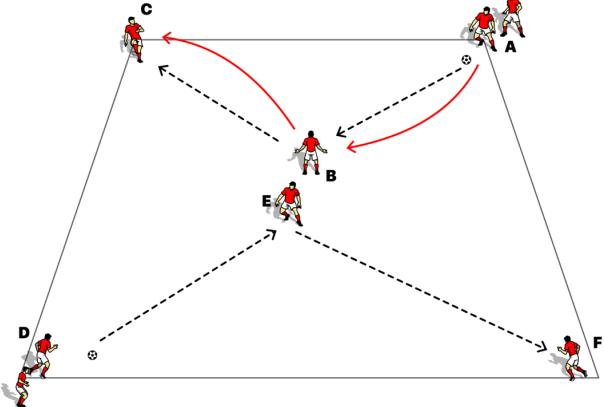
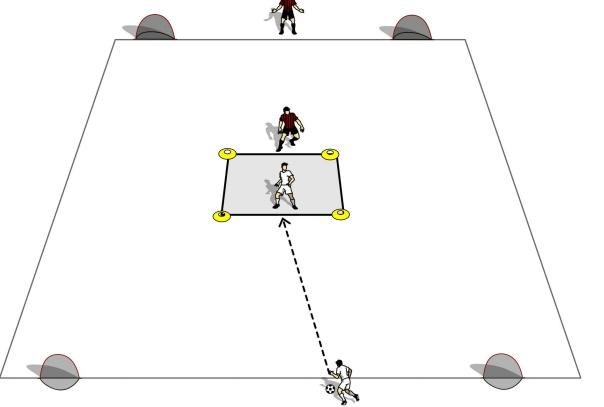
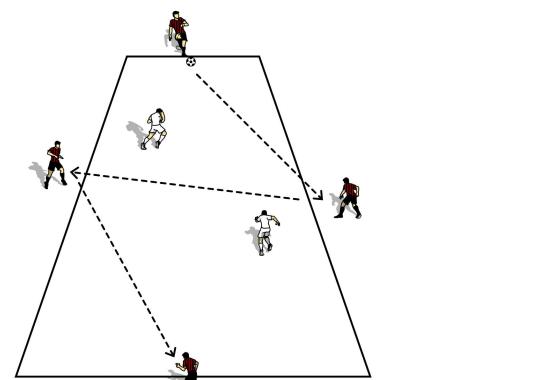
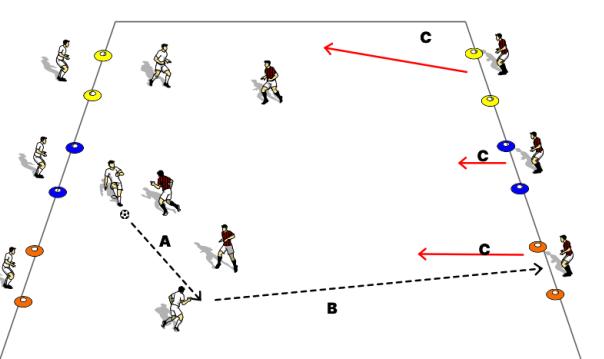


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL					
Perceive and conceive	Create and close space	Attack 1, 2, 3	Defend 1, 2, 3	Keep it simple	Pass with purpose				
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball				
Execute and assess				Receive with intent	Advance the ball				
	EQUIPMENT	EMPHASIS/THEME							
		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		EXPLANATION							
TOTAL		Grid organized as shown - length > width							
SETS/REPS		Score point for ball played between long edges							
WORK		On loss of possession, outside player steps in to create 2v1, when ball is recovered, game resumes as 4v2							
REST		PROGRESSION							
<p>COACHING POINTS</p> <p>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</p>  <p>© Copyright www.academyssoccercoach.co.uk 2024</p>									
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ACTIVITY 4		3v3 flying changes cone goals							
SPACE		EXPLANATION							
TOTAL		Players go 3v3							
SETS/REPS		Opposing players are inside gates and act as targets							
WORK		When pass is played to a target (A->B), defending team goes off and new 3 players come in to attack							
REST									
<p>COACHING POINTS</p> <p>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</p> <p>PROGRESSION</p> <p>Limit touches Must score in X passes</p>									
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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		



EQUIPMENT

EMPHASIS/THEME

Progressive play

TEAM

DATE

SESSION TIME

TOTAL SPACE

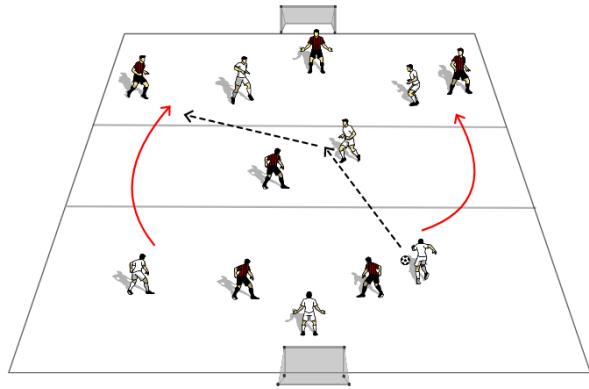
Week of Dec 08 2025

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

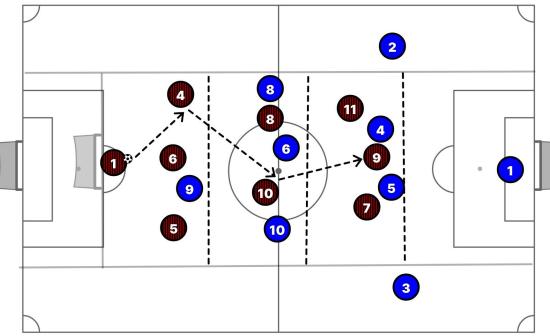


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MANAGE THE BALL		
Keep it simple	Pass with purpose	
Play what you see	Keep and move the ball	
Receive with intent	Advance the ball	
TIME	DESCRIPTION	
	Clock passing w/stretch	
	1v1 back to wide goals	
	4v2 narrow	
	3v3 flying changes cone goals	
	6v6 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 When defenders win ball, they have 5 seconds to score a goal	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 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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