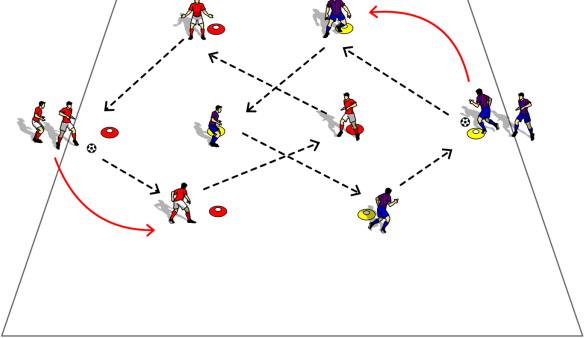
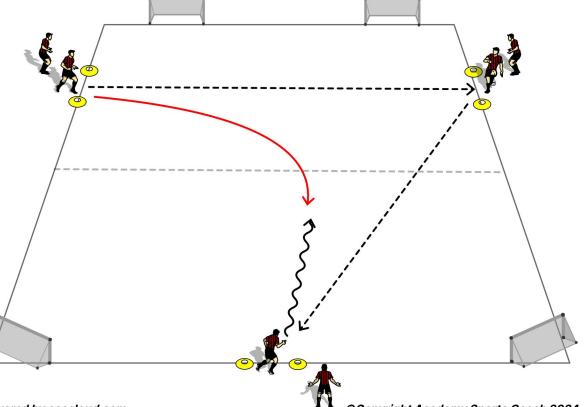
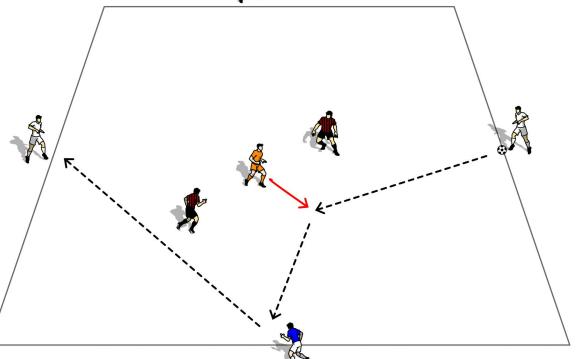
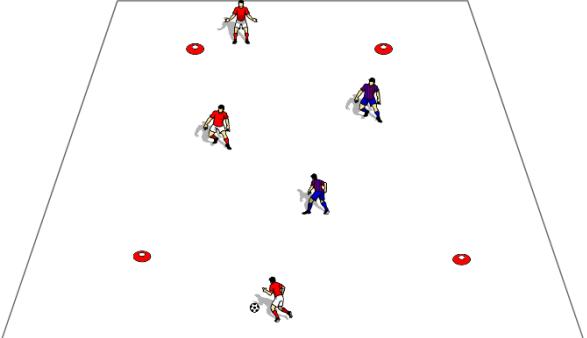
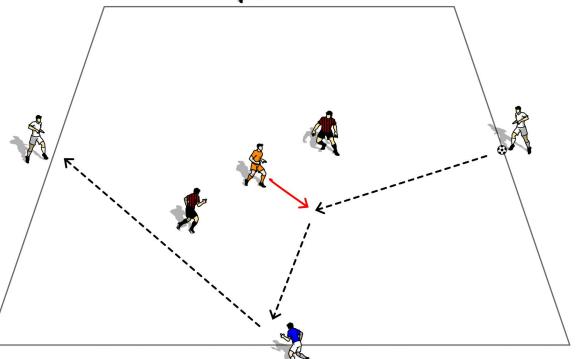
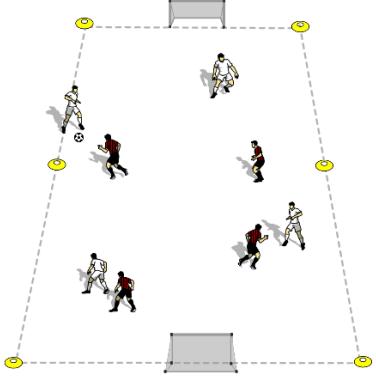
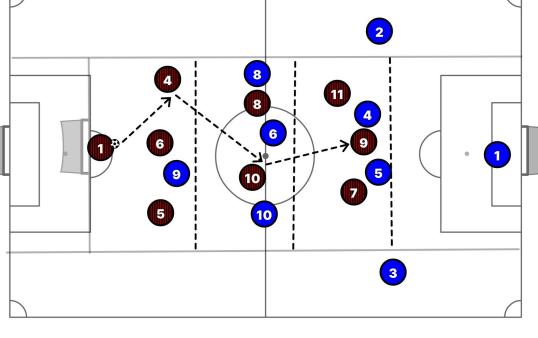


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1, 2, 3	Keep it simple	Pass with purpose	
Decide and deceive	Organize defense on offense	Defend 1, 2, 3	Play what you see	Keep and move the ball	
Execute and assess	Pressure quickly on transition	Receive with intent	Receive with intent	Advance the ball	
	EQUIPMENT	EMPHASIS/THEME	TIME	DESCRIPTION	
		Progressive play through the central channel		Warm-up/activation	
TEAM	DATE	SESSION TIME		1v1 4 goals 2-pass start	
	Week of Nov 03 2025			2v2+1 - 3v2	
TOTAL SPACE	LOAD	SESSION DURATION		2v2v2+1	
				4v4 narrow mini-goals	
				Progressive 4-3-3 - SSG 1	
		NOTES			
ACTIVITY 1		Warm-up/activation	ACTIVITY 2		1v1 4 goals 2-pass start
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS	SPACE	DURATION	EXPLANATION
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		TOTAL SETS/REPS WORK REST	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
					
					
					
					
ACTIVITY 3		2v2+1 - 3v2	ACTIVITY 4		2v2v2+1
SPACE	DURATION	EXPLANATION	SPACE	DURATION	EXPLANATION
TOTAL SETS/REPS WORK REST		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	TOTAL SETS/REPS WORK REST		Players divided into 3 teams of 2 with 1 neutral player - activity starts 4v2+1 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
<b>COACHING POINTS</b> 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		<b>PROGRESSION</b> Limit touch count of players	<b>COACHING POINTS</b> 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		<b>PROGRESSION</b> Limit touch count Score points for consecutive passes
					
					

MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL		
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	EQUIPMENT	EMPHASIS/THEME	TIME	DESCRIPTION		
		Progressive play through the central channel		Warm-up/activation		
TEAM	DATE	SESSION TIME		1v1 4 goals 2-pass start		
	Week of Nov 03 2025			2v2+1 - 3v2		
TOTAL SPACE	LOAD	SESSION DURATION		2v2v2+1		
				4v4 narrow mini-goals		
NOTES				Progressive 4-3-3 - SSG 1		
ACTIVITY 5		4v4 narrow mini-goals	ACTIVITY 6		Progressive 4-3-3 - SSG 1	
SPACE	DURATION	EXPLANATION	COACHING POINTS		EXPLANATION	
30x12-15 yds	TOTAL	Utilize a narrow field with mini goals on each end - adjust size based on age/ability  No offside rule	COACHING POINTS		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  <b>PROGRESSION</b> 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	
	SETS/REPS		COACHING POINTS			
	WORK		COACHING POINTS			
	REST		COACHING POINTS			
COACHING POINTS		PROGRESSION		PROGRESSION		
Narrow field creates problems for direct play - advise players to recycle ball when blocked - scan prior to receiving, use entire depth/length of field		Score 1 pt for 5 passes in a row, 3 pts for a goal		When defenders win ball, they have 5 seconds to score a goal		
						
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