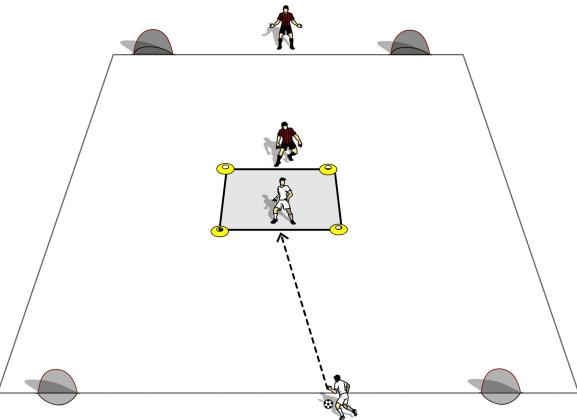
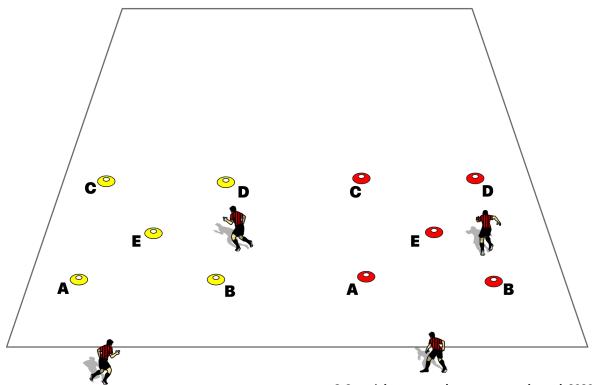


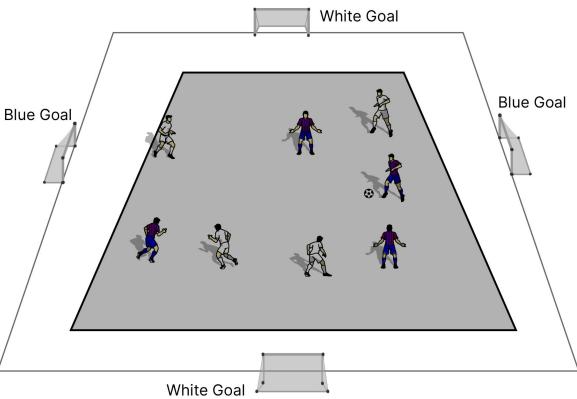
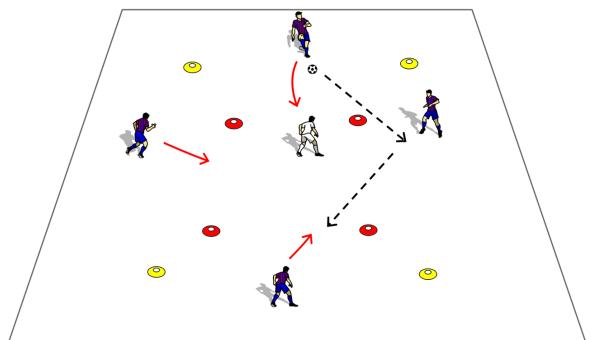
MANAGE ONESELF		MANAGE SPACE	
Perceive and conceive		Create and close space	Attack 1, 2, 3
Decide and deceive		Organize defense on offense	Defend 1, 2, 3
Execute and assess		Pressure quickly on transition	
	EQUIPMENT		EMPHASIS/THEME
			Combinations through the center
TEAM	DATE		SESSION TIME
	Week of Oct 06 2025		
TOTAL SPACE	LOAD		SESSION DURATION
NOTES			

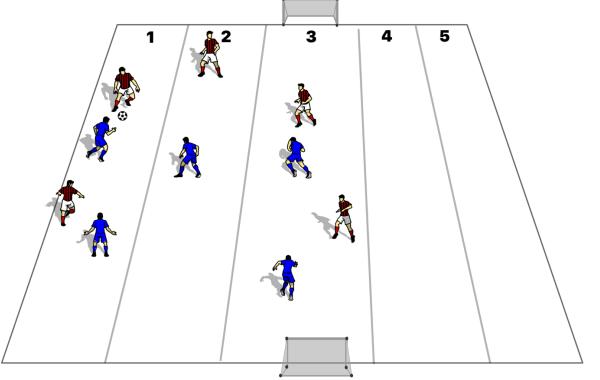
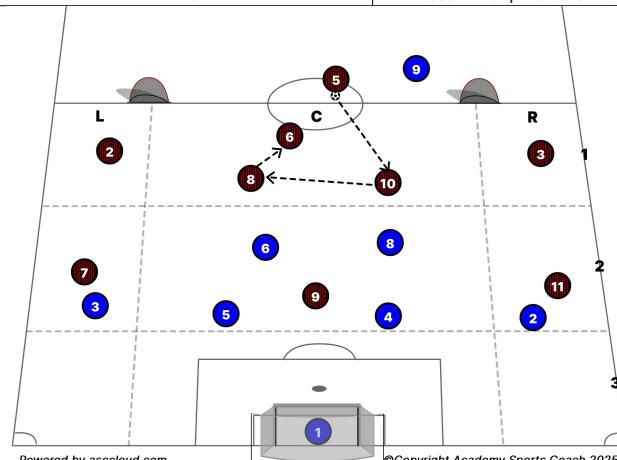
ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Box-5 Reactive-1 Hurdle/lunge stretch 50-50 hip rotation Single leg RDL, opposite arm/leg Figure 4 sit, quad pull, knee pull Plank calf stretch/active down dog A/C/D/B/A x 2 A/E/C/A A/E/B/D	Players facing each other- leader/follower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

ACTIVITY 2		1v1 back to wide goals
SPACE	DURATION	EXPLANATION
	TOTAL	Round starts with attacker in box facing teammate, defender outside and behind box - ball is played to attacker who must turn and go to wide mini goals - if defender wins ball, they can go to goal
	SETS/REPS	Initially start on first touch by receiver, advance to start on pass
	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



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				
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				
PROGRESSION			Limit touch count	



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
		Combinations through the center			Warm-up/activation
TEAM	DATE	SESSION TIME			1v1 back to wide goals
	Week of Oct 06 2025				4v1 expand and contract
TOTAL SPACE	LOAD	SESSION DURATION			4v4 T-shape goals box
					5v5 5 corridors
		NOTES			Midfield 4-3-3 - SSG 3
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					
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					
 © Copyright www.academysoccercoach.co.uk 2019					
PROGRESSION					
Limit touch count - allow for back pass in same corridor					
ACTIVITY 6					
Midfield 4-3-3 - SSG 3					
COACHING POINTS					
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					
EXPLANATION					
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 unlatch in wide zones; #4 wide zones					
 Powered by asccloud.com ©Copyright Academy Sports Coach 2025					