

MANAGE ONESELF		MANAGE SPACE			MANAGE THE BALL		
Perceive and conceive	Decide and deceive	Create and close space	Attack 1, 2, 3	Organize defense on offense	Defend 1, 2, 3	Keep it simple	Pass with purpose
Execute and assess		Pressure quickly on transition				Play what you see	Keep and move the ball
						Receive with intent	Advance the ball
	EQUIPMENT	EMPHASIS/THEME					
		Defending final third					
TEAM	DATE	SESSION TIME					
	Week of Oct 27 2025						
TOTAL SPACE	LOAD	SESSION DURATION					
NOTES							
ACTIVITY 1		Warm-up/activation			ACTIVITY 2		
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS			SPACE		
FYP-1		#1 Hip open/close, curtsy lunge, lunge with twist			TIME		
Combination of follow-you-pass and agility movements		#2 Knee/quad pull w/ calf extension, ankle circles			DESCRIPTION		
Start with simple back-and-forth pass, adjust touch types (2-touch, 1-touch, switch feet, foot surface)		#3 A-march, hamstring scoop, opposite leg/arm kick			Warm-up/activation		
Progress to include wall pass as shown below		#4 - lateral lunge, double-foot fwd/lateral hops			1v1 back to goal		
		#5 - glute bridge, 4x20 sec planks 10 sec rest			3v3+2+2		
		#6 partner 10x Nordics, single leg RDL			4v4v4 3 zone		
COACHING POINTS					3v3 flying changes cone goals		
FYP drill + dynamic warmup receive, check away/to, call for the ball					Defending 4-3-3 - SSG 1		

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	

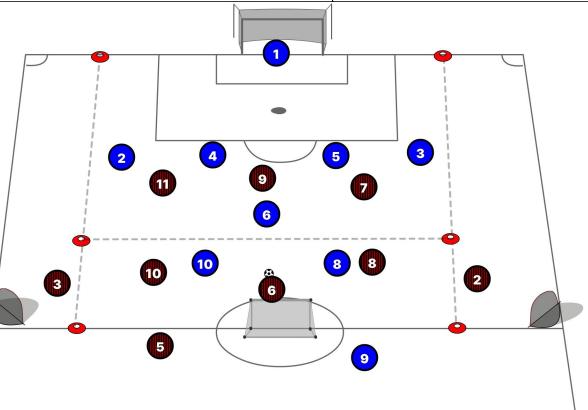
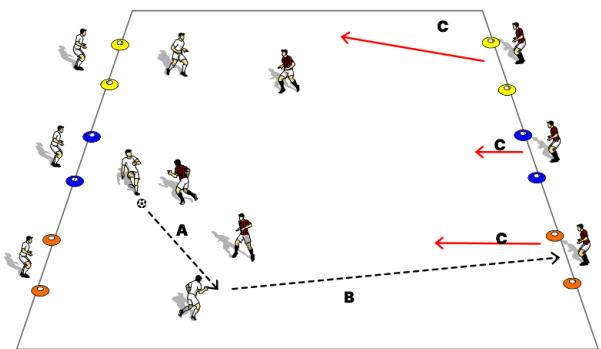
MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

	EQUIPMENT	EMPHASIS/THEME
	Defending final third	
TEAM	DATE	SESSION TIME
	Week of Oct 27 2025	
TOTAL SPACE	LOAD	SESSION DURATION
	NOTES	

TIME	DESCRIPTION
	Warm-up/activation
	1v1 back to goal
	3v3+2+2
	4v4v4 3 zone
	3v3 flying changes cone goals
	Defending 4-3-3 - SSG 1

ACTIVITY 5		3v3 flying changes cone goals	
SPACE	DURATION		EXPLANATION
	TOTAL		Players go 3v3
	SETS/REPS		Opposing players are inside gates
	WORK		and act as targets
	REST		When pass is played to a target (A->B), defending team goes off and new 3 players come in to attack
COACHING POINTS			
Body open to the field Defenders must press + communicate Look for quick opportunities to split Quality 1st touch Use neutrals to create wall passes and longer switches			
PROGRESSION			
Limit touches Must score in X passes			

ACTIVITY 6	Defending 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION
Communication from back to front When ball comes forward, CBs to bring team up make sure that line is held above 18 Midfielders slide side-to-side with movement of ball If ball played between lines, nearest back to step, other backs slide and pinch in Check shoulder, use verbal and non-verbal communication	Game starts in defending box - 2/3 2 touch 5 passes before attackers can advance 2/3 not allowed to join
PROGRESSION	
Defenders score in mini-goals	Add 5



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