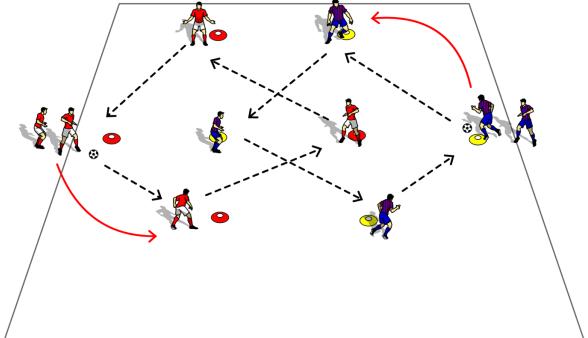
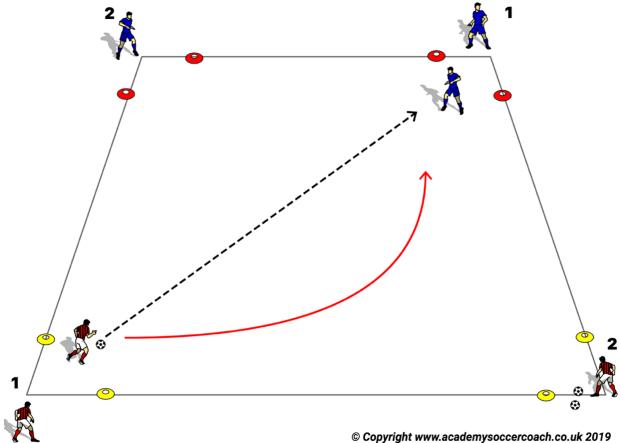
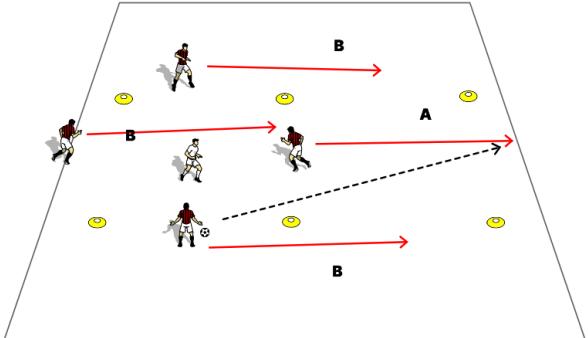
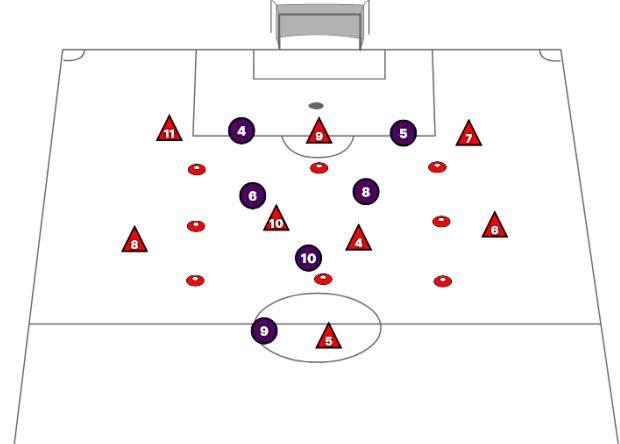
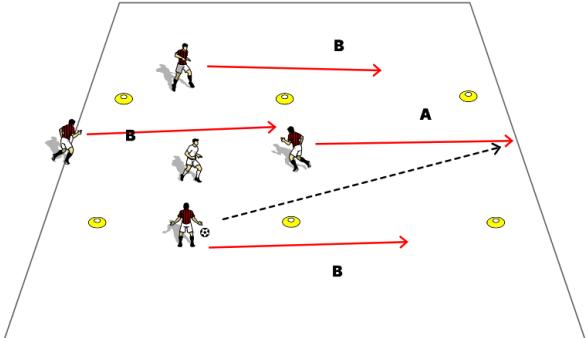
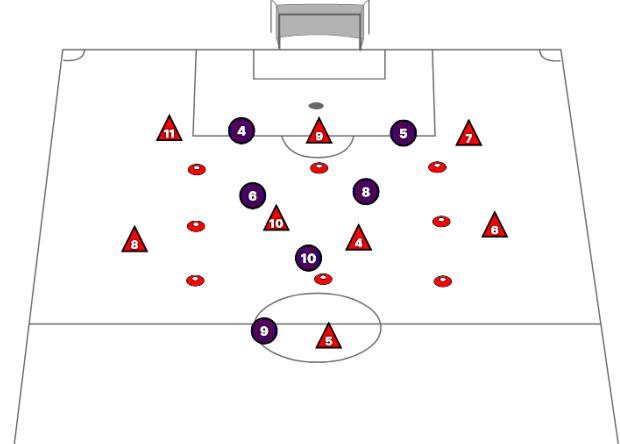
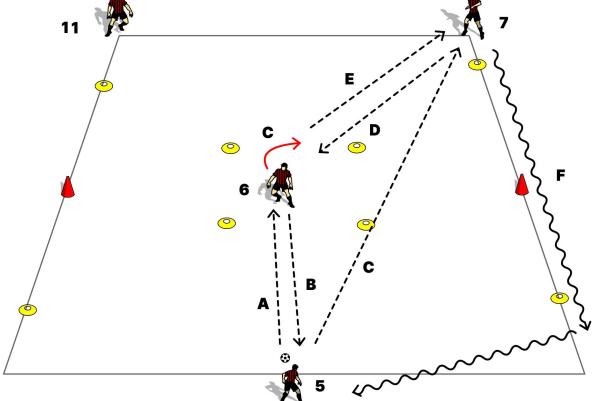
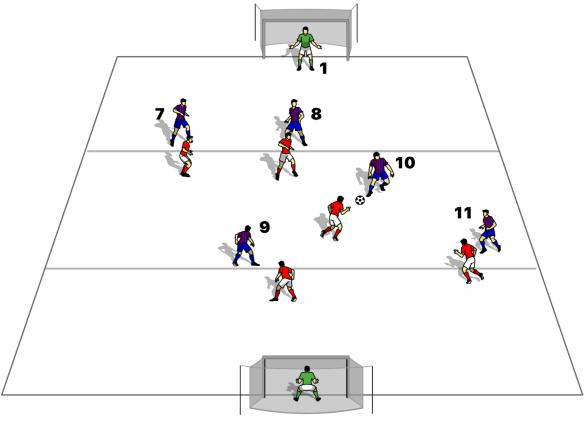


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL		
Perceive and conceive	Create and close space	Attack 1,2,3	Defend 1,2,3	Keep it simple	Pass with purpose	
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball	
Execute and assess				Receive with intent	Advance the ball	
		EQUIPMENT			EMPHASIS/THEME	
		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			ACTIVITY 2	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS			1v1+2 corner goals	
Double diamond-1 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			SPACE	
					DURATION	
					TOTAL	
					SETS/REPS	
					WORK	
					REST	
COACHING POINTS					EXPLANATION	
Central player must backpedal when moving to adjacent grid					1v1 with 2 neutral players	
Use verbal/non-verbal cues to signal switch					Group 1 goes 1v1, then rotates with group 2	
Player passing to switch - play to feet, make sure there is pace, 3rd man must anticipate and provide early option for next pass					Progress to 2v2 - both blue players vs both red players	
					Require 2 touches	
					PROGRESSION	
						
						
						
						
ACTIVITY 3		4v1 double grid with migration			ACTIVITY 4	
SPACE	DURATION	EXPLANATION			SPACE	DURATION
TOTAL SETS/REPS WORK REST		Two rondo boxes side-by-side Players initiate 4v1 in one box, on cue, rondo transitions to adjacent box Rondo continues to move back and forth			TOTAL SETS/REPS WORK REST	
COACHING POINTS					EXPLANATION	
Central player must backpedal when moving to adjacent grid					2v3 in central grid with supporting players on outside.	
Use verbal/non-verbal cues to signal switch					Blue 1 pt - pass to 9 from 6/8/10	
Player passing to switch - play to feet, make sure there is pace, 3rd man must anticipate and provide early option for next pass					Red 1 pt - 5 passes in a row	
					Red 1 pt - passes to 7/9/11 from 4/10	
PROGRESSION					PROGRESSION	
Limit touch count					Limit touch count	
					Adjust rules to go to goal	
						
						

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	Defend 1,2,3	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		
		Counterattack from the defending third				
TEAM	DATE	SESSION TIME				
Week of Oct 20 2025						
TOTAL SPACE	LOAD	SESSION DURATION				
		NOTES				
ACTIVITY 5		5-6-5-7-6-5 Y-pattern		ACTIVITY 6		
SPACE	DURATION	EXPLANATION		SPACE	DURATION	
	TOTAL	As shown - ball is played into 6, who drops back to 5 who then plays a longer diagonal pass to 7		40x40 yds (age appropriate)	TOTAL 20m	
	SETS/REPS	After passing to 5, 6 spins and plays a rebound pass back to 7			SETS/REPS	
	WORK	7 should move around the cone to receive and then carry back to 5			WORK	
	REST	Repeat on opposite side - 5-6-5-11			REST	
COACHING POINTS		PROGRESSION		COACHING POINTS		
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		PROGRESSION		
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