
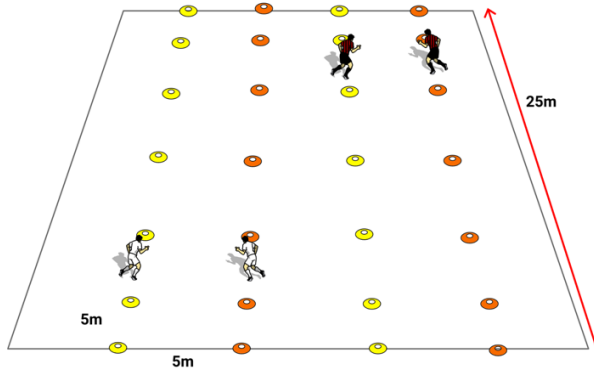


MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		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
<b>FIFA-11 warm-up</b> 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)	



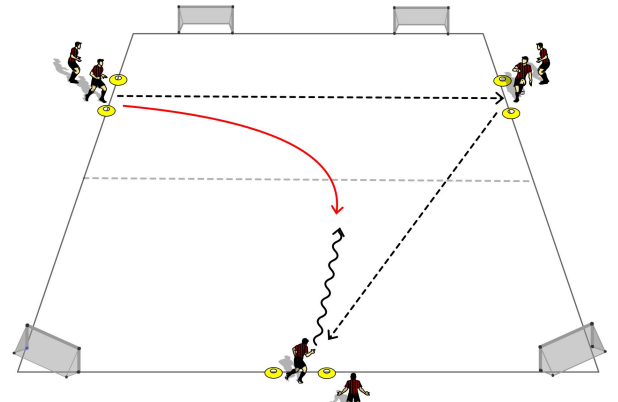
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	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

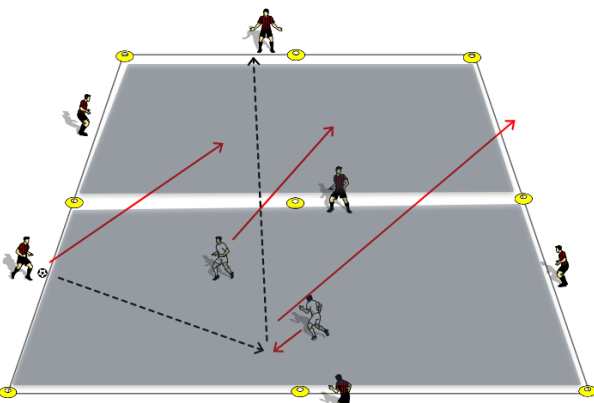
ACTIVITY 2		1v1 4 goals 2-pass start	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Activity starts with 2 passes - square pass, then diagonal ball into attacker 1st passer becomes defender, goal can only be scored when over the half line - if defender wins ball, they must also cross half line to score Players rotate clockwise after each bout
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



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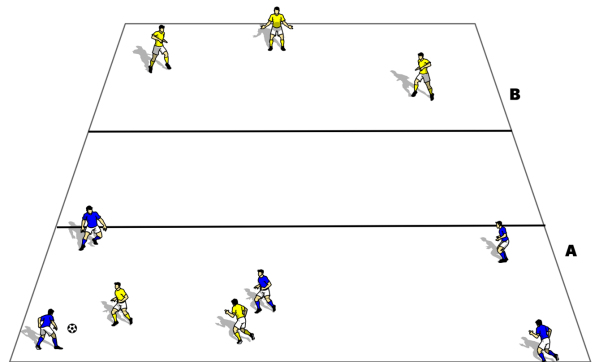
ACTIVITY 3		4v2 double grid transition
SPACE	DURATION	EXPLANATION
	TOTAL	Players arrange 4v2 in one grid with 2 additional players in 2nd grid - when one of the defenders wins the ball, they pass to one of the players in the adjacent grid and enter on the vacant edge - the "other" defender and the player that lost the ball become defenders
	SETS/REPS	
	WORK	
	REST	
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		



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ACTIVITY 4		5v2 side by side, the river	
SPACE	DURATION		EXPLANATION
15x15 yds	TOTAL		Field is divided into 3 grids - game starts 5v2 in one grid - if the 2 win the ball, they switch to the other grid, join their teammates, 2 of the former attackers also join as defenders Count 10 passes = 1 pt
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			In 5v2, limit number of passes and/or touches
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			

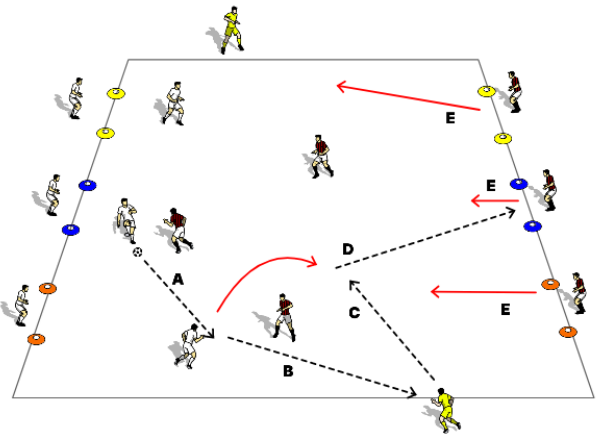


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ACTIVITY 5		3v3+2 flying changes cone goals	
SPACE	DURATION		EXPLANATION
	TOTAL		Players go 3v3 with wide neutrals Opposing players are inside gates and act as targets  When pass is played to a target, defending team goes off and new 3 players come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



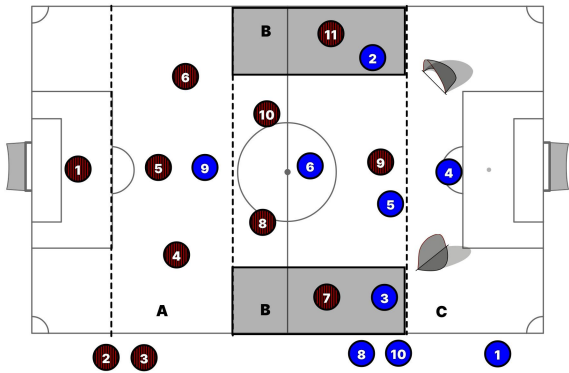
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ACTIVITY 6	Wide Attack 5-4-1 - SSG 1
COACHING POINTS	EXPLANATION
7/11 - anticipate entry pass, check away then disarm 4/6 - look to enter and combine, forming 2v1 or 3v1 numbers Look for opportunities to enter final third through the B box - wall pass, 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
Defending team in possession - 5 seconds to score	PROGRESSION
	2nd defender may enter B box once ball is played in Add additional defenders (8 and 9)



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