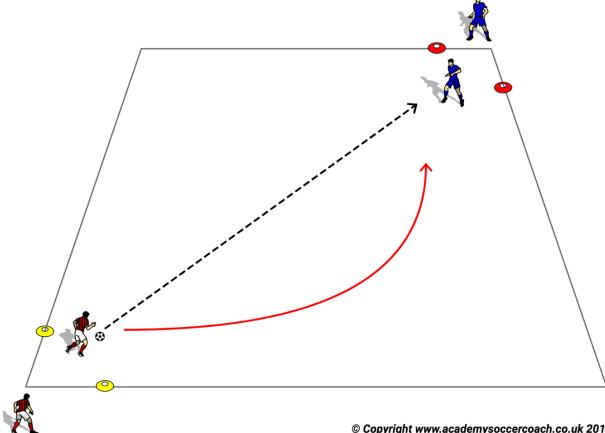
TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal goals
	5v2 diagonal rondo - SD
	4v4v4 3 zone
	3v3+4+4 mini-goals
	Midfield 4-3-3 - SSG 1

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
<p>Double diamond-1</p> <p>3-4 minutes of passing with breaks:</p> <p>#1 - hips open/closed, reverse curtsy lunge, fwd lunge with chest opener</p> <p>#2 - partner leg swings - fwd/back, side/side, quad pull, single leg RDL</p> <p>#3 - dead bugs, grasshopper, bird dog</p> <p>#4 - ankle dribbles, A-march, A-skip</p>	<p>Players form into two diamond shapes which overlap - passing around the diamond, players initially follow their pass - add competition (first to 30 passes, most passes in time limit)</p> <p>Progression - players move to whoever passed to them</p>

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			
<p>Attacking player should attempt to use exactly 1 feint/move to beat the defender</p> <p>Defender should use the wide portions of the field to shepherd and cut off angles</p>			
PROGRESSION			
<p>Allow attacker to play passes off of next player in line (back pass)</p>			

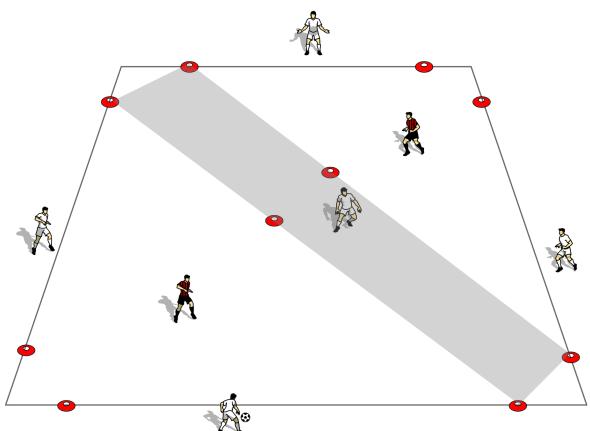


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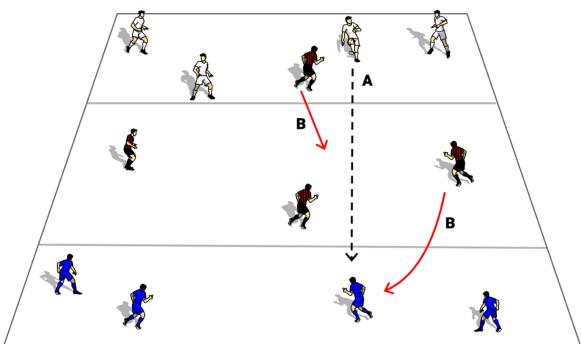
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ACTIVITY 3		5v2 diagonal rondo - SD		
SPACE	DURATION		EXPLANATION	
12x12 yds	TOTAL	10:00	5v2 with central attacker in diagonal grid - when defenders win ball, they go 2v1 inside the grid	
	SETS/REPS			
	WORK			
	REST			
COACHING POINTS				
Central attacker should look to create open body shapes, rotate positions so not facing only 1 way				
Defenders try to isolate attackers, prevent switch - look for 1st/2nd defender roles				
Try to find 3v1s inside the grid using central player to switch sides				
PROGRESSION				
Limit touch count				



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ACTIVITY 4		4v4v4 3 zone			
SPACE	DURATION	EXPLANATION			
30 yds wide x 45 yds long (3 grids of 30x15 yds)	TOTAL	3 teams with 1 team in each of the 3 grids - teams on the outside are partners with team in the middle defending - 1 defender may enter the end grid with the ball - attackers try to possess and switch to other end - 1 pt for each switch - on loss, defenders switch with team that lost ball			
	SETS/REPS				
	WORK				
	REST				
COACHING POINTS					
Attackers - show patience in possession, don't force 2nd attackers, show open body possession, look for opportunity to switch prior to receiving					
Defenders - try to use end/side lines to isolate the ball, 2nd defenders try to cut off through angles, on switch, immediately try to angle run to limit options					
PROGRESSION					
Limit touches, require switch within X number of passes. 2 defenders enter					



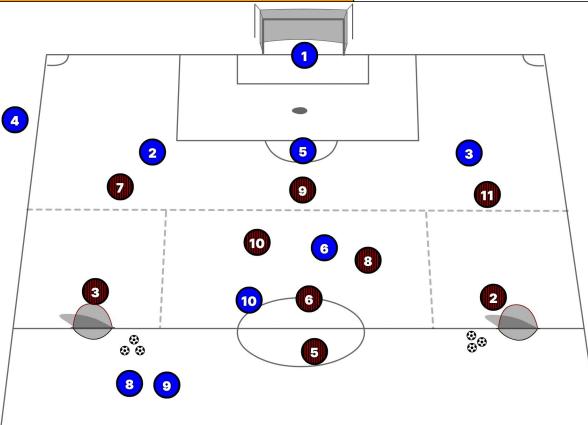
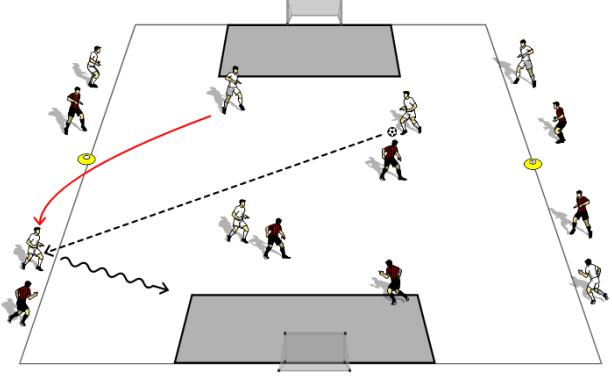
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ACTIVITY 5		3v3+4+4 mini-goals
SPACE	DURATION	EXPLANATION
	TOTAL	3v3 in central grid with 4 teammates for each team wide - 2 per quadrant
	SETS/REPS	
	WORK	If a player passes to a wide teammate, the teammate enters the grid while the nearest player switches wide
	REST	Wide players may not defend each other
COACHING POINTS		PROGRESSION
In grid - take players on if possible to shaded area, if blocked off find outside teammate From outside when entering - try to make aggressive first touch, look for opportunities to combine 2v1 to get into shaded area		Limit number of passes before scoring scoring

ACTIVITY 6	Midfield 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION
<p>On first pass in, supporting mids find angled positions - open body shapes in order to switch through central grid</p> <p>First idea is to advance ball - use wing players to relieve pressure</p> <p>Once ball goes forward, 8/10 look to combine with forward on your side, 6 acts as hinge</p>	<p>Activity starts alternately from passes by 2 and 3 into the center grid, each of 6/8/10 must touch the ball before they can advance out of grid and team can attack goal - all players other than 6/8/10 are 3-touch</p>
PROGRESSION	
<p>Defenders score on mini-goals</p> <p>If attackers regain ball, reset with pass to 5</p>	<p>Add additional defender(s) to defending grids - defenders allowed to float between defending grids</p>



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