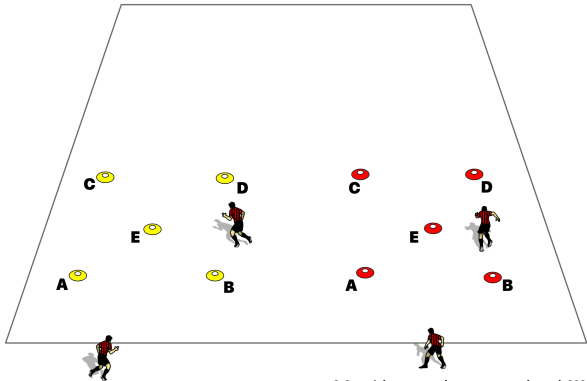


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

205 ACADEMY EST. 2018	EQUIPMENT	EMPHASIS/THEME
		Build out of the back
TEAM	DATE	SESSION TIME
	Week of Jan 19 2026	
TOTAL SPACE	LOAD	SESSION DURATION

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Box-5 Reactive-1 Hurdle/lunge stretch 50-50 hip rotation Single leg RDL, opposite arm/leg Figure 4 sit, quad pull, knee pull Plank calf stretch/active down dog A/C/D/B/A x 2 A/E/C/A A/E/B/D	Players facing each other- leader/follower #1 - No ball #2 - Ball overhead #3 - Ball on feet

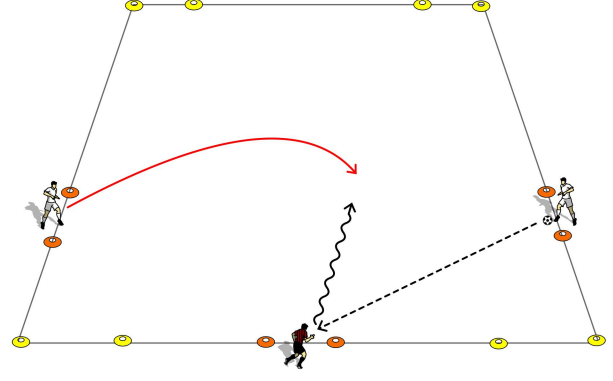


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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 box release
	3v2 adjust numbers on goal
	4v2+1 - 5v2 hot box
	4v4+3+4 - 7v8 concentric
	Counter 4-3-3 - SSG 1

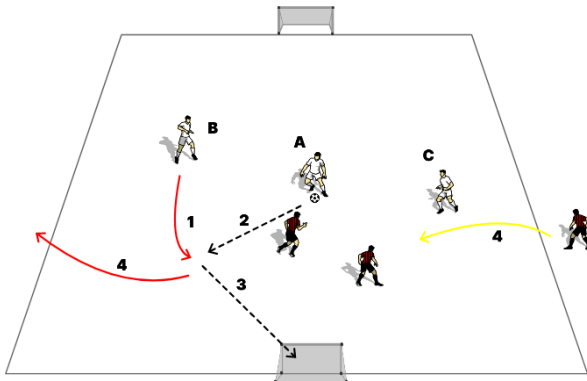
ACTIVITY 2		1v1 box release	
SPACE	DURATION		EXPLANATION
	TOTAL		Activity starts with pass from side to attacker who must dribble through gates at opposite end to score - defender enters grid as soon as pass is made - if defender wins all, they must try to dribble through the opposite gates
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Attacker - receive ball on back/rear foot, use 1st touch to attack into space, recognizing angle of defender, use a single feint/change of speed to off-balance defender and get in/behind Defender - angle run to close off options, delay, avoid diving in, recognizing attacker time constraint			
			PROGRESSION
			#1 - Passer yells 'left/'right' after pass, attacker may only go through that gate; #2 - passer joins as 2nd defender after 3 seconds



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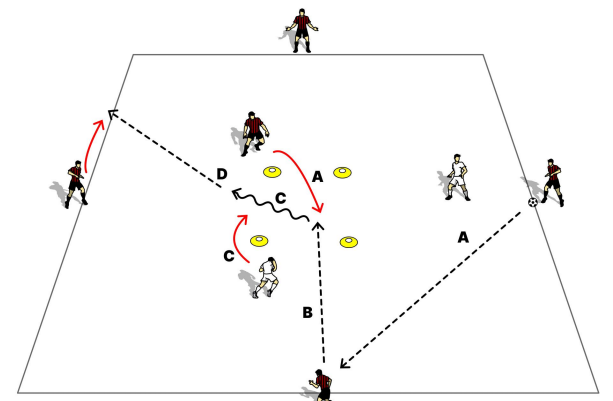
ACTIVITY 3		3v2 adjust numbers on goal	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Game starts 3v2 with extra player on sideline - if numbers-up team scores, scorer goes to sideline, extra player comes in creating 3v2 in other direction Example - B makes run (1), receives pass (2), scores (3) - then switches out while Red player joins (4), creating 3v2 for Red
Defenders - try to isolate ball, take away extra opponent to create 2v2, look for moment to win ball and counter - delay, communicate Attacker - try to work with extra teammate, draw defenders out, use feints/misdirection to off-balance defenders			
			PROGRESSION
			Limit touches; If team scores 2v3, swap goal scorer w/ teammate



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ACTIVITY 4		4v2+1 - 5v2 hot box	
SPACE	DURATION		EXPLANATION
8-10 yards square, hot box about 2 yards square	TOTAL		4v2 with 1 central attacker - central "hot" box marks location where central attacker may receive - MUST exit box before passing Defenders may only enter box after ball is played in
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
			PROGRESSION
			#1 - Require a pass into the box within 5 passes; #2 - On receiving pass from central player, outside player and central player switch roles



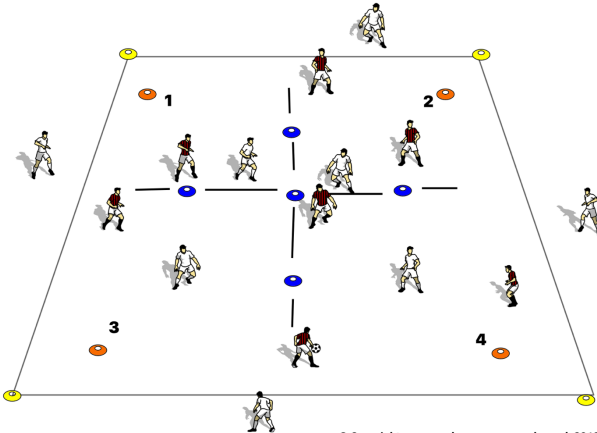
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MANAGE ONESELF	MANAGE SPACE	
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	EQUIPMENT	EMPHASIS/THEME
		Build out of the back
TEAM	DATE	SESSION TIME
	Week of Jan 19 2026	
TOTAL SPACE	LOAD	SESSION DURATION

ACTIVITY 5		4v4+3+4 - 7v8 concentric	
SPACE	DURATION		EXPLANATION
40x40 yds (age appropriate)	TOTAL		Arrange grid with 4 on the outside and 3 teammates in the middle vs 4 defenders + 4 on outside - objective is to connect passes outside-to-inside inside players to find positions in their own quadrant as players make movements
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Outside players are sliding along line to provide angles to beat the 4 and as a 3rd man when the ball is played through the middle, defenders looking to possess and spread out when they gain possession, when the interior 3 regain, 1st pass back to outside supporting players			Limit touch counts to outside players

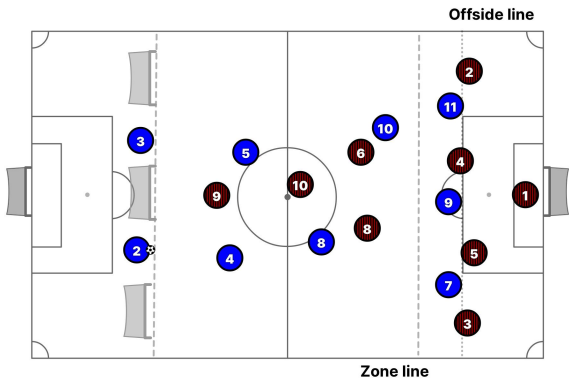


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	Counter 4-3-3 - SSG 1

ACTIVITY 6		Counter 4-3-3 - SSG 1
COACHING POINTS		EXPLANATION
Activity is for Red players to counterattack		Blue 7/9/11 and Red 4/5 locked to zone
Red midfielders (6/8/10) - move to spaces to receive progressive pass, adjust body shape, scan prior to receive - 2nd attacker take supporting position to receive if 1st attacker is marked and cannot turn		Game starts with Blue - 5 passes to enter final third, on turnover Red can score in any of 3 goals, Red 2/3 may come forward to support, Red 6/8 may support defenders
Red fullbacks (2/3) - on ball played out of defending third, push forward up wing, look to receive and combine in attack		If Blue does not enter in 5 passes, ball played to Red GK
Blue - attempt to delay and isolate ball, force ball back if possible, communicate and make play predictable		PROGRESSION
		Blue 2/3 may enter when ball crosses midfield



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