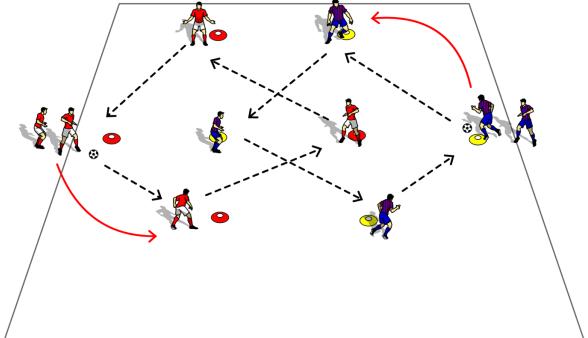
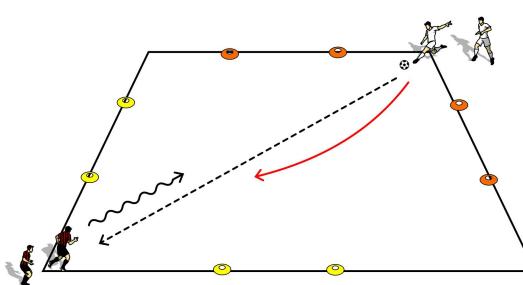
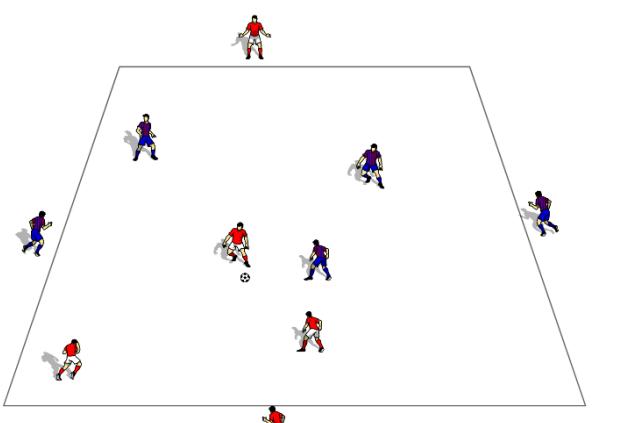
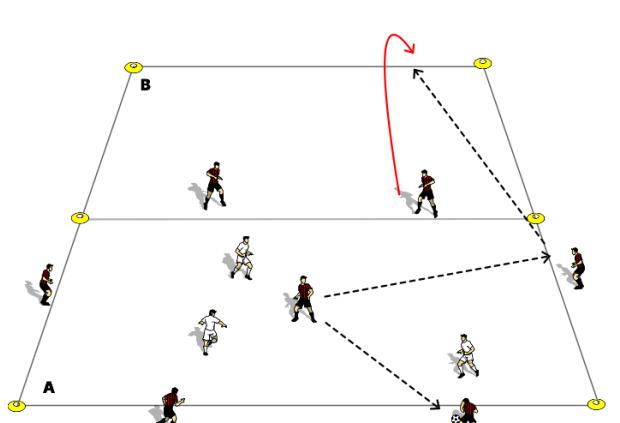


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1, 2, 3	Defend 1, 2, 3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		Switch point of attack			
TEAM	DATE	SESSION TIME			
Week of Jan 26 2026					
TOTAL SPACE	LOAD	SESSION DURATION			
ACTIVITY 1		Warm-up/activation		1v1 diagonal face-on 4 goals	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		EXPLANATION	
Double diamond-1 3-4 minutes of passing with breaks: #1 - hips open/closed, reverse curtsy lunge, fwd lunge with chest opener #2 - partner leg swings - fwd/back, side/side, quad pull, single leg RDL #3 - dead bugs, grasshopper, bird dog #4 - ankle dribbles, A-march, A-skip		Players form into two diamond shapes which overlap - passing around the diamond, players initially follow their pass - add competition (first to 30 passes, most passes in time limit) Progression - players move to whoever passed to them		Play starts with pass across diagonal - receiver must dribble through one of the two facing diagonal goals (Orange) If defender wins ball, they try to dribble through the opposite goals (Yellow) Players rotate positions after each bout	
					
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ACTIVITY 2		3v3+2+2		6v3+1 adjacent grids	
SPACE		DURATION		EXPLANATION	
TOTAL SETS/REPS WORK REST		COACHING POINTS		PROGRESSION	
		Attacker - 1st touch with intent, look to make one feint to off-balance defender in order to get behind, use body/shoulder to shield, accelerate to finish, switch goals if defender overcommits Defender - close quickly to get attacker's attention down, look to isolate/delay then win ball		Adjust width and location of goals	
					
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ACTIVITY 3		3v3+2+2		6v3+1 adjacent grids	
SPACE		EXPLANATION		EXPLANATION	
TOTAL SETS/REPS WORK REST		2 teams - 3v3 inside, support outside Teams score point for end-to-end passes On receiving the ball on the outside players swaps with the passer		FIELD ORGANIZED AS 2 RECTANGULAR GRIDS SIDE-BY-SIDE, PLAY STARTS IN 1 GRID, ON CUE, ATTACKING TEAM SWITCHES TO ADJACENT GRID IF DEFENDERS WIN POSSESSION, 1 OUTSIDE PLAYER JOINS CENTRAL PLAYER TO RECOVER POSSESSION	
COACHING POINTS		PROGRESSION		PROGRESSION	
Look for movement of outside players for support 3rd man run from 2nd player in grid Open body positions on receive, play fwd if possible Def - avoid turn/split, try to press/delay		Limit attacker touch count Switch passer/receive outside		Use verbal/non-verbal cues to switch grids Look to play away from pressure - either across width of grid or into opposite grid Central players switching grids MUST back pedal (not turn away from game)	
					
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ACTIVITY 4		6v3+1 adjacent grids			
SPACE		DURATION		EXPLANATION	
TOTAL SETS/REPS WORK REST		COACHING POINTS		PROGRESSION	
20x30 yds (rectangle, age appropriate)		Use verbal/non-verbal cues to switch grids Look to play away from pressure - either across width of grid or into opposite grid Central players switching grids MUST back pedal (not turn away from game)		Limit touch count Switch inside/outside attackers	
					
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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	

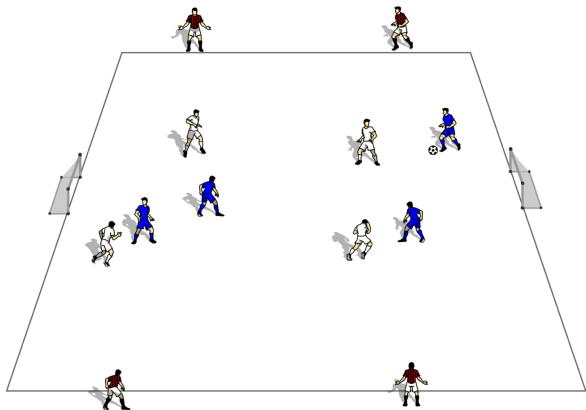
MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

	EQUIPMENT	EMPHASIS/THEME
		Switch point of attack
TEAM	DATE	SESSION TIME
	Week of Jan 26 2026	
TOTAL SPACE	LOAD	SESSION DURATION

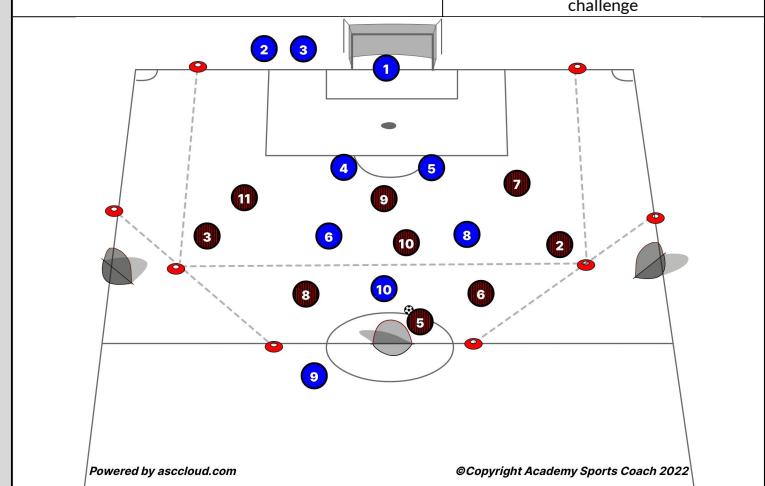
TIME	DESCRIPTION
	Warm-up/activation
	1v1 diagonal face-on 4 goals
	3v3+2+2
	6v3+1 adjacent grids
	4v4+4 wide switch on goals
	Crossing 4-2-3-1 - SSG 1

ACTIVITY 5		4v4+4 wide switch on goals	
SPACE	DURATION		EXPLANATION
40x40 yds (age appropriate)	TOTAL		3 teams are organized - 2 in the middle
	SETS/REPS		playing 4v4 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches with
	WORK		the neutrals and the team that
	REST		scores will not attack the other goal
COACHING POINTS			
Team in possession should look for clear opportunities without forcing since they will be 8v4 - on scoring look to retrieve ball and counter in the opposite direction as quickly as possible - the neutrals coming into the grid should attempt to delay and press before they are scored upon - organize			
PROGRESSION			
Limit interior touch count			
Limit neutrals to 1-2 touch			

ACTIVITY 6	CROSSING 4-2-3-1 - SSG 1
COACHING POINTS	EXPLANATION
Wide players - 2/6/7 and 3/8/11 - form partnerships, Wings (3/11 and 2/7) should be reading off each other, if fullback makes inside move (over line), midfielder should make overlapping move outside - holding mids provide support and switches of play	Start 9v6 - add 3rd backline player after first couple of reps
On cross - weak side outside mid covers far post, striker covers near post, attacking mid 10 takes run to penalty spot	3 passes in goal zone on restarts When ball is played out of goal zone, 1 attacker (5/6/8) can join
PROGRESSION	
Blue scores in counter-goals	Add defenders to increase



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