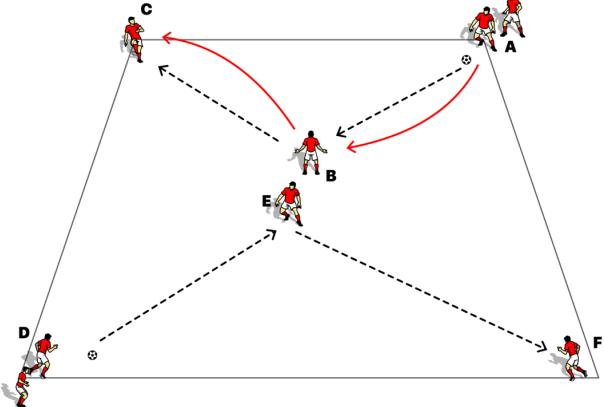
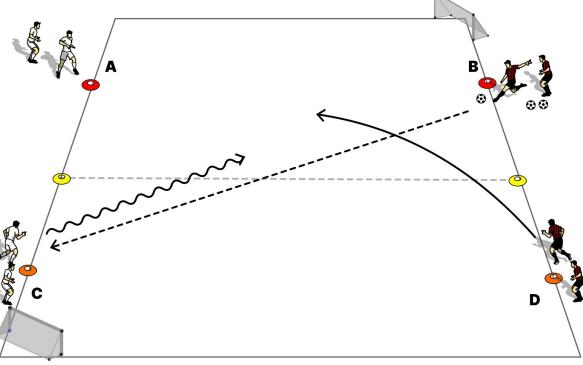
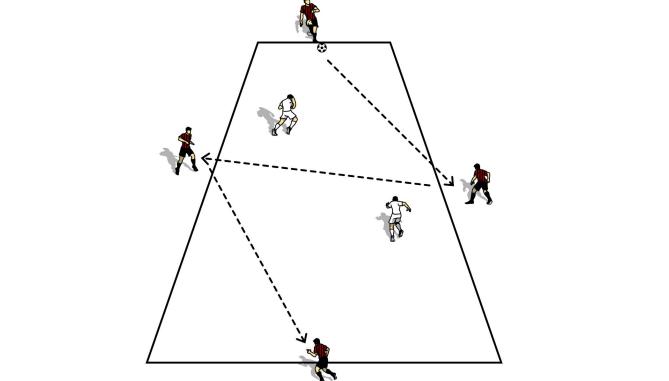
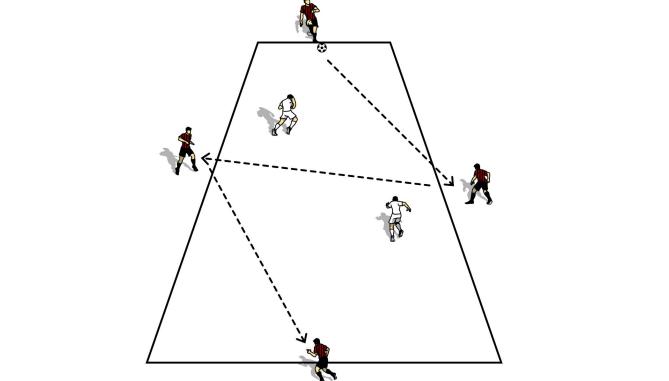
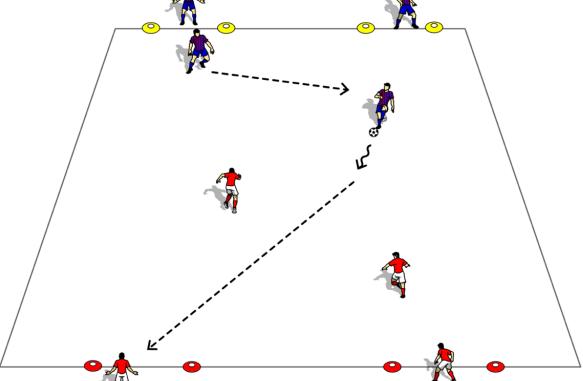
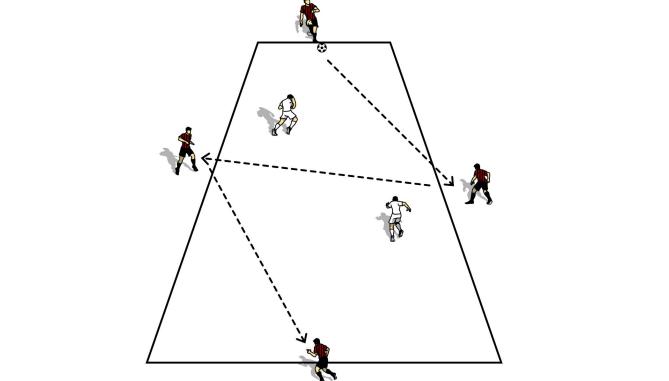
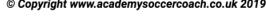
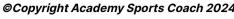


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1, 2, 3	Defend 1, 2, 3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		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		1v1 diagonal goals, recovery	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		EXPLANATION	
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		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)	
				PROGRESSION Allow player in possession to use outside players on half field as neutrals	
					
		ACTIVITY 3 4v2 narrow		ACTIVITY 4 2v2 flying changes - cones	
SPACE		DURATION		EXPLANATION	
TOTAL SETS/REPS WORK REST				TOTAL SETS/REPS WORK REST	
COACHING POINTS				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), show patience, be willing to press ball on poor 1st touch		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		Body open to the field Defenders must press + communicate Look for quick opportunities to split Quality 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		PROGRESSION Limit touches Use supporting targets	
					
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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive	Create and close space	Attack 1, 2, 3
Decide and deceive	Organize defense on offense	Defend 1, 2, 3
Execute and assess	Pressure quickly on transition	

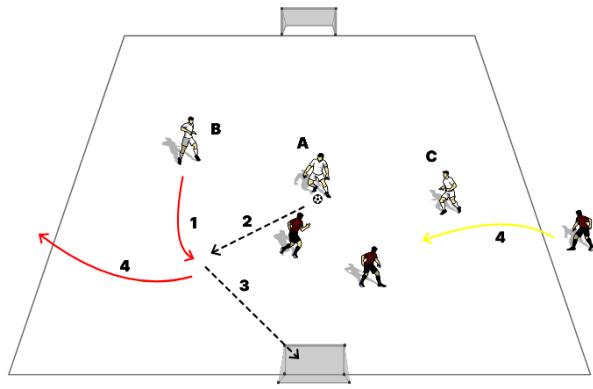
MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

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

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 5		3v2 adjust numbers on goal					
SPACE	DURATION		EXPLANATION				
	TOTAL		Game starts 3v2 with extra player on sideline - if numbers-up team scores, scorer goes to sideline, extra player comes in creating 3v2 in other direction				
	SETS/REPS						
	WORK						
	REST						
COACHING POINTS							
Defenders - try to isolate ball, take away extra opponent to create 2v2, look for moment to win ball and counter - delay, communicate							
Attacker - try to work with extra teammate, draw defenders out, use feints/misdirection to off-balance defenders							
PROGRESSION							
Limit touches; If team scores 2v3, swap goal scorer w/ teammate							

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 <b>Defender mids must stay in grid</b>
Red teammates - communicate into midfield - pressure, man-on, turn, drop, etc	4/5 - 2-touch, 7/9/11 - 3-touch
Red forwards - prepare to dismark 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



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