
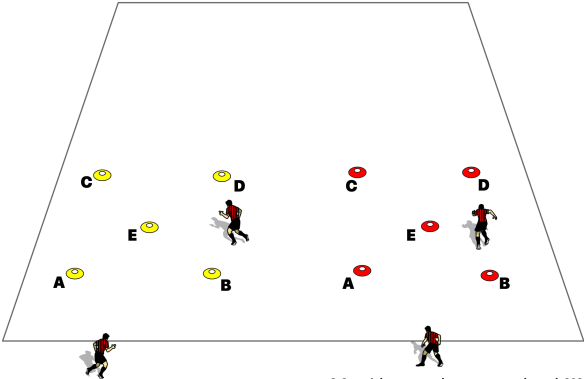


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Attack 1, 2, 3 Organize defense on offense Defend 1, 2, 3 Pressure quickly on transition

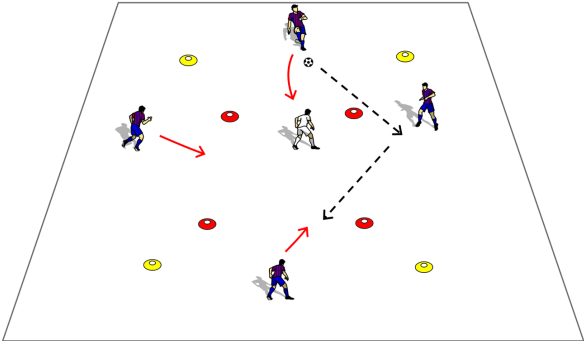
	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Box-5 Reactive-1 Hurdle/lunge stretch 50-50 hip rotation Single leg RDL, opposite arm/leg Figure 4 sit, quad pull, knee pull Plank calf stretch/active down dog A/C/D/B/A x 2 A/E/C/A A/E/B/D	Players facing each other- leader/follower #1 - No ball #2 - Ball overhead #3 - Ball on feet



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ACTIVITY 3		4v1 expand and contract	
SPACE	DURATION		EXPLANATION
12x12 yds	TOTAL		Players are 4v1 with two grids, one inside the other - the outside players are moving the ball outside the grid, looking for moments to expand and contract the grid
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Communicate as group when to expand and drop - recognize positioning of the defender, off the ball, look for positioning that allows 1 pass to beat them			
Limit touch count			



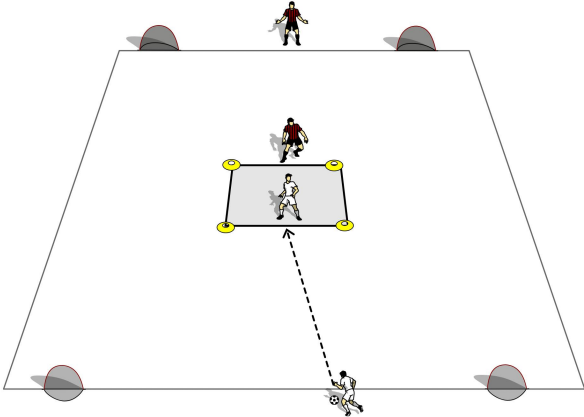
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MANAGE THE BALL
Keep it simple Pass with purpose Play what you see Keep and move the ball Receive with intent Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 back to wide goals
	4v1 expand and contract
	4v4 T-shape goals box
	5v5 5 corridors
	Midfield 4-3-3 - SSG 3

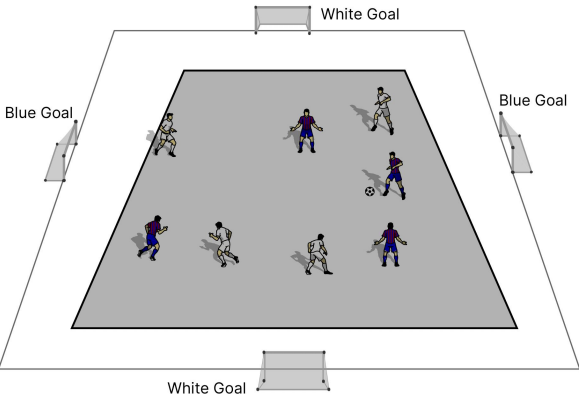
ACTIVITY 2		1v1 back to wide goals	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attacker - attempt to feint/misdirect opponent with ball movement, shield/secure possession, look to turn early if possible to face up defender, 1 feint to misdirect opponent; Defender - try to win ball on pass or 1st touch of opponent if possible, avoid being turned, delay and look to win ball			
			Adjust size/shape of box Allow 1 back pass to teammate



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ACTIVITY 4		4v4 T-shape goals box	
SPACE	DURATION		EXPLANATION
40x40 yds (age appropriate)	TOTAL		Field is arranged with 4 goals facing each other - blue goes to 2 facing goals, white goes to other facing goals
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Both teams must stay in marked box
Attackers - determine which goal is least defended, be ready to deceive opponents - go one way, then quickly switch direction			After a goal is scored, team that scores retains ball, teams switch goals
Defenders - shepherd attacking team to corners, be prepared for switches by attackers			
			PROGRESSION
			Limit touch count



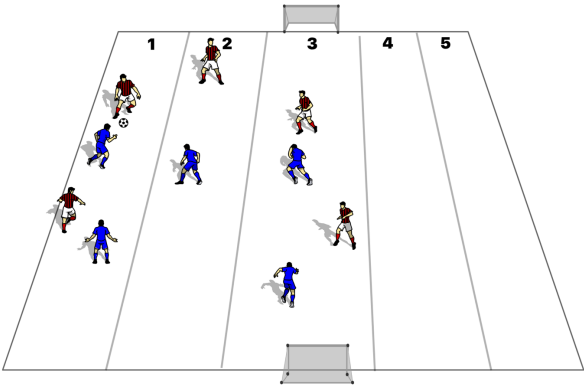
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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Combinations through the center
TEAM	DATE	SESSION TIME
	Week of Oct 06 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		5v5 5 corridors	
SPACE	DURATION		EXPLANATION
1/2 field	TOTAL		Field is divided into 5 corridors - players can dribble in any corridor but must pass into a different corridor - if pass is in same corridor, ball goes to other team - no offside
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Players should position off-ball to support passes			
Body shape open to field to encourage switch POA			
Players should pick up head early to identify options			
Encourage diagonal runs with ball when appropriate			Limit touch count - allow for back pass in same corridor

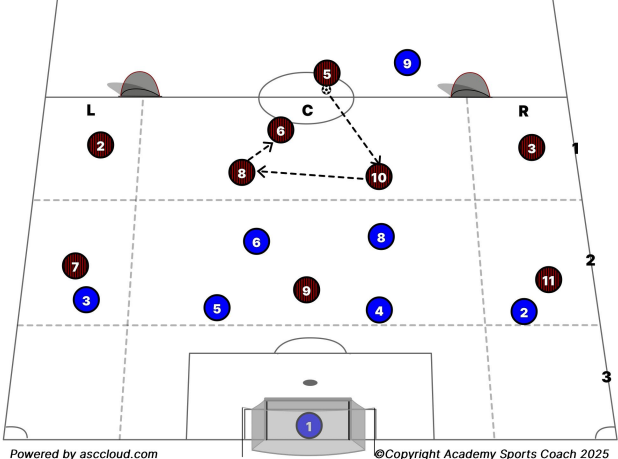


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 back to wide goals
	4v1 expand and contract
	4v4 T-shape goals box
	5v5 5 corridors
	Midfield 4-3-3 - SSG 3

ACTIVITY 6	Midfield 4-3-3 - SSG 3
COACHING POINTS	EXPLANATION
Red 6/8/10 - create support triangles, rotate roles to offer lanes to progress the ball Red 6 - anchor, scan, reset if needed Red 8 - offer diagonals into half-spaces Red 10 - Scan for central pockets + quick combos Red forwards - stay wide/high to stretch defense	Red builds from either 2/3/5 unopposed in build up zone (1) - no press from Blue initially - all 3 Red mids (6/8/10) must touch the ball before a pass into zone 2 is allowed Red 7/11 cannot make diagonal runs until the ball enters zone 2 Blue mids 6/8 cannot enter zone 2 Once ball enters zone 2, at most 2 of 3 Red mids (6/8/10) may join - one must hold to protect vs counters
PROGRESSION	
#1 1 Blue can enter zone 1 on back pass; #2 Blue can immediately enter zone 1 on possession; #3 Allow 2/3 and 6/8/10 to overlap or unlap in wide zones; #4 wide zones	



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