
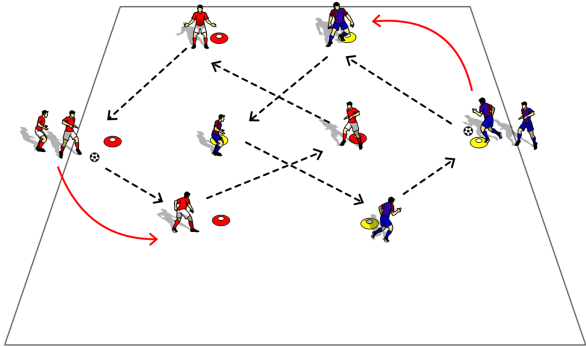


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

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

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Double diamond-1 3-4 minutes of passing with breaks: #1 - hips open/closed, reverse curtsy lunge, fwd lunge with chest opener #2 - partner leg swings - fwd/back, side/side, quad pull, single leg RDL #3 - dead bugs, grasshopper, bird dog #4 - ankle dribbles, A-march, A-skip	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) Progression - players move to whoever passed to them

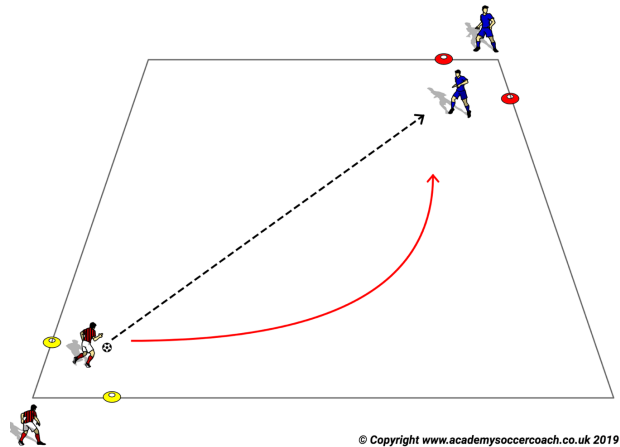


© Copyright www.acadmysoccercoach.co.uk 2019

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

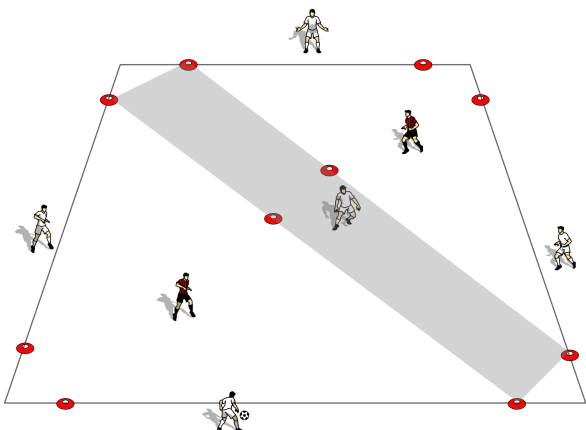
TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal goals
	5v2 diagonal rondo - SD
	4v4v4 3 zone
	3v3+4+4 mini-goals
	Midfield 4-3-3 - SSG 1

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)



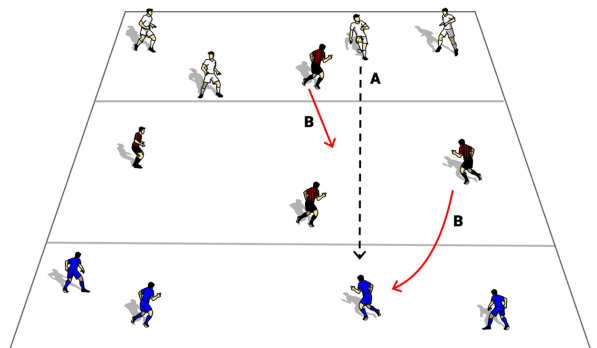
© Copyright www.acadmysoccercoach.co.uk 2019

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			Score pts for consecutive passes by both teams
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



© Copyright www.acadmysoccercoach.co.uk 2020


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			PROGRESSION
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			
			Limit touches, require switch within X number of passes, 2 defenders enter



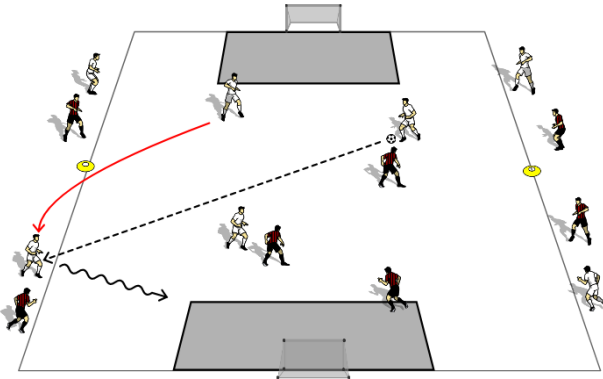
Powered by ascloud.com

©Copyright Academy Sports Coach 2021

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

ACTIVITY 5		3v3+4+4 mini-goals	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
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

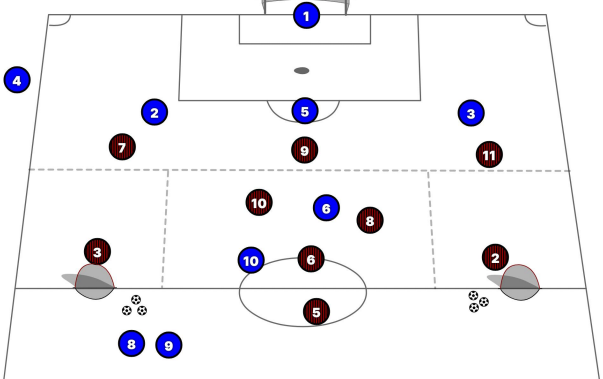


Powered by asccloud.com ©Copyright Academy Sports Coach 2021

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 goals
	5v2 diagonal rondo - SD
	4v4v4 3 zone
	3v3+4+4 mini-goals
	Midfield 4-3-3 - SSG 1

ACTIVITY 6		Midfield 4-3-3 - SSG 1	
COACHING POINTS		EXPLANATION	
On first pass in, supporting mids find angled positions - open body shapes in order to switch through central grid First idea is to advance ball - use wing players to relieve pressure Once ball goes forward, 8/10 look to combine with forward on your side, 6 acts as hinge		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	
		PROGRESSION	
Defenders score on mini-goals If attackers regain ball, reset with pass to 5		Add additional defender(s) to defending grids - defenders allowed to float between defending grids	



Powered by asccloud.com ©Copyright Academy Sports Coach 2022