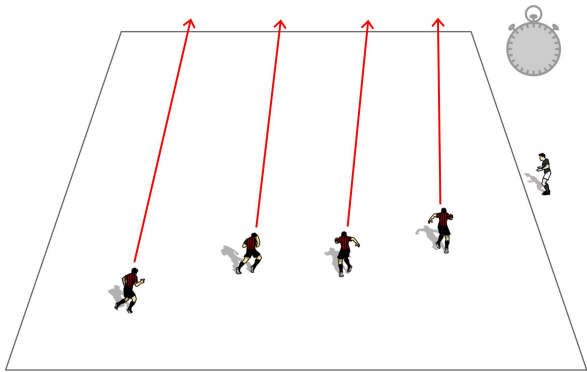


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

205 ACADEMY EST. 2019	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



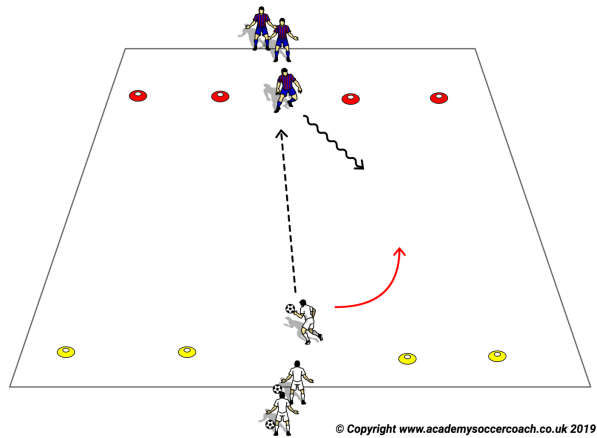
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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

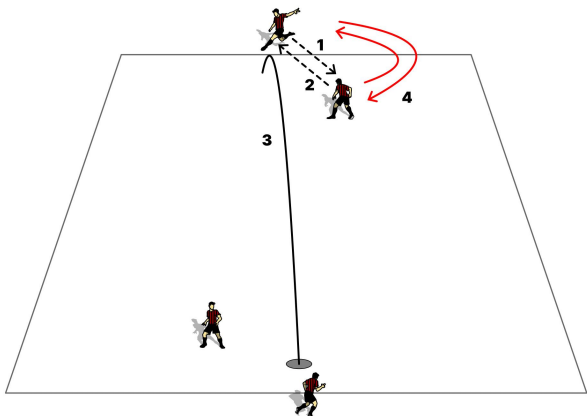
TIME	DESCRIPTION
	Plyo 1
	1v1 face-on 4 goals
	Short short long
	4v2+1 - 5v2
	3v3 flying changes cone goals
	Midfield 4-3-3 - SSG 1

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		When bout is completed, next passer plays the ball to facing opponent and game restarts
COACHING POINTS			If defender wins ball, she tries to counterattack and score
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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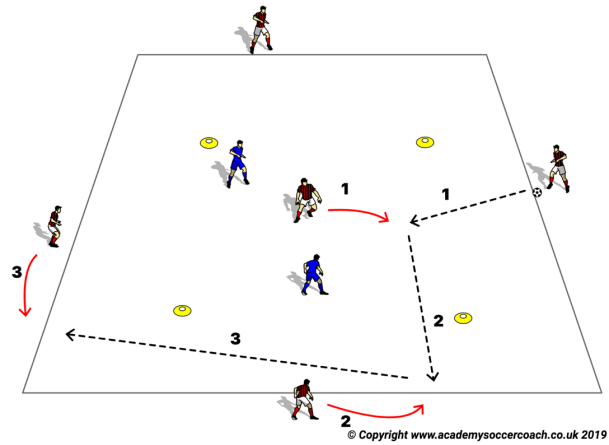
ACTIVITY 3		Short short long
SPACE	DURATION	EXPLANATION
	TOTAL	Pairs of players are separated by an age/ability appropriate distance Activity starts with a bounce pass between 2 teammates at angles, on the return pass, the ball is flighted to the farthest player, the two initial players switch positions and the pattern repeats on the opposite side
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Look for communication, ball played to correct foot for both the pass into the short player and back to the server, look for the server to step in and use appropriate technique to flight the ball Receiver - use appropriate body surface to control and play to short teammate		



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ACTIVITY 4		4v2+1 - 5v2	
SPACE	DURATION		EXPLANATION
15x15 yds (per age group)	TOTAL		4 attackers on the outside of the grid (must stay outside), 1 attacker inside cage with 2 defenders - attackers attempt to complete 10 passes in a row for 1 pt (must touch inside player) - defenders complete 3 passes in a row for 1 pt
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Outside players should anticipate movement of passes and slide side-to-side to receive next pass (see movements in diagram) - central player should be checking in and out, trying to open body and check shoulder in order to switch field - defenders try to make play predictable, prevent split			
			Remove cage - Attackers get 1 pt if pass from 1 side to the other

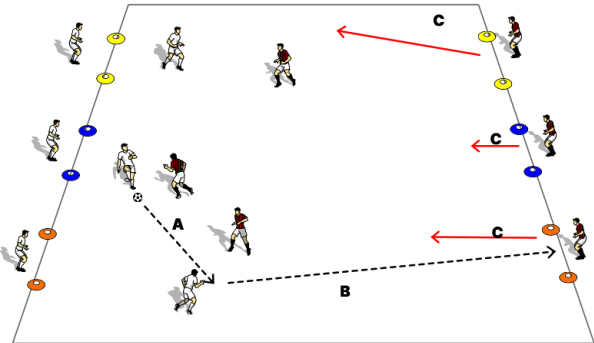


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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Middle third tactics
TEAM	DATE	SESSION TIME
	Week of Nov 24 2025	
TOTAL SPACE	LOAD	SESSION DURATION

ACTIVITY 5		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



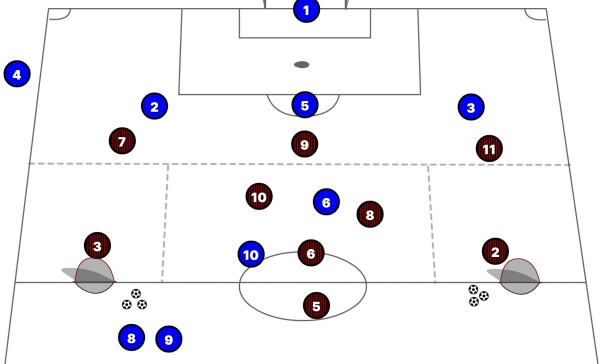
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Plyo 1
	1v1 face-on 4 goals
	Short short long
	4v2+1 - 5v2
	3v3 flying changes cone goals
	Midfield 4-3-3 - SSG 1

ACTIVITY 6	Midfield 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION
On first pass in, supporting mids find angled positions - open body shapes in order to switch through central grid First idea is to advance ball - use wing players to relieve pressure Once ball goes forward, 8/10 look to combine with forward on your side, 6 acts as hinge	Activity starts alternately from passes by 2 and 3 into the center grid, each of 6/8/10 must touch the ball before they can advance out of grid and team can attack goal - all players other than 6/8/10 are 3-touch
PROGRESSION	
Defenders score on mini-goals If attackers regain ball, reset with pass to 5	Add additional defender(s) to defending grids - defenders allowed to float between defending grids



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