
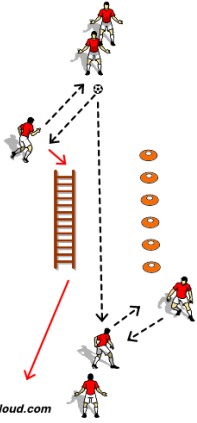


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

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

ACTIVITY 1	Warm-up/activation	
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS	
<b>FYP-1</b> Combination of follow-you-pass and agility movements Start with simple back-and-forth pass, adjust touch types (2-touch, 1-touch, switch feet, foot surface) Progress to include wall pass as shown below	#1 Hip open/close, curtsy lunge, lunge with twist #2 Knee/quad pull w/ calf extension, ankle circles #3 A-march, hamstring scoop, opposite leg/arm kick #4 - lateral lunge, double-foot fwd/lateral hops #5 - glute bridge, 4x20 sec planks 10 sec rest #6 partner 10x Nordics, single leg RDL	
COACHING POINTS		
FYP drill + dynamic warmup receive, check away/to, call for the ball		



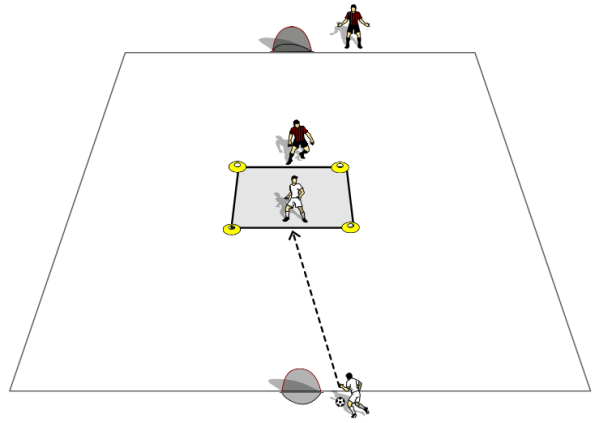
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

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

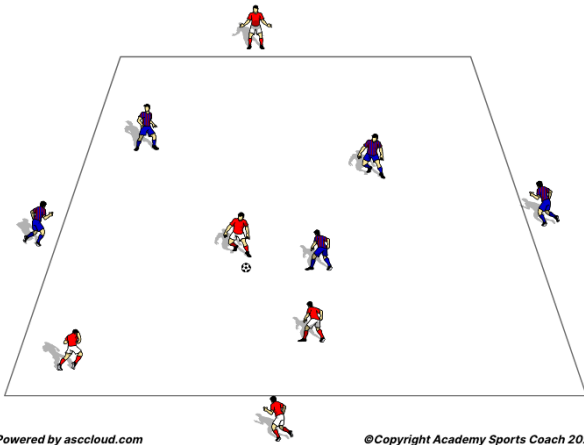
ACTIVITY 2		1v1 back to goal	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Round starts with attacker in box facing teammate, defender outside and behind box - ball is played to attacker who must turn and go to goal - if defender wins ball, they can go to goal Initially start on first touch by receiver, advance to start on pass
Attacker - attempt to feint/misdirect opponent with ball movement, shield/secure possession, look to turn early if possible to face up defender Defender - try to win ball on pass or 1st touch of opponent if possible, avoid being turned, delay and look to win ball			
			PROGRESSION
			Adjust size/shape of box Allow 1 back pass to teammate



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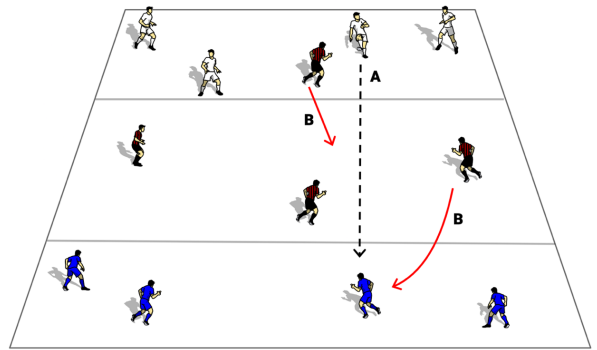
ACTIVITY 3		3v3+2+2	
SPACE	DURATION		EXPLANATION
	TOTAL		2 teams - 3v3 inside, support outside Teams score point for end-to-end passes On receiving the ball on the outside players swaps with the passer
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Look for movement of outside players for support 3rd man run from 2nd player in grid Open body positions on receive, play fwd if possible Def - avoid turn/split, try to press/delay			
			PROGRESSION
			Limit attacker touch count Switch passer/receive outside



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ACTIVITY 4		4v4v4 3 zone	
SPACE	DURATION		EXPLANATION
30 yds wide x 45 yds long (3 grids of 30x15 yds)	TOTAL		3 teams with 1 team in each of the 3 grids - teams on the outside are partners with team in the middle defending - 1 defender may enter the end grid with the ball - attackers try to possess and switch to other end - 1 pt for each switch - on loss, defenders switch with team that lost ball
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Limit touches, require switch within X number of passes, 2 defenders enter
Attackers - show patience in possession, don't force 2nd attackers, show open body possession, look for opportunity to switch prior to receiving Defenders - try to use end/side lines to isolate the ball, 2nd defenders try to cut off through angles, on switch, immediately try to angle run to limit options			
PROGRESSION			



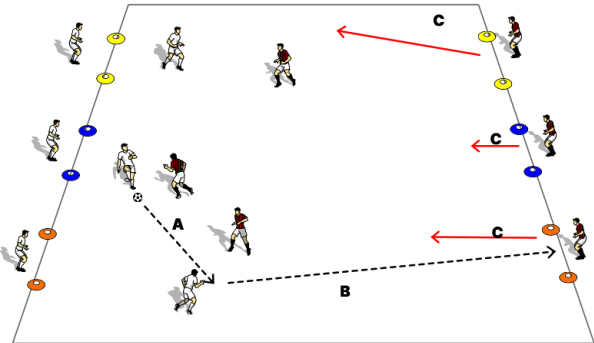
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ACTIVITY 5		3v3 flying changes cone goals
SPACE	DURATION	EXPLANATION
	TOTAL	Players go 3v3 Opposing players are inside gates and act as targets When pass is played to a target (A->B), defending team goes off and new 3 players come in to attack
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
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		Limit touches Must score in X passes



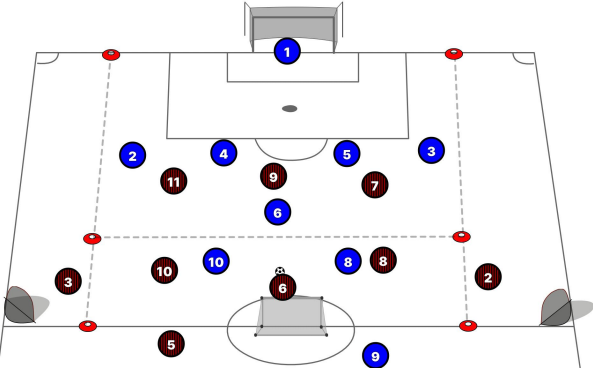
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ACTIVITY 6	Defending 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION
Communication from back to front When ball comes forward, CBs to bring team up make sure that line is held above 18 Midfielders slide side-to-side with movement of ball If ball played between 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 Allow 2/3 to join - play wide channels



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