
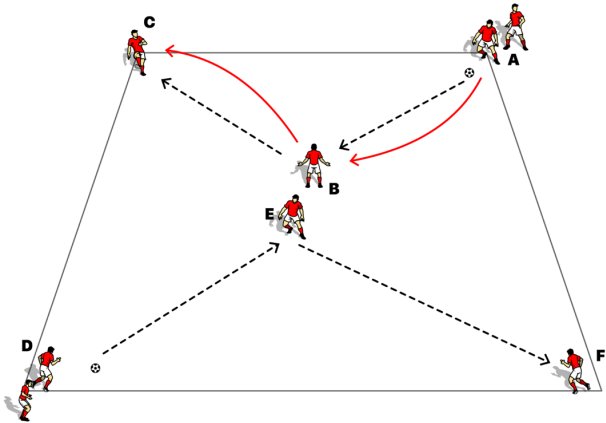


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

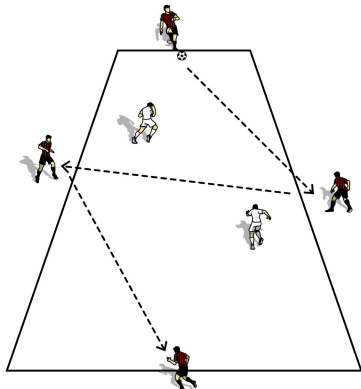
	EQUIPMENT	EMPHASIS/THEME
		Progressive play
TEAM	DATE	SESSION TIME
	Week of Dec 08 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

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



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ACTIVITY 3		4v2 narrow	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			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
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			
			PROGRESSION
			#1 Limit outside touch count #2 When defenders win possession, they must try to exit the grid with the ball under control



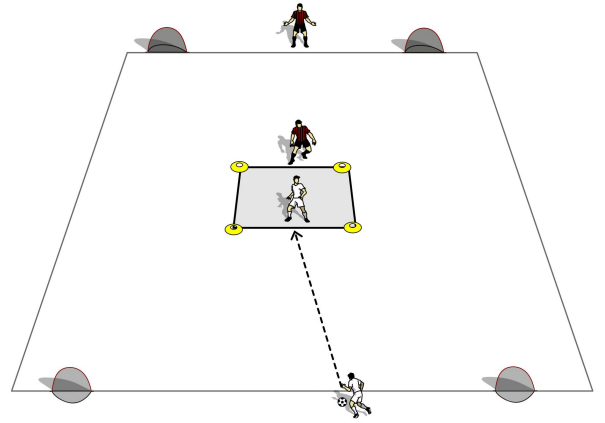
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Clock passing w stretch
	1v1 back to wide goals
	4v2 narrow
	3v3 flying changes cone goals
	6v6 3-zone overlap
	Progressive 4-3-3 - SSG 1

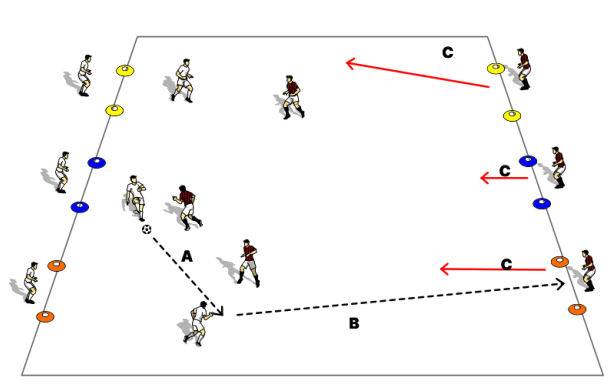
ACTIVITY 2		1v1 back to wide goals	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Round starts with attacker in box facing teammate, defender outside and behind box - ball is played to attacker who must turn and go to wide mini goals - if defender wins ball, they can go to goal Initially start on first touch by receiver, advance to start on pass
Attacker - attempt to feint/misdirect opponent with ball movement, shield/secure possession, look to turn early if possible to face up defender, 1 feint to misdirect opponent; Defender - try to win ball on pass or 1st touch of opponent if possible, avoid being turned, delay and look to win ball			
			PROGRESSION
			Adjust size/shape of box Allow 1 back pass to teammate



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ACTIVITY 4		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			
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			
		PROGRESSION	
		Limit touches	
		Must score in X passes	



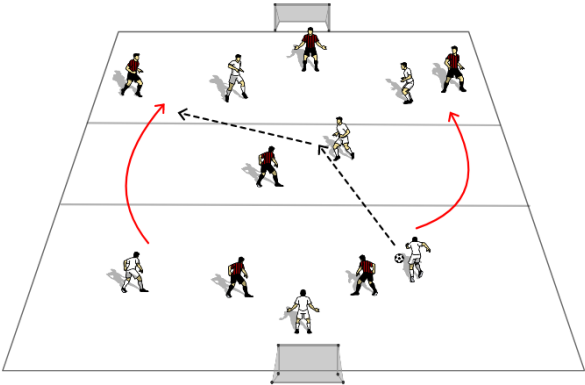
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MANAGE ONESELF	MANAGE SPACE	
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	EQUIPMENT	EMPHASIS/THEME
		Progressive play
TEAM	DATE	SESSION TIME
	Week of Dec 08 2025	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		6v6 3-zone overlap
SPACE	DURATION	EXPLANATION
	TOTAL	Field organized as shown - 3 zones with 3v2 in each defending zone, 1v1 in central zone - wing backs are allowed to move up and back but only on playing ball through central player
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Look for teams to maintain shape with outside backs moving up/down line - look for goal side positions to delay, force play backward Central defender must be prepared to delay if ball is played through while outside backs are forward		Limit touch count
		If mid goes forward, back must cover



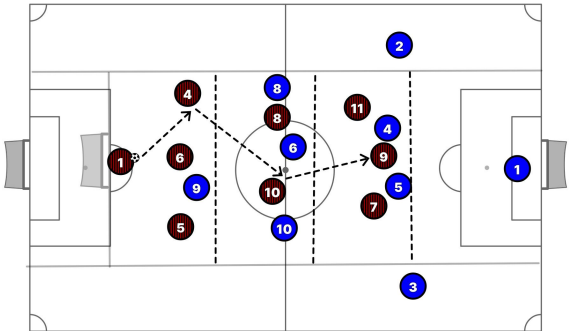
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	6v6 3-zone overlap
	Progressive 4-3-3 - SSG 1

ACTIVITY 6	Progressive 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION
Attackers - look to find pockets of space to receive ball and break lines, open body positions, continually scan your surroundings to determine opportunities to progress the ball forward - on the ball, look to swing quickly side-to-side to take advantage of numbers-up situations Defenders - communicate, try to close down channels, look to prevent attackers from turning, show patience	Play starts in defending third - ball may only be passed (not dribbled) over third lines - only one mid can move between thirds, everyone else is locked into their third 3 passes in defending third to start play
When defenders win ball, they have 5 seconds to score a goal	PROGRESSION
	Fullbacks 2/3 join when (1) ball played into final third, (2) ball played into middle third, (3) first pass Remove thirds restrictions for Red



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