
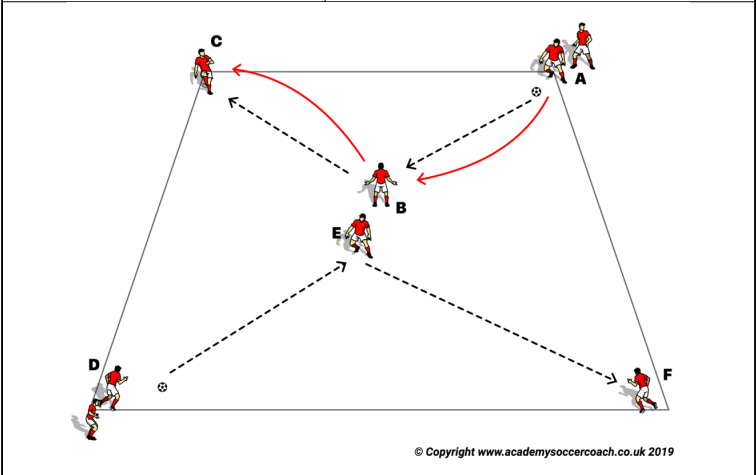


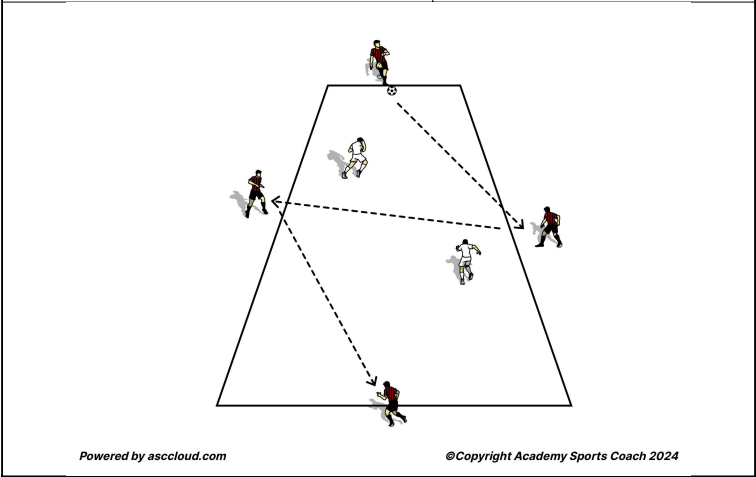
MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Small group defending tactics
TEAM	DATE	SESSION TIME
	Week of Dec 01 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Clock passing w stretch
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Clock-1 3-4 minutes of passing with breaks: #1 - hips rotation, greatest stretch, down dog, ankle pedal #2 - quad pull, knee pull hamstring scoop, single leg RDL #3 - dead bugs, grasshopper, bird dog	Players form in a grid with 1 player in the middle - players follow their pass in and out of the grid Add a 2nd player and have a double clock once players have the pattern Progression - 2-touch -> 1-touch Progression - interior player switches with passer rather than following their pass



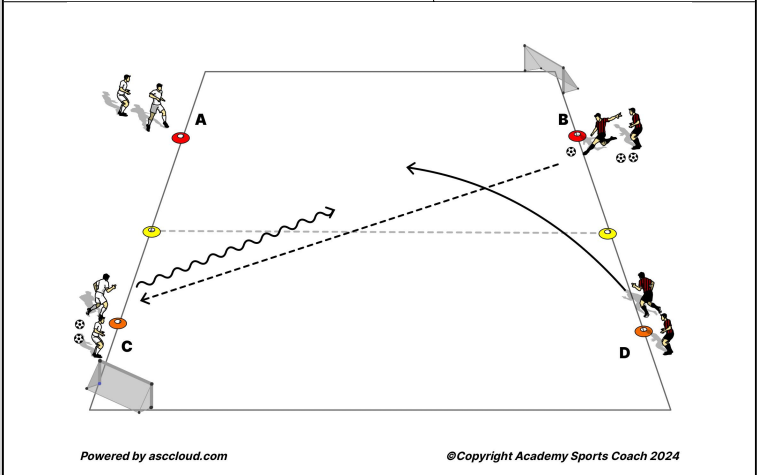
ACTIVITY 3		4v2 narrow	
SPACE	DURATION		EXPLANATION
	TOTAL		Grid organized as shown - length > width Score point for ball played between long edges On loss of possession, outside player steps in to create 2v1, when ball is recovered, game resumes as 4v2
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		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



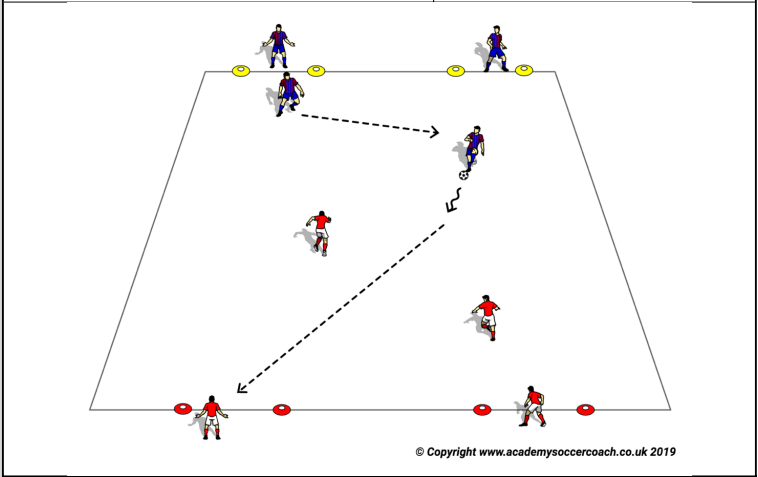
MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Clock passing w stretch
	1v1 diagonal goals, recovery
	4v2 narrow
	2v2 flying changes - cones
	3v2 adjust numbers on goal
	Midfield 4-3-3 - SSG 2

ACTIVITY 2		1v1 diagonal goals, recovery	
SPACE	DURATION		EXPLANATION
	TOTAL		Players must cross half-line in order to score - 1st pass is diagonal, defender enters from same side, same half as attacker (A vs B, C vs D)  Players rotate attacking + defender roles (A<->C, B<->D)  Each bout starts from opposite corner (B, C, B, C, etc)
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attacker - try to cross into attacking half as quickly as possible, 1 feint to beat defender in order to create window to shoot			Allow player in possession to use outside players on half field as neutrals
Defender - immediately get goal side, close off shooting opportunities, patience to avoid fly-by or getting faked out			



ACTIVITY 4		2v2 flying changes - cones	
SPACE	DURATION		EXPLANATION  Players go 2v2 with targets When ball is played to opposing target, teammates go off, new team comes on
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION  Limit touches Use supporting targets
Body open to the field			
Defenders must press + communicate			
Look for quick opportunities to split			
Quality 1st touch			



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

TIME	DESCRIPTION
	Clock passing w stretch
	1v1 diagonal goals, recovery
	4v2 narrow
	2v2 flying changes - cones
	3v2 adjust numbers on goal
	Midfield 4-3-3 - SSG 2

ACTIVITY 6	Midfield 4-3-3 - SSG 2
COACHING POINTS	EXPLANATION
Red mids - in possession, look to create angles of support, continually scan to determine which opponent has entered grid, recognize moment to go forward pressure, man-on, turn, drop, etc	Attackers must complete at least 3 consecutive passes in order to advance out of initial grid Defenders add 1 player into grid (7, 9, or 11) for every 3rd pass
Red teammates - communicate into midfield - pressure, man-on, turn, drop, etc	<b>Defender mids must stay in grid</b> 4/5 - 2-touch, 7/9/11 - 3-touch
Red forwards - prepare to disarm to receive	<b>PROGRESSION</b>
Defenders score on mini-goals If attackers regain ball, reset with pass to 4 or 5	Remove mannequins, add 2 defenders

