
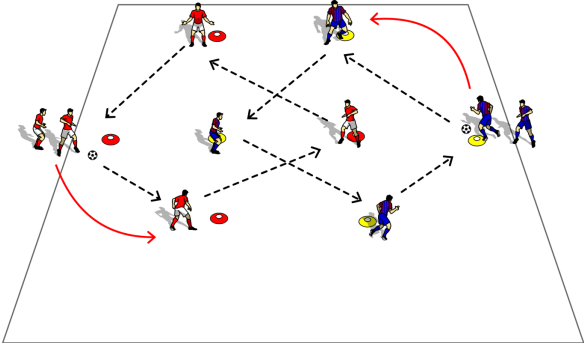


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Progressive play through the central channel
TEAM	DATE	SESSION TIME
	Week of Nov 03 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
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



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ACTIVITY 3		2v2+1 - 3v2	
SPACE	DURATION		EXPLANATION
	TOTAL		Teams are arranged as shown objective is for Red to play ball end-to-end Blue in possession tries to keepaway from Red Score points for end-to-end, number of passes by Blue
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Central Red player - show open body positions, try to turn Blue in defense - try to anticipate movements, cut down lanes Outside Red - communicate, show for central player			
			Limit touch count of players



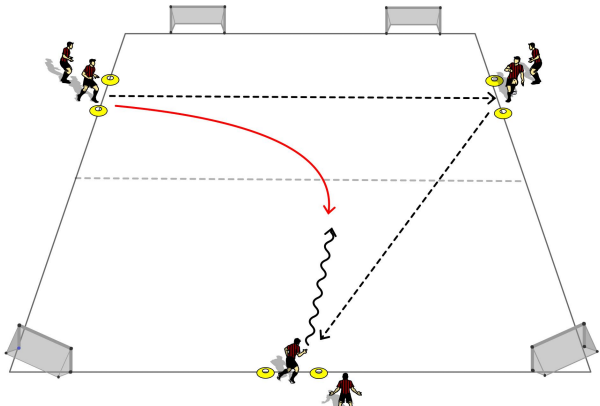
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 4 goals 2-pass start
	2v2+1 - 3v2
	2v2v2+1
	4v4 narrow mini-goals
	Progressive 4-3-3 - SSG 1

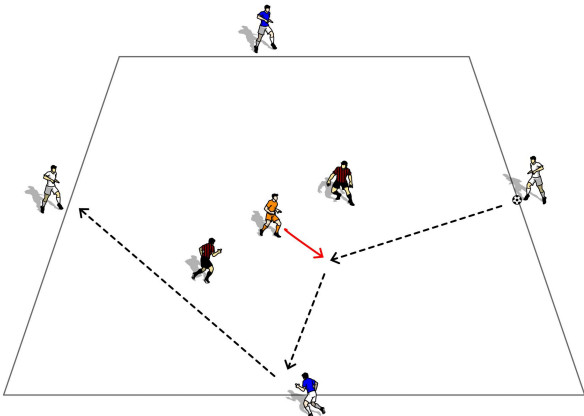
ACTIVITY 2		1v1 4 goals 2-pass start	
SPACE	DURATION		EXPLANATION
	TOTAL		Activity starts with 2 passes - square pass, then diagonal ball into attacker 1st passer becomes defender, goal can only be scored when over the half line - if defender wins ball, they must also cross half line to score Players rotate clockwise after each bout
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attacker - take 1st touch with intent, look to keep ball under control, attempt to off-balance defender to create shooting window, if blocked, use change of direction move to attack opposite goal Defender - get goal side quickly, be patient, look to control attacker first, win ball second			



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ACTIVITY 4		2v2v2+1	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			When 2 central defenders gain possession, they switch outside, team that lost the ball move inside as new defenders - if ball is taken from neutral last team to touch ball switches inside
In possession - create angles to receive, anticipate next pass, slide side-to-side, open body shapes, Neutral - look for pockets, play the way you face, try to turn and progress ball if possible			
On transition - quickly play the ball outside to remaining team, drop back to line rather than turning from game			PROGRESSION
			Limit touch count
			Score points for consecutive passes

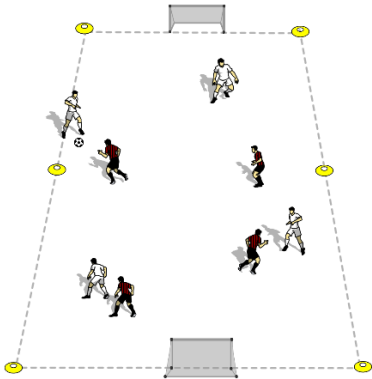


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	EQUIPMENT		EMPHASIS/THEME
			Progressive play through the central channel
TEAM	DATE	SESSION TIME	
	Week of Nov 03 2025		
TOTAL SPACE	LOAD	SESSION DURATION	
NOTES			

ACTIVITY 5		4v4 narrow mini-goals	
SPACE	DURATION		EXPLANATION
30x12-15 yds	TOTAL		Utilize a narrow field with mini goals on each end - adjust size based on age/ability
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			No offside rule
Narrow field creates problems for direct play - advise players to recycle ball when blocked - scan prior to receiving, use entire depth/length of field			
Progression will require defenders to come out, challenge opponents, opening spaces forward			PROGRESSION
			Score 1 pt for 5 passes in a row, 3 pts for a goal

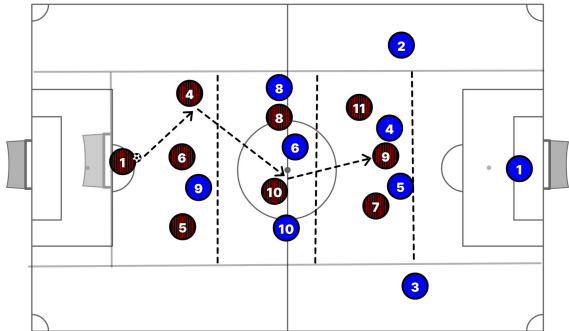


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	2v2+1 - 3v2
	2v2v2+1
	4v4 narrow mini-goals
	Progressive 4-3-3 - SSG 1

ACTIVITY 6		Progressive 4-3-3 - SSG 1	
COACHING POINTS		EXPLANATION	
Attackers - look to find pockets of space to receive ball and break lines, open body positions, continually scan your surroundings to determine opportunities to progress the ball forward - on the ball, look to swing quickly side-to-side to take advantage of numbers-up situations Defenders - communicate, try to close down channels, look to prevent attackers from turning, show patience		Play starts in defending third - ball may only be passed (not dribbled) over third lines - only one mid can move between thirds, everyone else is locked into their third 3 passes in defending third to start play	
		PROGRESSION	
		Fullbacks 2/3 join when (1) ball played into final third, (2) ball played into middle third, (3) first pass Remove thirds restrictions for Red	
When defenders win ball, they have 5 seconds to score a goal			



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