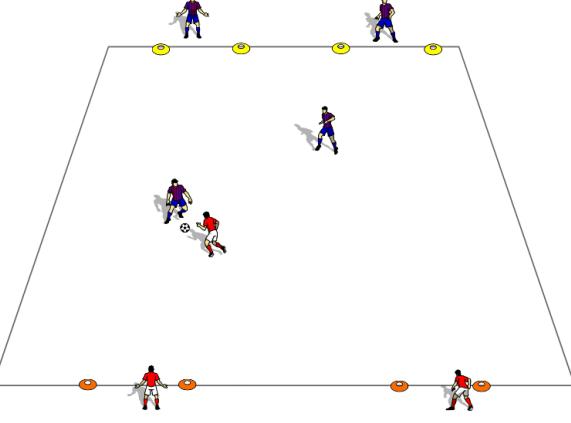
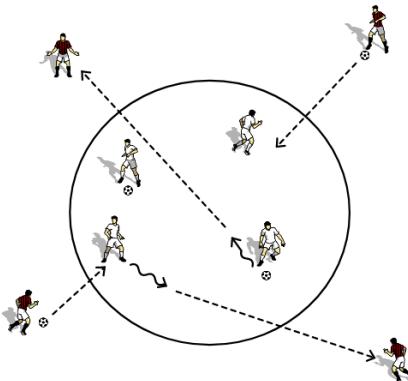
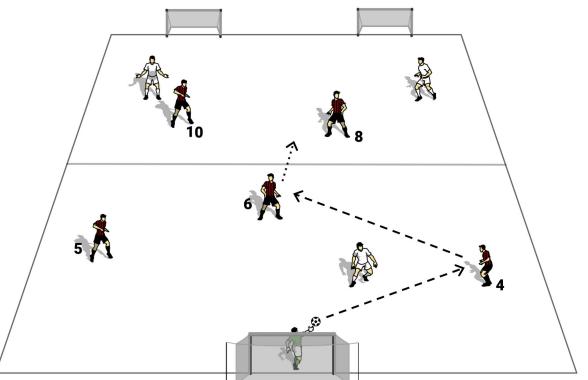
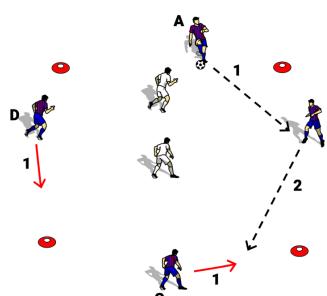
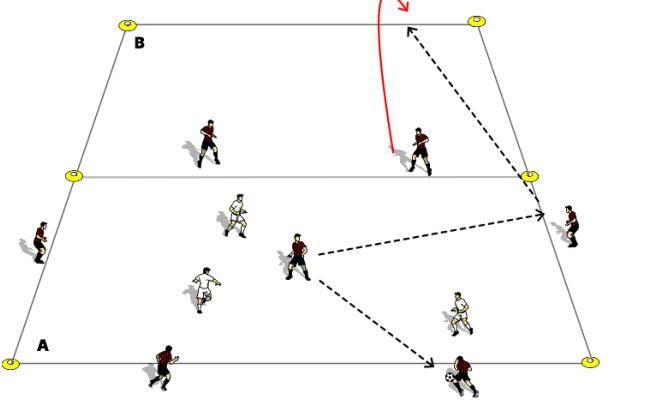
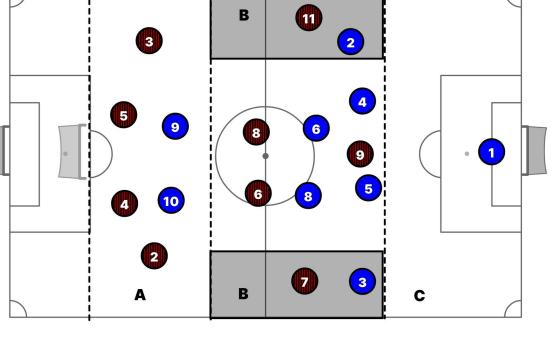


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1,2,3	Defend 1,2,3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		Exploiting numerical advantages			
TEAM	DATE	SESSION TIME			
Week of Sep 22 2025					
TOTAL SPACE	LOAD	SESSION DURATION			
		NOTES			
ACTIVITY 1 PHYSICAL ACTIVATION Circle drill + dynamic warmup Activity starts with 1/2 players inside, 1/2 outside a circle (grid) Players go through a sequence of actions - 1-touch, 2-touch, foot/thigh/chest volleys, headers, receive/turn/pass to open player 45-60 sec reps, switch inside outside Once both teams have finished a rep - dynamics as shown on right		Warm-up/activation FUNCTIONAL/SPORTS SKILLS #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		ACTIVITY 2 SPACE 15x20 yds (age appropriate)	
		DURATION TOTAL SETS/REPS WORK REST		DESCRIPTION Warm-up/activation 2v1 flying changes 3v1,3v2 numerical superiority 4v2 6v3+1 adjacent grids Wide Attack 4-3-3 - SSG 1	
		COACHING POINTS Attackers - try to score as quickly as possible, open up space, force defender to commit Defender - try to close off ball carrier immediately - delay and look to win ball		EXPLANATION Ball is initially played by 1 player to one of 2 opponents Objective is for the 2 to pass to 1 of the opponent target players - if successful, both defender + teammate of passer go off, 2 opponents come on 2v1 If 1 can score on the 2 - both go off	
		PROGRESSION Limit touch counts of 2 Limit pass total of 2			
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ACTIVITY 3 SPACE TOTAL SETS/REPS WORK REST		3v1,3v2 numerical superiority EXPLANATION Field divided into two zones - 2 mini goals in one end, full-size goal in opposite end with GK White defenders may move between grids, only Red 6 may move back and forth Assign points for goals - Red=1, White=3 or more		ACTIVITY 4 SPACE 10x10 yds (age appropriate)	
COACHING POINTS Red - try to quickly progress ball, isolate one of the defenders 2v1 on a mini-goal Red 6 - recognize when to advance vs drop to defend White - make play predictable, delay, striker look to receive when team gains possession		DURATION TOTAL SETS/REPS WORK REST		EXPLANATION Teams organized as shown - 4 on the outside, 2 defenders in the middle Outside players slide along lines to create passing windows	
PROGRESSION Limit Red touch/pass count Add additional White defender		COACHING POINTS Defenders - 1st/2nd defender, communicate Attackers - look to split defenders, determine decision BEFORE receiving the ball		PROGRESSION Limit touch count Player who loses ball enters grid to win ball back	
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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					
		Exploiting numerical advantages		Warm-up/activation					
TEAM	DATE	SESSION TIME		2v1 flying changes					
	Week of Sep 22 2025			3v1,3v2 numerical superiority					
TOTAL SPACE	LOAD	SESSION DURATION		4v2					
				6v3+1 adjacent grids					
		NOTES		Wide Attack 4-3-3 - SSG 1					
ACTIVITY 5		6v3+1 adjacent grids							
SPACE	DURATION	EXPLANATION							
20x30 yds (rectangle, age appropriate)	TOTAL	Field organized as 2 rectangular grids side-by-side, play starts in 1 grid, on cue, attacking team switches to adjacent grid							
	SETS/REPS	If defenders win possession, 1 outside player joins central player to recover possession							
	WORK								
	REST								
COACHING POINTS		PROGRESSION							
Use verbal/non-verbal cues to switch grids Look to play away from pressure - either across width of grid or into opposite grid		Limit touch count Switch inside/outside attackers							
									
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<p>Powered by asccloud.com ©Copyright Academy Sports Coach 2023</p>									
<p>ACTIVITY 6</p>									
COACHING POINTS			EXPLANATION						
7/11 - anticipate entry pass, check away then dismark 2/6 and 3/8 - look to enter and combine, forming 2v1 or 3v1 numbers Look for opportunities to enter final third through the B box - wall pass, spinning off defender and carrying forward 9 - consider blind side diagonal run to corner if ball played into space from B box 6/8 - try to receive open body shape, look for pockets of space, find wide players Defending team in possession - 5 seconds to score			A - initially 4v2, 2/3 may move into B B - at most 1 defender C - offside line, defenders may not drop into this space before ball entry Attacking team must play through one of the B boxes before entering final third						
			PROGRESSION						
			2nd defender may enter B box once ball is played in						