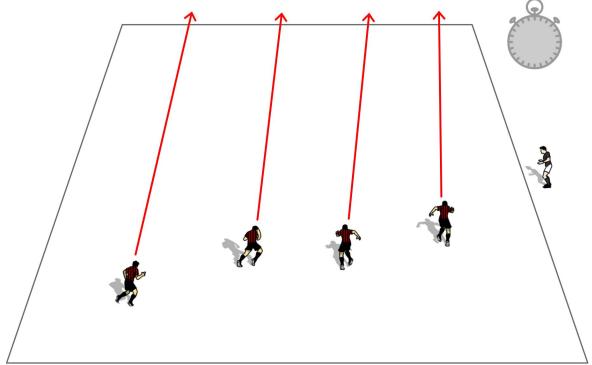
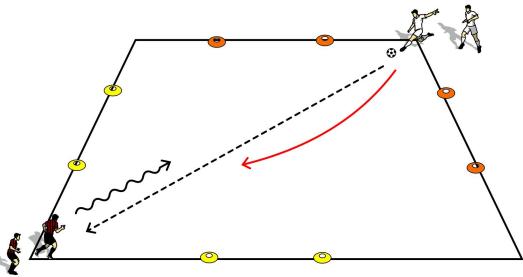
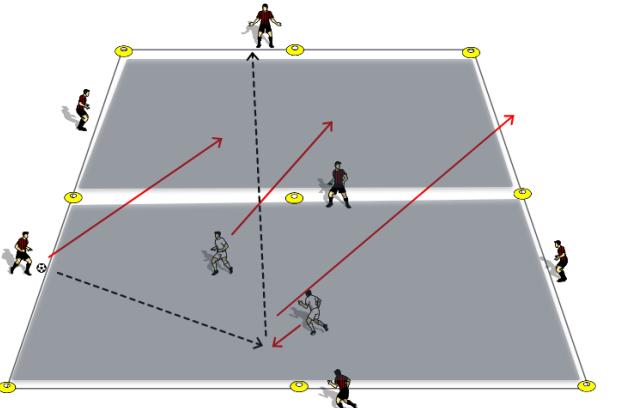
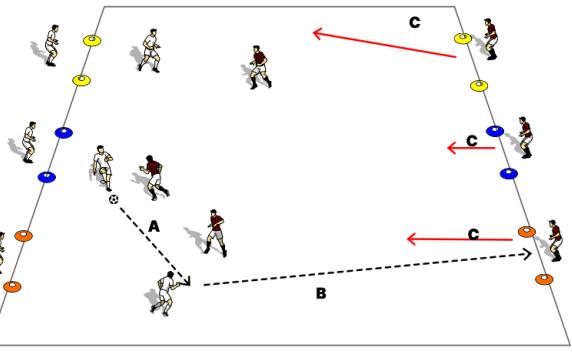
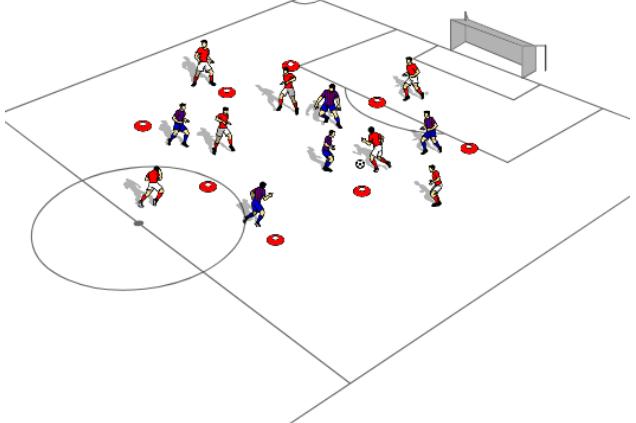
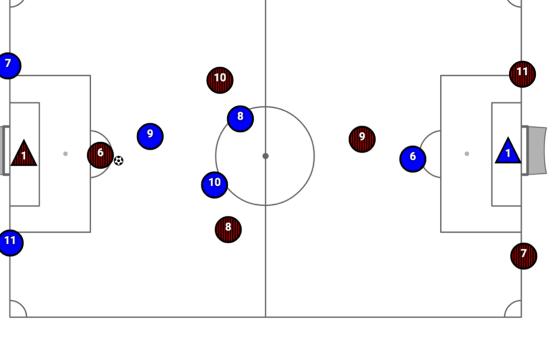


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1, 2, 3	Defend 1, 2, 3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		Foundation activities			
TEAM	DATE	SESSION TIME			
Week of Nov 17 2025					
TOTAL SPACE	LOAD	SESSION DURATION			
ACTIVITY 1		Plyo 1		1v1 diagonal face-on 4 goals	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		SPACE	DURATION
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		TOTAL	
				SETS/REPS	
				WORK	
				REST	
				COACHING POINTS	
		<p>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</p> <p>Defender - close quickly to get attacker's attention down, look to isolate/delay then win ball</p>		EXPLANATION	
				PROGRESSION	
		Adjust width and location of goals			
					
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ACTIVITY 3		4v2 double grid transition		3v3 flying changes cone goals	
SPACE	DURATION	EXPLANATION		SPACE	DURATION
TOTAL				TOTAL	
SETS/REPS				SETS/REPS	
WORK				WORK	
REST				REST	
COACHING POINTS		COACHING POINTS		EXPLANATION	
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		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		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	
				PROGRESSION	
		Limit touch count		Limit touches	
				Must score in X passes	
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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	Advance the ball				
	EQUIPMENT	EMPHASIS/THEME	TIME	DESCRIPTION			
		Foundation activities		Plyo 1			
TEAM	DATE	SESSION TIME		1v1 diagonal face-on 4 goals			
	Week of Nov 17 2025			4v2 double grid transition			
TOTAL SPACE	LOAD	SESSION DURATION		3v3 flying changes cone goals			
				4v5+3 zone-14			
				5v5+2+2 end bumpers			
ACTIVITY 5		4v5+3 zone-14	ACTIVITY 6		5v5+2+2 end bumpers		
SPACE	DURATION	EXPLANATION	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		TOTAL	Each team has two high bumper targets on either side of goal - adjust positioning based on age/ability/objectives May require use of bumper to score goal or allow play to flow freely		
	SETS/REPS			SETS/REPS			
	WORK			WORK			
	REST			REST			
COACHING POINTS		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	COACHING POINTS				
			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		
		PROGRESSION			On receiving, bumpers enter grid, nearest teammate switches		
							
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