

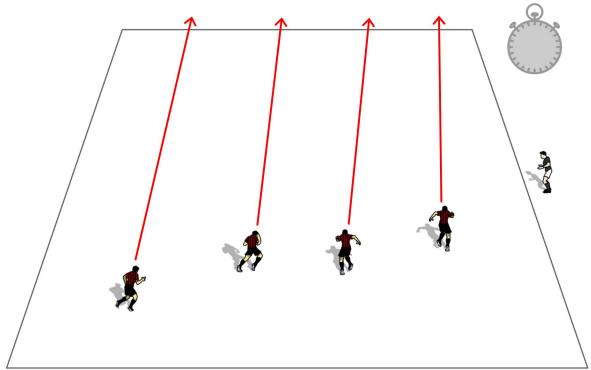
MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive	Create and close space	Attack 1, 2, 3
Decide and deceive	Organize defense on offense	Defend 1, 2, 3
Execute and assess	Pressure quickly on transition	

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

	<b>EQUIPMENT</b>	<b>EMPHASIS/THEME</b>
	Foundation activities	
<b>TEAM</b>	<b>DATE</b>	<b>SESSION TIME</b>
	Week of Nov 10 2025	
<b>TOTAL SPACE</b>	<b>LOAD</b>	<b>SESSION DURATION</b>

TIME	DESCRIPTION
	Plyo 1
	1v1 face-on 4 goals
	4v2 narrow
	2v2+2+2
	4v4 over the half line
	3v3 4 gates 2 goals (6v6/7v7)

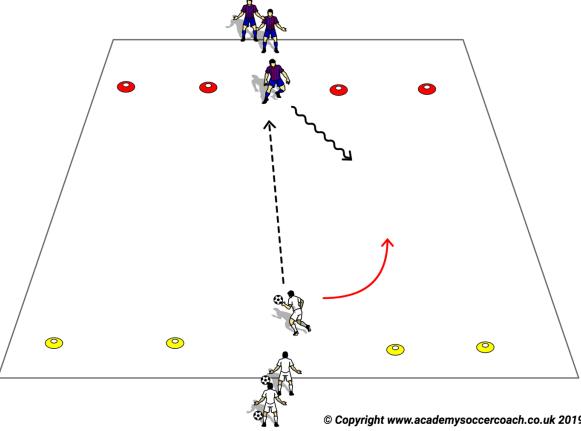
ACTIVITY 1	Plyo 1
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
10/20 yards	#1 - triple extension, CMJ #2 - Bilateral pogo hops forward #3 - Bilateral pogo hops backward #4 - Power skips #5 - Unilateral pogo hops forward #6 - "Skaters" (unilateral forward, 3 sec hold) #7 - Unilateral platform hops - up/over #8 - Unilateral platform hops - side up/dpown #9 - Scissor jumps #10 - CMJ for distance



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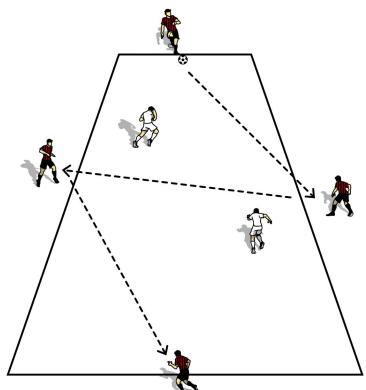
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ACTIVITY 2		1v1 face-on 4 goals
SPACE	DURATION	EXPLANATION
15x15 yds	TOTAL	Players go 1v1 face-on to mini goals
	SETS/REPS	Passer plays ball then acts as defender
	WORK	Goals are scored by dribbling thru goal
	REST	
COACHING POINTS		
Use 2-touches on receiving the ball		
Try to use feints, change of speed/direction to imbalance defender - then burst to available space - look for earliest opportunity to dribble to goal		
Decide which goal is more available, if defender leans one direction, try to get to the other goal		
PROGRESSION		
When player scores, she stays on and next player comes on to attack		



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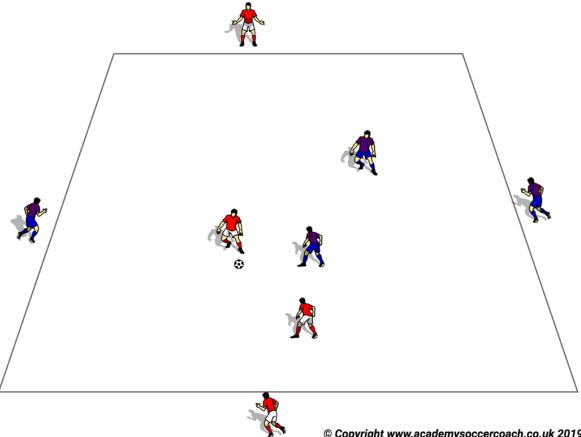
ACTIVITY 3		4v2 narrow
SPACE	DURATION	EXPLANATION
	<b>TOTAL</b>	Grid organized as shown - length > width
	<b>SETS/REPS</b>	Score point for ball played between long edges
	<b>WORK</b>	On loss of possession, outside player steps in to create 2v1, when ball is recovered, game resumes as 4v2
	<b>REST</b>	
COACHING POINTS		
Attackers - look for quick combinations to progress ball, encourage 1-touch when available, look for body shapes, ball played to forward foot		
Defenders - keep ball in front of you, communicate roles (pressure, cover), show patience, be willing to press ball on poor 1st touch		
PROGRESSION		
#1 Limit outside touch count		
#2 When defenders win possession, they must try to exit the grid with the ball under control		



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ACTIVITY 4		2v2+2+2
SPACE	DURATION	EXPLANATION
Age appropriate	<b>TOTAL</b>	2 teams - 2v2 inside, support outside
	<b>SETS/REPS</b>	Teams score point for end-to-end passes
	<b>WORK</b>	
	<b>REST</b>	
COACHING POINTS		On receiving the ball on the outside players swaps with the passer
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



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#### EQUIPMENT

#### EMPHASIS/THEME

Foundation activities

#### TEAM

#### DATE

#### SESSION TIME

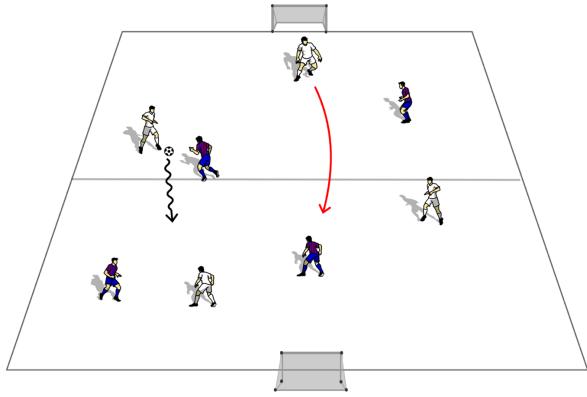
Week of Nov 10 2025

#### TOTAL SPACE

#### LOAD

#### SESSION DURATION

ACTIVITY 5		4v4 over the half line	
SPACE	DURATION	EXPLANATION	
40x40 yds	TOTAL	Teams go even numbers (4v4) with a half line - the rule is that for a team to score, the entire team must be over the half line	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Attackers - make quick decisions about whether to push into space or cycle the ball - decide whether to go around the defenders or through the middle - quickly create wide positions to force choices from defenders		Limit touch count	
Defenders - try to press play if possible, stay compact			

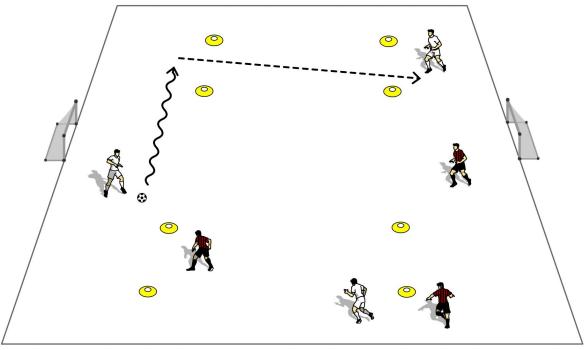


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	2v2+2+2
	4v4 over the half line
	3v3 4 gates 2 goals (6v6/7v7)

ACTIVITY 6		3v3 4 gates 2 goals (6v6/7v7)	
SPACE	DURATION	EXPLANATION	
Shown as 3v3 - play 6v6 or 7v7 depending on squad size	TOTAL	4 gates (pairs of cone goals) distributed around field (shown here in wide channels) - in order for a team to score, it must dribble or pass through 2 of the gates in either direction	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Attacking team - let the ball do the work - use teammates to quickly move through the gates once in possession, try to create shape where 1 pass will result in a gate - try to be expansive		Defenders - stay close to opposing players, recognize and anticipate ball movement	
		If the opponent gains possession, they also must go through 2 gates - change of possession, resets the count	
		Adjust # of gates	
		Require pass only or dribble only	



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