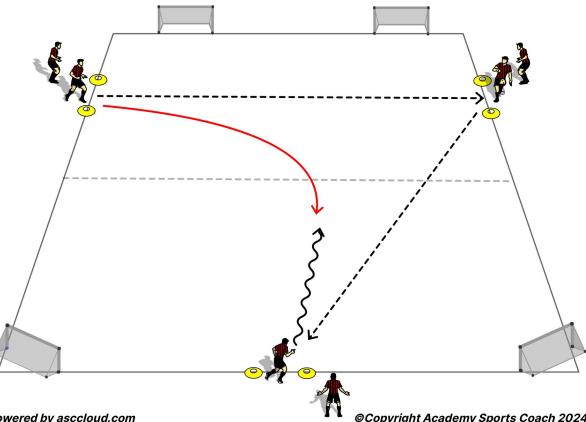
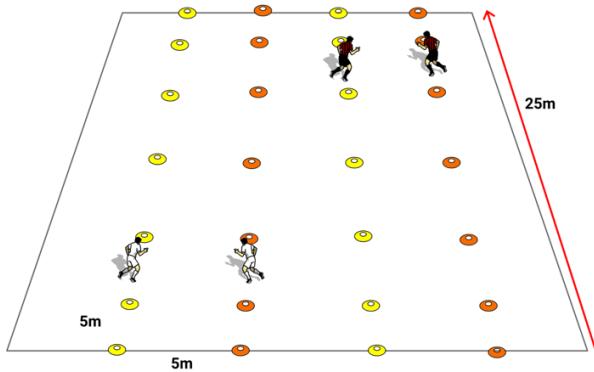


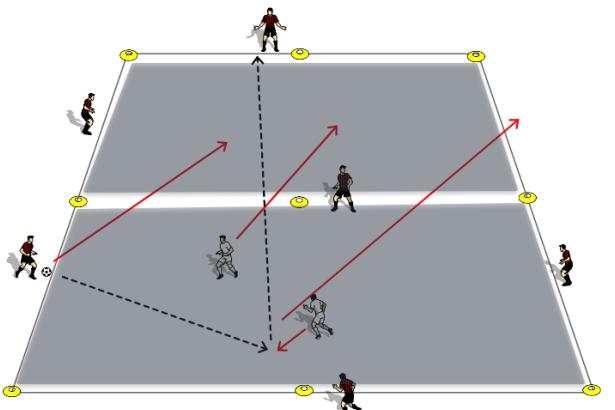
| MANAGE ONESELF | | MANAGE SPACE | |
|---|---------------------|--------------------------------|--------------------------|
| Perceive and conceive | | Create and close space | Attack 1, 2, 3 |
| Decide and deceive | | Organize defense on offense | Defend 1, 2, 3 |
| Execute and assess | | Pressure quickly on transition | |
|  | EQUIPMENT | EMPHASIS/THEME | |
| | | | Build out through thirds |
| TEAM | DATE | SESSION TIME | |
| | Week of Dec 15 2025 | | |
| TOTAL SPACE | LOAD | SESSION DURATION | |
| | | | |
| NOTES | | | |

| ACTIVITY 1 | Warmup/activation |
|--|--------------------------|
| PHYSICAL ACTIVATION | FUNCTIONAL/SPORTS SKILLS |
| FIFA-11 warm-up <ul style="list-style-type: none"> Run straight ahead; Hips in/out; Circling partner; Run forward/back; Plank (static, alternate legs); 1 leg lift/hold; Side plank; Hamstrings; Single leg hold/balance (hold/throw/test); Squats (toe raise; walking lunge, 1-leg); Jumping (vertical, lateral, box); Running (across pitch, bounding, plant + cut) | |

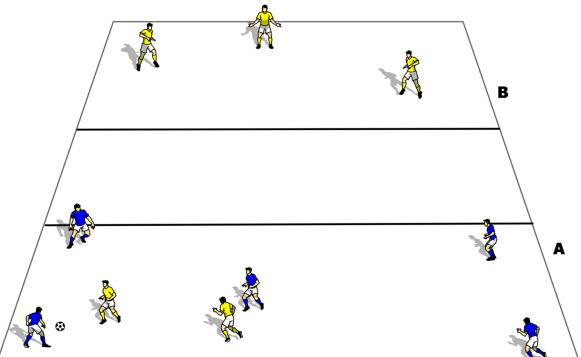
| ACTIVITY 2 | | 1v1 4 goals 2-pass start | | | |
|---|------------------|---|--|--|--|
| SPACE | DURATION | EXPLANATION | | | |
| | TOTAL | Activity starts with 2 passes - square pass, then diagonal ball into attacker | | | |
| | SETS/REPS | 1st passer becomes defender, goal can only be scored when over the half line - if defender wins ball, they must also cross half line to score | | | |
| | WORK | Players rotate clockwise after each bout | | | |
| | REST | | | | |
| COACHING POINTS | | | | | |
| Attacker - take 1st touch with intent, look to keep ball under control, attempt to off-balance defender to create shooting window, if blocked, use change of direction move to attack opposite goal | | | | | |
| Defender - get goal side quickly, be patient, look to control attacker first, win ball second | | | | | |
| PROGRESSION | | | | | |



| ACTIVITY 3 | | 4v2 double grid transition |
|--|-----------|---|
| SPACE | DURATION | EXPLANATION |
| | TOTAL | Players arrange 4v2 in one grid with 2 additional players in |
| | SETS/REPS | 2nd grid - when one of the defenders wins the ball, they pass to one |
| | WORK | of the players in the adjacent grid |
| | REST | and enter on the vacant edge - the "other"defender and the player that lost the ball become defenders |
| COACHING POINTS | | PROGRESSION |
| 1st defender - on winning the ball, immediately pass out of pressure, then determine where to join | | Limit touch count |
| 2nd defender - try to quickly counter press in the adjacent grid before opponents organize | | |



| ACTIVITY 4 | | 5v2 side by side, the river | |
|--|------------------|-----------------------------|--|
| SPACE | DURATION | EXPLANATION | |
| 15x15 yds | TOTAL | | |
| | SETS/REPS | | |
| | WORK | | |
| | REST | | |
| COACHING POINTS | | | |
| Attackers - look to form rondo shape - try to move in and out of the middle, look to pass ball around rather than through opponents | | | |
| Defenders - attempt to corner an attacker on the ball, look for poor first touch or telegraphed pass, on transition, quickly switch the ball | | | |
| PROGRESSION | | | |
| In 5v2, limit number of passes and/or touches | | | |



| 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 |

| | | |
|---|--------------------------|-------------------------|
|  | EQUIPMENT | EMPHASIS/THEME |
| | Build out through thirds | |
| TEAM | DATE | SESSION TIME |
| | Week of Dec 15 2025 | |
| TOTAL SPACE | LOAD | SESSION DURATION |
| | | |
| NOTES | | |

| TIME | DESCRIPTION |
|------|---------------------------------|
| | Warmup/activation |
| | 1v1 4 goals 2-pass start |
| | 4v2 double grid transition |
| | 5v2 side by side, the river |
| | 3v3+2 flying changes cone goals |
| | Wide Attack 5-4-1 - SSG 1 |
| | |
| | |
| | |

| ACTIVITY 5 | | 3v3+2 flying changes cone goals | |
|--|------------------|---------------------------------|--|
| SPACE | DURATION | | EXPLANATION |
| | TOTAL | | Players go 3v3 with wide neutrals |
| | SETS/REPS | | Opposing players are inside gates |
| | WORK | | and act as targets |
| | REST | | When pass is played to a target, defending team goes off and new 3 players come in to attack |
| 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 | | | |

| ACTIVITY 6 | Wide Attack 5-4-1 - SSG 1 |
|--|---|
| COACHING POINTS | EXPLANATION |
| 7/11 - anticipate entry pass, check away then dismark 4/6 - look to enter and combine, forming 2v1 or 3v1 numbers Look for opportunities to enter final third through the B box - wall pass, spinning off defender and carrying forward 9 - consider blind side diagonal run to corner if ball played into space from B box 8/10 - try to receive open body shape, look for pockets of space, find wide players | A - initially 3v1, 4/6 may move into B B - at most 1 defender C - offside line, defenders may not drop into this space before ball entry Attacking team must play through one of the B boxes before entering final third |
| PROGRESSION | |
| Defending team in possession - 5 seconds to score | 2nd defender may enter B box once ball is played in Add additional defenders (8 and 9) |

