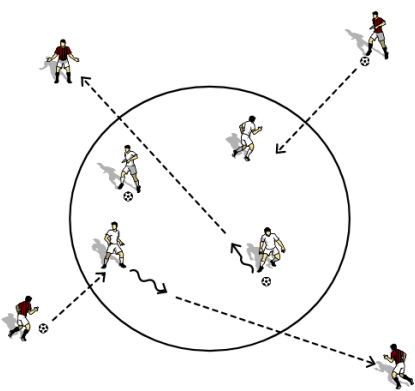


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

205 ACADEMY EST. 2018	EQUIPMENT	EMPHASIS/THEME
		Exploiting numerical advantages
TEAM	DATE	SESSION TIME
	Week of Sep 22 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
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	#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



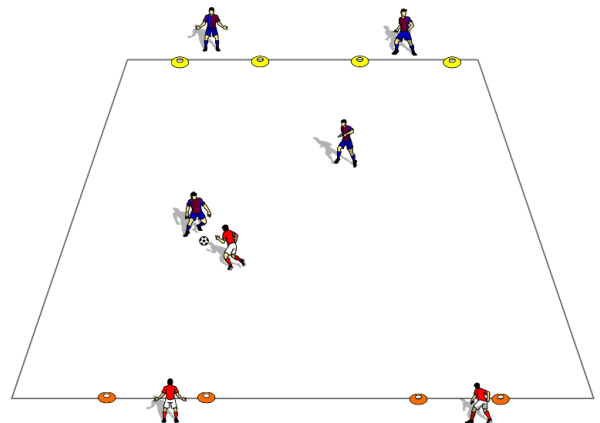
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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	2v1 flying changes
	3v1,3v2 numerical superiority
	4v2
	6v3+1 adjacent grids
	Wide Attack 4-3-3 - SSG 1

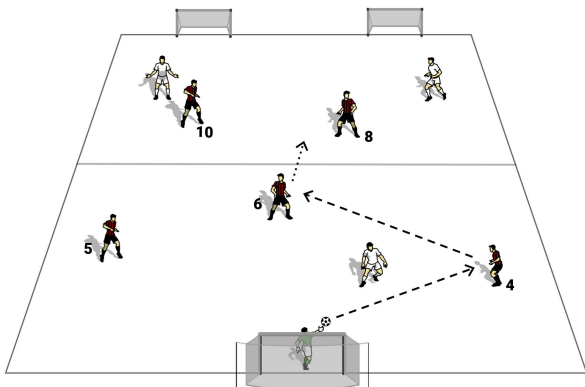
ACTIVITY 2		2v1 flying changes	
SPACE	DURATION		EXPLANATION
15x20 yds (age appropriate)	TOTAL		Ball is initially played by 1 player to one of 2 opponents Objective is for the 2 to pass to 1 of the opponent target players - if successful, both defender + teammate of passer go off, 2 opponents come on 2v1 If 1 can score on the 2 - both go off
	SETS/REPS		
	WORK		
	REST		
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			
PROGRESSION			
			Limit touch counts of 2 Limit pass total of 2



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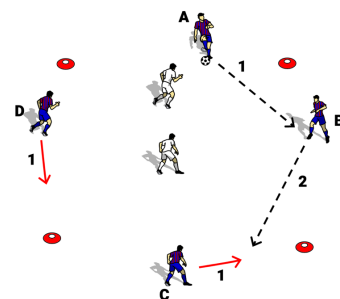
ACTIVITY 3		3v1,3v2 numerical superiority
SPACE	DURATION	EXPLANATION
	TOTAL	Field divided into two zones - 2 mini goals in one end, full-size goal in opposite end with GK White defenders may move between grids, only Red 6 may move back and forth Assign points for goals - Red=1, White=3 or more
	SETS/REPS	
	WORK	
	REST	
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		
		PROGRESSION
		Limit Red touch/pass count Add additional White defender



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ACTIVITY 4		4v2	
SPACE	DURATION		EXPLANATION
10x10 yds (age appropriate)	TOTAL		Teams organized as shown - 4 on the outside, 2 defenders in the middle Outside players slide along lines to create passing windows
	SETS/REPS		
	WORK		
	REST		
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



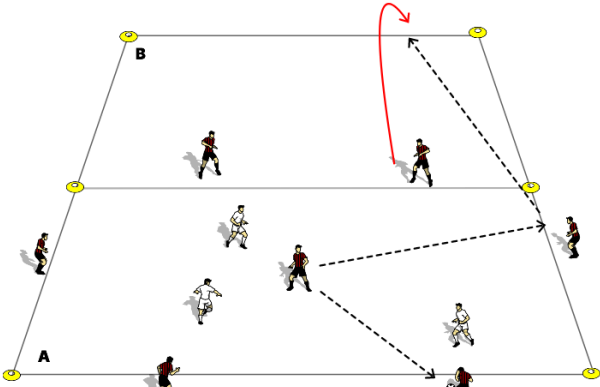
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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Exploiting numerical advantages
TEAM	DATE	SESSION TIME
	Week of Sep 22 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		6v3+1 adjacent grids	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
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 Central players switching grids MUST back pedal (not turn away from game)			
			Limit touch count Switch inside/outside attackers



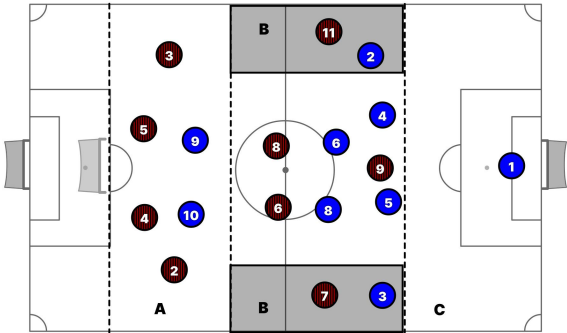
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
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	3v1,3v2 numerical superiority
	4v2
	6v3+1 adjacent grids
	Wide Attack 4-3-3 - SSG 1

ACTIVITY 6		Wide Attack 4-3-3 - SSG 1	
COACHING POINTS		EXPLANATION	
7/11 - anticipate entry pass, check away then disarm		A - initially 4v2, 2/3 may move into B	
2/6 and 3/8 - look to enter and combine, forming 2v1 or 3v1 numbers		B - at most 1 defender	
Look for opportunities to enter final third through the B box - wall pass, spinning off defender and carrying forward		C - offside line, defenders may not drop into this space before ball entry	
9 - consider blind side diagonal run to corner if ball played into space from B box		Attacking team must play through one of the B boxes before entering final third	
6/8 - try to receive open body shape, look for pockets of space, find wide players		PROGRESSION	
		2nd defender may enter B box once ball is played in	
Defending team in possession - 5 seconds to score			



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