
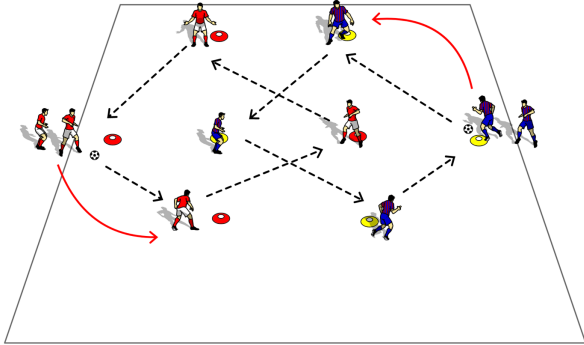


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Counterattack from the defending third
TEAM	DATE	SESSION TIME
	Week of Oct 20 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
<b>Double diamond-1</b> 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

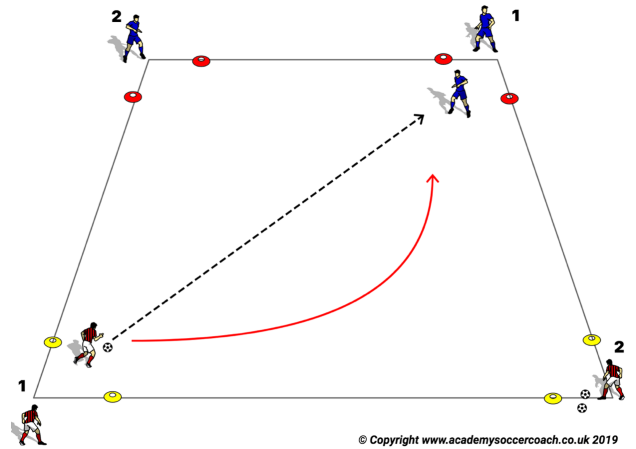


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

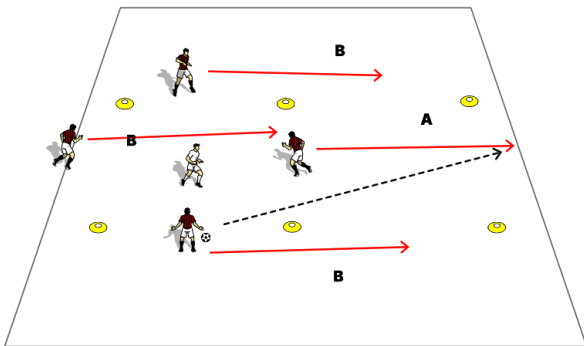
TIME	DESCRIPTION
	Warm-up/activation
	1v1+2 corner goals
	4v1 double grid with migration
	2+6v3+3 zone-14
	5-6-5-7-6-5 Y-pattern
	6v6 thirds with offside

ACTIVITY 2		1v1+2 corner goals	
SPACE	DURATION		EXPLANATION
	TOTAL		1v1 with 2 neutral players Group 1 goes 1v1, then rotates with group 2
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Progress to 2v2 - both blue players vs both red players  Require 2 touches  PROGRESSION
1v1+2 - attacking player should look to use corner neutrals for wall passes and to maintain possession			



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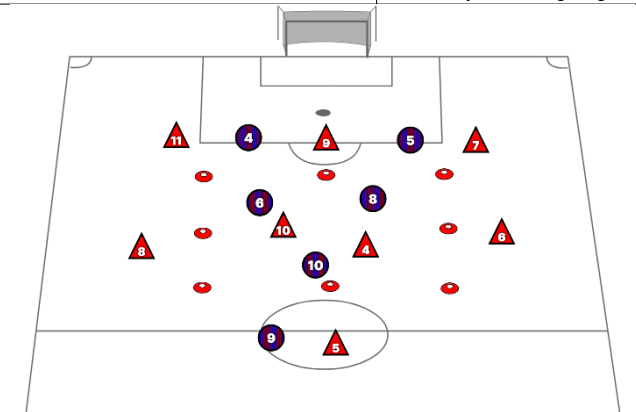
ACTIVITY 3		4v1 double grid with migration	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Rondo continues to move back and forth
Central player must backpedal when moving to adjacent grid			
Use verbal/non-verbal cues to signal switch Player passing to switch - play to feet, make sure there is pace, 3rd man must anticipate and provide early option for next pass			
			PROGRESSION
			Limit touch count



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ACTIVITY 4		2+6v3+3 zone-14	
SPACE	DURATION		EXPLANATION
25x40 yds (age appropriate)	TOTAL		2v3 in central grid with supporting players on outside.  Blue 1 pt - pass to 9 from 6/8/10  Red 1 pt - 5 passes in a row  Red 1 pt - passes to 7/9/11 from 4/10
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Red - control 6/8/10, 5 must communicate with 4/10 on positioning  In possession, look to simplify game with quick passes  Blue - look to control Red options in central grid			
			PROGRESSION
			Limit touch count  Adjust rules to go to goal



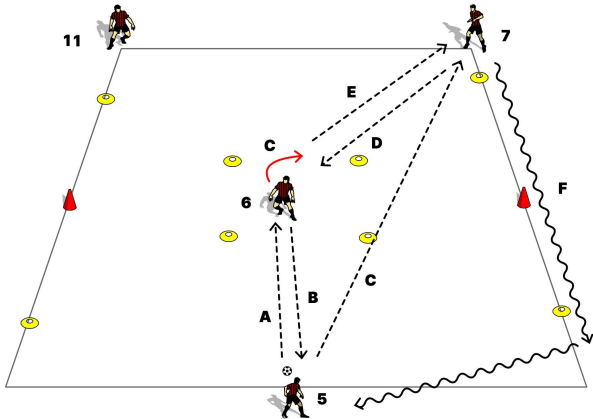
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	EQUIPMENT	EMPHASIS/THEME
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TEAM	DATE	SESSION TIME
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NOTES		

ACTIVITY 5		5-6-5-7-6-5 Y-pattern	
SPACE	DURATION		EXPLANATION
	TOTAL		As shown - ball is played into 6, who drops back to 5 who then plays a longer diagonal pass to 7  After passing to 5, 6 spins and plays a rebound pass back to 7  7 should move around the cone to receive and then carry back to 5  Repeat on opposite side - 5-6-5-11
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Look for movements off of pass by 5 and 6, counter movements by 7/11 prior to receiving, ball played into feet from 6 to 7/11 on second pass			
			Make adjustments to receiving position for 7/11, include 9



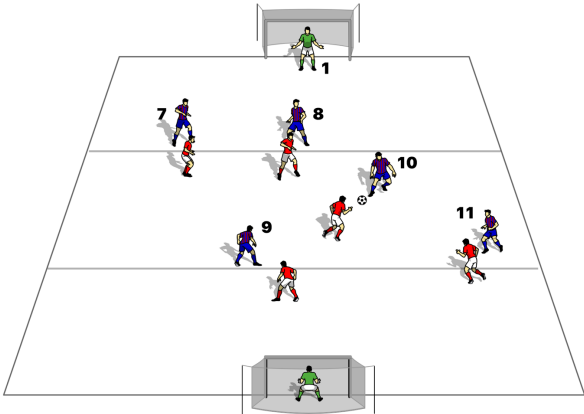
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	6v6 thirds with offside

ACTIVITY 6		6v6 thirds with offside	
SPACE	DURATION		EXPLANATION
40x40 yds (age appropriate)	TOTAL	20m	Field is marked into thirds - attacking team may not enter the final third prior to the ball
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Attacking team - try to build through the thirds - combine and look for openings to penetrate, esp diagonal balls played behind the opposition line - look to recirculate the ball backward, go around opposition rather than directly through			
Defending team - use the third line as an offside			
			PROGRESSION
			Limit touch count, require min passes/teammates to score



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