

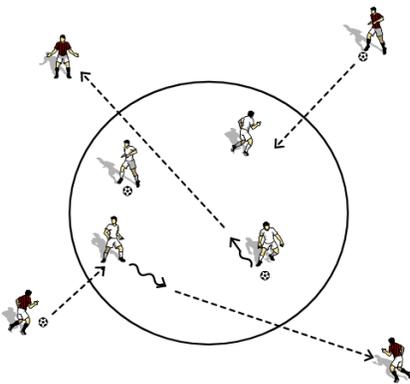
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Attack 1, 2, 3 Organize defense on offense Defend 1, 2, 3 Pressure quickly on transition

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

205 ACADEMY EST. 2018	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
	Week of Jan 12 2026	
TOTAL SPACE	LOAD	SESSION DURATION

TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal 4 gates
	4v1
	3v3 flying changes cone goals
	6v6+2 forward dribble only
	Progressive 3-4-3 - SSG 1

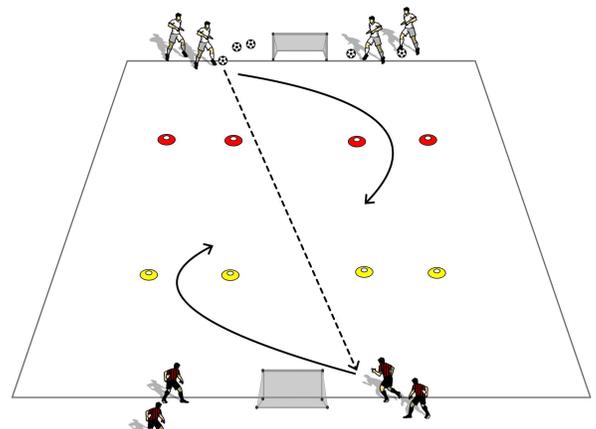
ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Circle drill + dynamic warmup Activity starts with 1/2 players inside, 1/2 outside a circle (grid) Players go through a sequence of actions - 1-touch, 2-touch, foot/thigh/chest volleys, headers, receive/turn/pass to open player	#1 Hip open/close, curtsy lunge, lunge with twist #2 Knee/quad pull w/ calf extension, ankle circles #3 A-march, hamstring scoop, opposite leg/arm kick #4 - lateral lunge, double-foot fwd/lateral hops #5 - glute bridge, 4x20 sec planks 10 sec rest #6 partner 10x Nordics, single leg RDL
45-60 sec reps, switch inside outside Once both teams have finished a rep - dynamics as shown on right	



Powered by ascloud.com

©Copyright Academy Sports Coach 2021

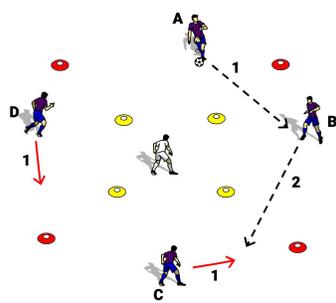
ACTIVITY 2	1v1 diagonal 4 gates	
SPACE	DURATION	EXPLANATION
	TOTAL	To start bout, ball is played diagonal across pitch - both attacker and defender must go through the opposite side gate before starting 1v1 - if defender wins ball, they can go straight to goal Adjust distances + angles based on age/ability, feedback
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Attacker - accelerate quickly, hard cut to face up defender, 1 move to beat opponent and get in behind to score, shoot if defender has not closed		
Defender - quickly get in, hard cut, get goal side before engaging attacker		
PROGRESSION		
Same game but 2v2 (players go through opposite gates)		



Powered by ascloud.com

©Copyright Academy Sports Coach 2024

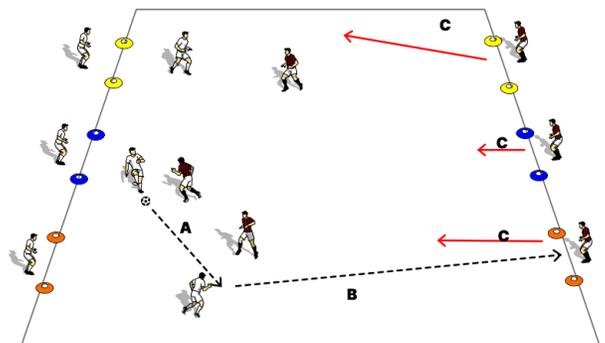
ACTIVITY 3	4v1	
SPACE	DURATION	EXPLANATION
10x10 yds	TOTAL	4 players on outside of grid, 1 defender in middle - outside players are taking positions along the grid to receive the ball
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Movements off the ball should allow receiver to be open to the field and easily make next pass - passer should target "back foot" to allow receiver to swing the ball - look for verbal and non-verbal cues - try to use feints to imbalance/freeze defender - passers are anticipating ball mvmnts to create angles		
PROGRESSION		
Allow 1-touch for older groups Remove central cage for defender		



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

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		



Powered by ascloud.com

©Copyright Academy Sports Coach 2021

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

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

 TEAM	EQUIPMENT	EMPHASIS/THEME
	DATE	SESSION TIME
	Week of Jan 12 2026	
TOTAL SPACE	LOAD	SESSION DURATION

TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal 4 gates
	4v1
	3v3 flying changes cone goals
	6v6+2 forward dribble only
	Progressive 3-4-3 - SSG 1

ACTIVITY 5		6v6+2 forward dribble only
SPACE	DURATION	EXPLANATION
	TOTAL	Teams play 6v6 with GKs + 2 wide neutral players - in grid, players may go in any direction by dribbling/carrying but may only pass backward EXCEPT to the neutrals - GKs may pass in any direction
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
On ball - look to attack and take players on, when possible - be aggressive trying to drive to goal, look for a shot Teammates - look for negative supporting angles, communicate opportunity to pass if needed Defending - block/delay progress of player on ball		Bring neutrals into grid to from a 7v7

ACTIVITY 6		Progressive 3-4-3 - 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 Red 7/11 time movements in/out of A/B to receive and look to advance ball back into central zone Defenders - communicate, try to close channels, look to prevent attackers from turning, show patience Defenders have 5 seconds to score in-possession	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 Red 7/11 can move into zones A/B BUT are restricted to 3-touch and 5 seconds in that zone	
PROGRESSION		Add Blue 2/3 to Zones A/B
		Remove thirds restrictions for Red

