

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 of the back

TEAM

DATE

SESSION TIME

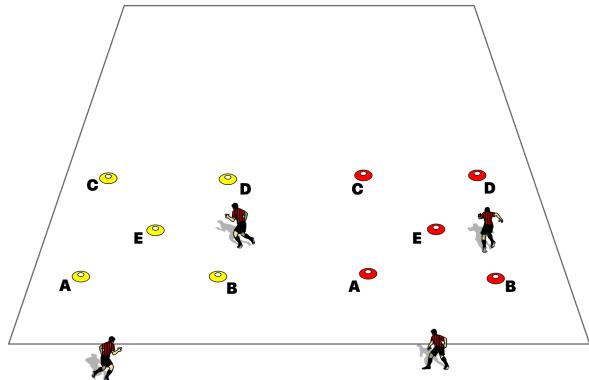
Week of Jan 19 2026

TOTAL SPACE

LOAD

SESSION DURATION

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

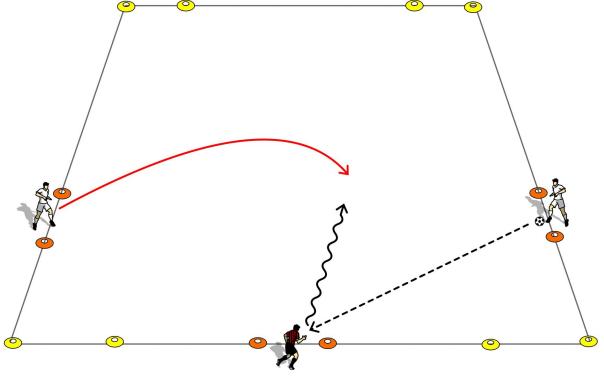


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MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

TIME	DESCRIPTION
	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

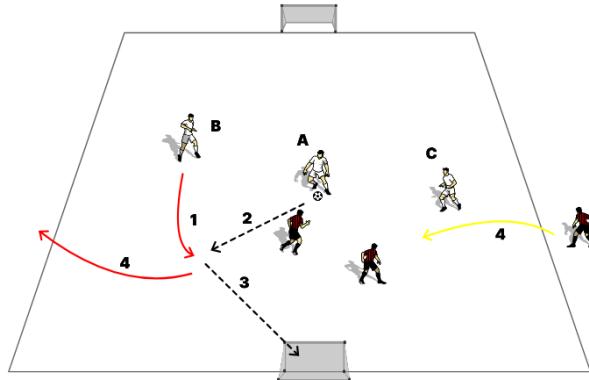
ACTIVITY 2		1v1 box release
SPACE	DURATION	EXPLANATION
	TOTAL	Activity starts with pass from side to attacker who must dribble through gates at opposite end to score - defender enters grid as soon as pass is made - if defender wins all, they must try to dribble through the opposite gates
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		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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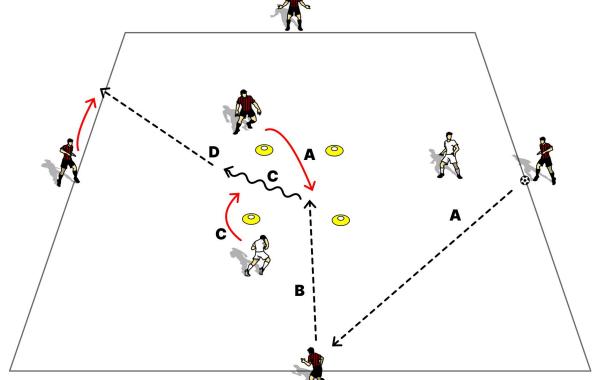
ACTIVITY 3		3v2 adjust numbers on goal
SPACE	DURATION	EXPLANATION
	TOTAL	
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Defenders - try to isolate ball, take away extra opponent to create 2v2, look for moment to win ball and counter - delay, communicate		Example - B makes run (1), receives pass (2), scores (3) - then switches out while Red player joins (4), creating 3v2 for Red
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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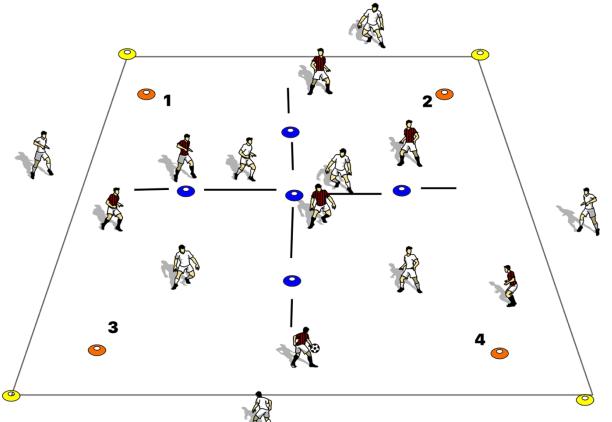
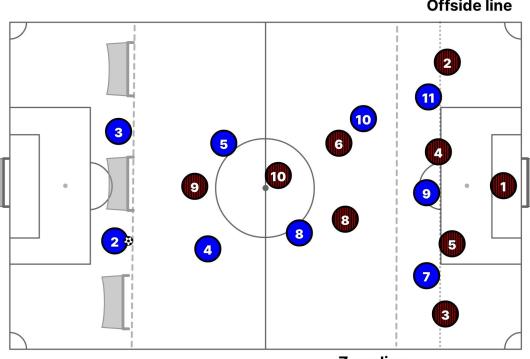
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ACTIVITY 4		4v2+1 - 5v2 hot box
SPACE	DURATION	EXPLANATION
	TOTAL	
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
8-10 yards square, hot box about 2 yards square		#1 - Require a pass into the box within 5 passes; #2 - On receiving pass from central player, outside player and central player switch roles



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Perceive and conceive	Create and close space	Attack 1,2,3	Keep it simple	Pass with purpose					
Decide and deceive	Organize defense on offense	Defend 1,2,3	Play what you see	Keep and move the ball					
Execute and assess	Pressure quickly on transition		Receive with intent	Advance the ball					
	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			ACTIVITY 6				
SPACE	DURATION	EXPLANATION	COACHING POINTS			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	Activity is for Red players to counterattack 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 Red fullbacks (2/3) - on ball played out of defending third, push forward up wing, look to receive and combine in attack			Blue 7/9/11 and Red 4/5 locked to zone 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 If Blue does not enter in 5 passes, ball played to Red GK			
	SETS/REPS		Blue - attempt to delay and isolate ball, force ball back if possible, communicate and make play predictable						
	WORK		PROGRESSION			PROGRESSION			
	REST		Limit touch counts to outside players						
COACHING POINTS									
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									
									
									
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