
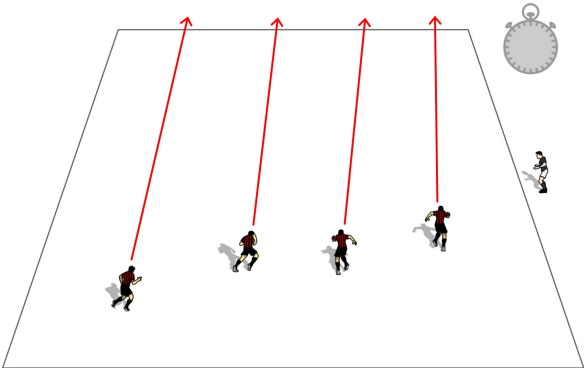


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
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



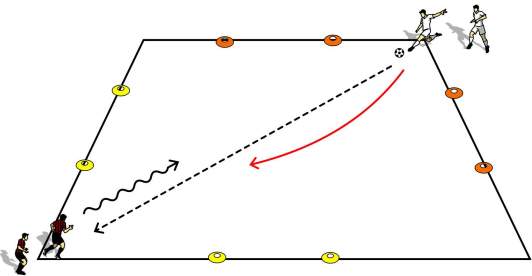
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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Plyo 1
	1v1 diagonal face-on 4 goals
	4v2 double grid transition
	3v3 flying changes cone goals
	4v5+3 zone-14
	5v5+2+2 end bumpers

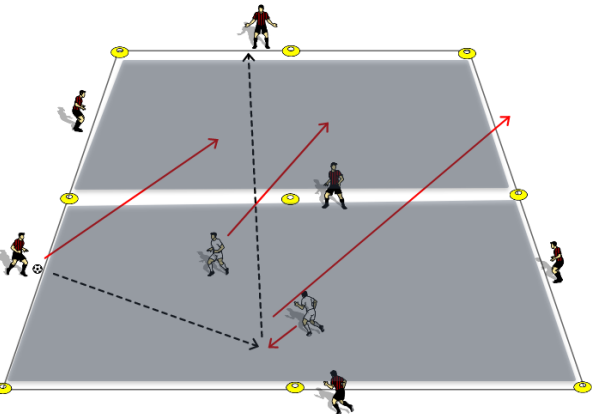
ACTIVITY 2		1v1 diagonal face-on 4 goals	
SPACE	DURATION		EXPLANATION
	TOTAL		Play starts with pass across diagonal - receiver must dribble through one of the two facing diagonal goals (Orange) If defender wins ball, they try to dribble through the opposite goals (Yellow) Players rotate positions after each bout
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Attacker - 1st touch with intent, look to make one feint to off-balance defender in order to get behind, use body/shoulder to shield, accelerate to finish, switch goals if defender overcommits Defender - close quickly to get attacker's attention down, look to isolate/delay then win ball			
			PROGRESSION
			Adjust width and location of goals



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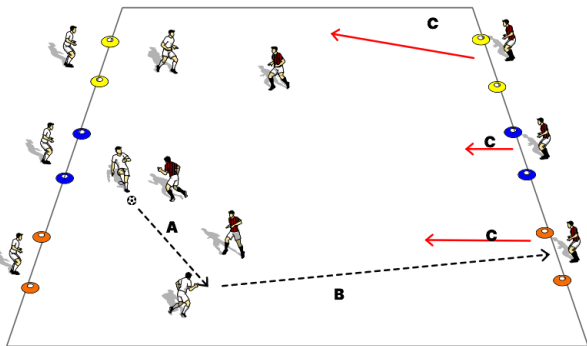
ACTIVITY 3		4v2 double grid transition	
SPACE	DURATION		EXPLANATION
	TOTAL		Players arrange 4v2 in one grid with 2 additional players in 2nd grid - when one of the defenders wins the ball, they pass to one of the players in the adjacent grid and enter on the vacant edge - the "other" defender and the player that lost the ball become defenders
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			1st defender - on winning the ball, immediately pass out of pressure, then determine where to join 2nd defender - try to quickly counter press in the adjacent grid before opponents organize
			PROGRESSION
			Limit touch count



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ACTIVITY 4		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



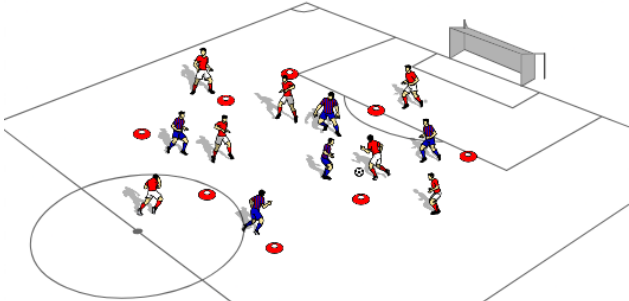
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MANAGE ONESELF	MANAGE SPACE	
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	EQUIPMENT	EMPHASIS/THEME
		Foundation activities
TEAM	DATE	SESSION TIME
	Week of Nov 17 2025	
TOTAL SPACE	LOAD	SESSION DURATION

ACTIVITY 5		4v5+3 zone-14	
SPACE	DURATION		EXPLANATION
25x40 yds (age appropriate)	TOTAL		Set up play in zone-14 - 4 exterior players, 3 interior players vs 5 defenders Score pts for consecutive passes
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Look for 3 central midfielders to combine, form triangles, communicate, switch point of attack Defenders - try to close off gaps, prevent switches communicate with each other - in possession, enlarge the space, take advantage of numerical superiority			
Limit touch count Adjust rules to go to goal			



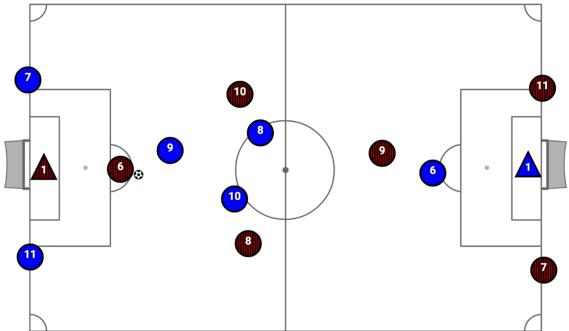
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ACTIVITY 6		5v5+2+2 end bumpers
SPACE	DURATION	EXPLANATION
	TOTAL	Each team has two high bumper targets on either side of goal - adjust positioning based on age/ability/objectives
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		May require use of bumper to score goal or allow play to flow freely
Look for quick counterattacks on gaining possession - 3rd man runs off of direct passes forward - get head up early Defensively - track back, look to pick up runners		
		PROGRESSION
		On receiving, bumpers enter grid, nearest teammate switches



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