
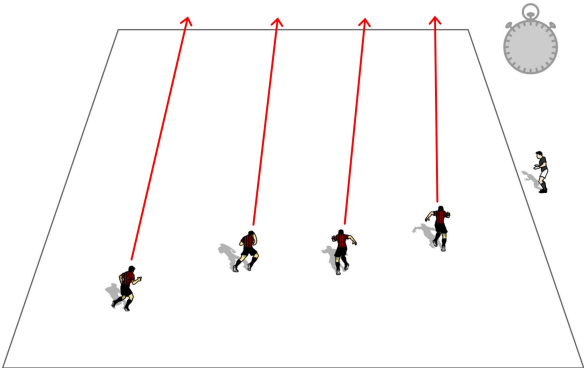


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

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

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



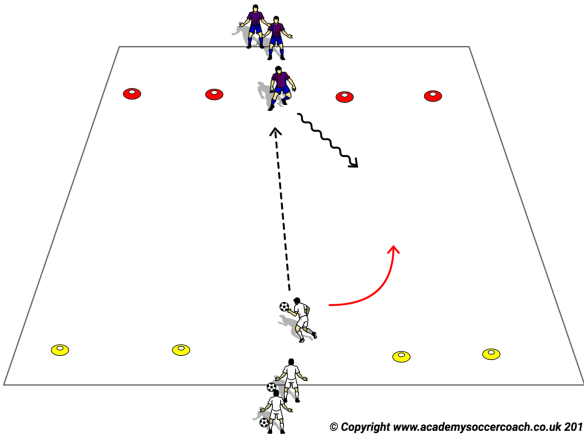
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

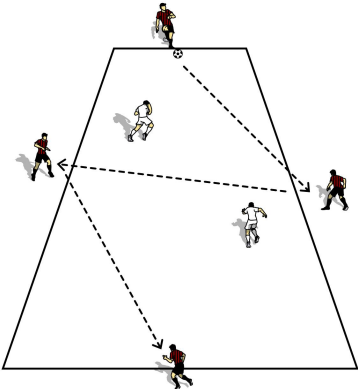
TIME	DESCRIPTION
	Plyo 1
	1v1 face-on 4 goals
	4v2 narrow
	2v2+2+2
	4v4 over the half line
	3v3 4 gates 2 goals (6v6/7v7)

ACTIVITY 2		1v1 face-on 4 goals	
SPACE	DURATION		EXPLANATION
15x15 yds	TOTAL		Players go 1v1 face-on to mini goals Passer plays ball then acts as defender <b>Goals are scored by dribbling thru goal</b> When bout is completed, next passer plays the ball to facing opponent and game restarts If defender wins ball, she tries to counterattack and score
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
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			
			When player scores, she stays on and next player comes on to attack



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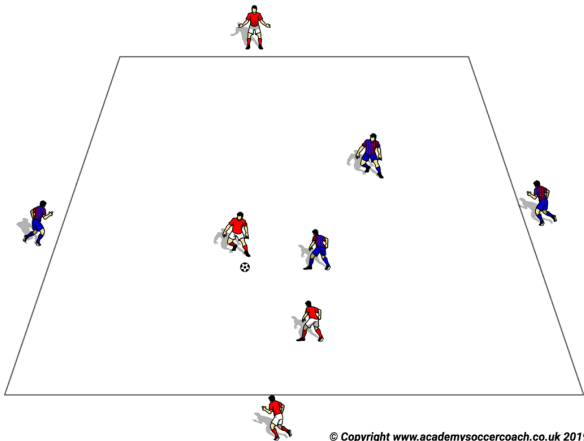
ACTIVITY 3		4v2 narrow	
SPACE	DURATION	EXPLANATION	
	TOTAL	Grid organized as shown - length > width Score point for ball played between long edges On loss of possession, outside player steps in to create 2v1, when ball is recovered, game resumes as 4v2	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
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	TOTAL		2 teams - 2v2 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			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

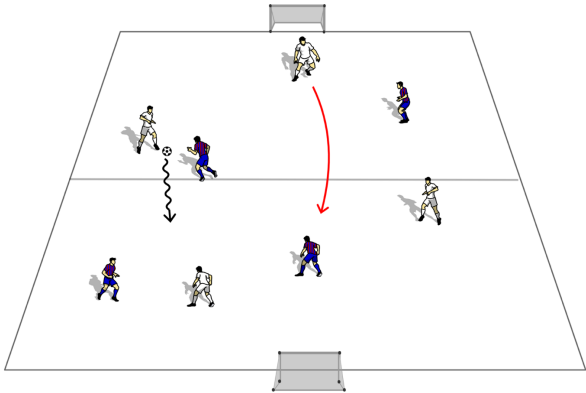


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		Foundation activities
TEAM	DATE	SESSION TIME
	Week of Nov 10 2025	
TOTAL SPACE	LOAD	SESSION DURATION

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			Purpose is to get attacking team to commit numbers - move as a unit - quickly expand width and depth
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			
Defenders - try to press play if possible, stay compact			
			PROGRESSION
			Limit touch count

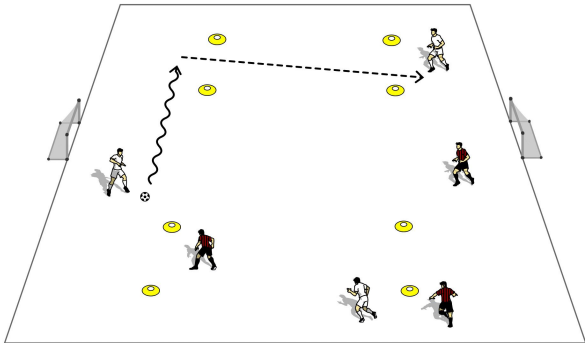


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TIME	DESCRIPTION
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	2v2+2+2
	4v4 over the half line
	3v3 4 gates 2 goals (6v6/7v7)

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  If the opponent gains possession, they also must go through 2 gates - change of possession, resets the count
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			If the opponent gains possession, they also must go through 2 gates - change of possession, resets the count
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			
			PROGRESSION
			Adjust # of gates  Require pass only or dribble only



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