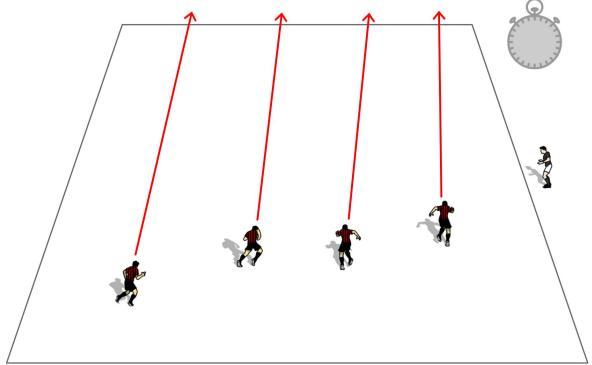
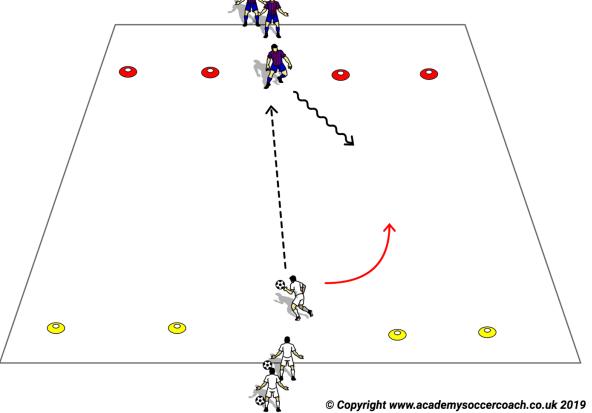
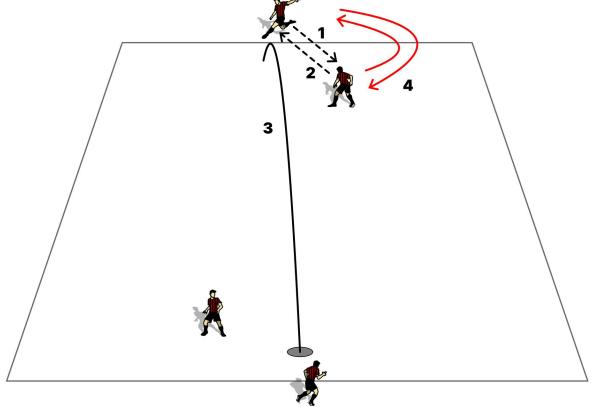
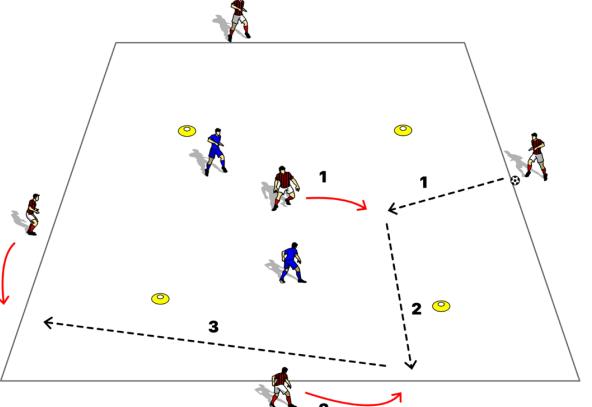
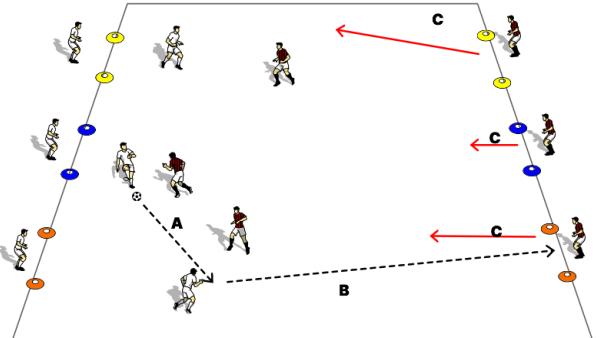
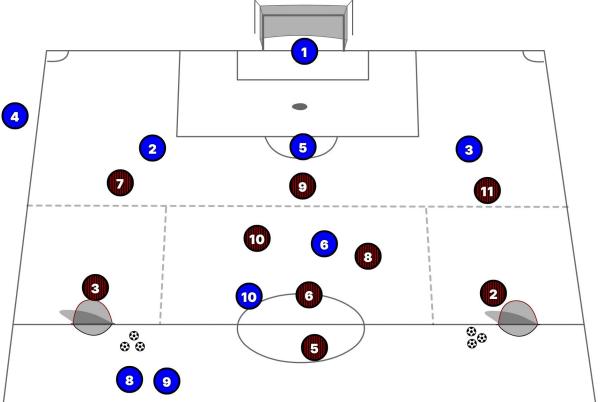


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1, 2, 3	Defend 1, 2, 3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		Middle third tactics			
TEAM	DATE	SESSION TIME			
Week of Nov 24 2025					
TOTAL SPACE	LOAD	SESSION DURATION			
ACTIVITY 1		Plyo 1		1v1 face-on 4 goals	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		EXPLANATION	
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/drown #9 - Scissor jumps #10 - CMJ for distance		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	
					
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ACTIVITY 3		Short short long		4v2+1 - 5v2	
SPACE		DURATION		EXPLANATION	
	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		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				Remove cage - Attackers get 1 pt if pass from 1 side to the other	
					
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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			
		Middle third tactics		Plyo 1			
TEAM	DATE	SESSION TIME		1v1 face-on 4 goals			
	Week of Nov 24 2025			Short short long			
TOTAL SPACE	LOAD	SESSION DURATION		4v2+1 - 5v2			
				3v3 flying changes cone goals			
				Midfield 4-3-3 - SSG 1			
ACTIVITY 5		3v3 flying changes cone goals	ACTIVITY 6		Midfield 4-3-3 - SSG 1		
SPACE	DURATION		COACHING POINTS		EXPLANATION		
	TOTAL		On first pass in, supporting mids find angled positions - open body shapes in order to switch through central grid		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		
SETS/REPS			First idea is to advance ball - use wing players to relieve pressure				
	WORK		Once ball goes forward, 8/10 look to combine with forward on your side, 6 acts as hinge				
REST			Defenders score on mini-goals				
			If attackers regain ball, reset with pass to 5				
COACHING POINTS		PROGRESSION		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		Add additional defender(s) to defending grids - defenders allowed to float between defending grids			
							
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