
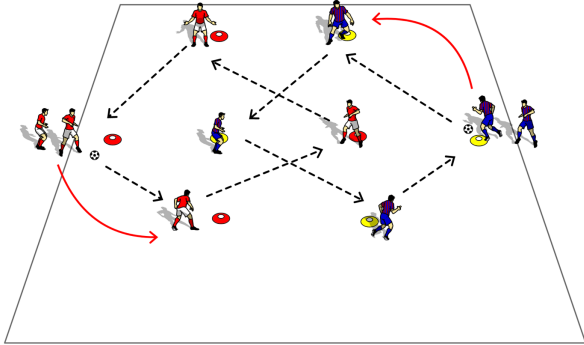


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
TOTAL SPACE	LOAD	SESSION DURATION

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
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

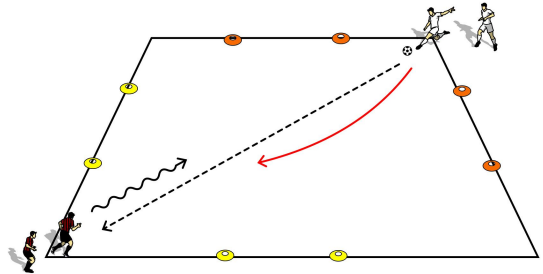


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MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 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

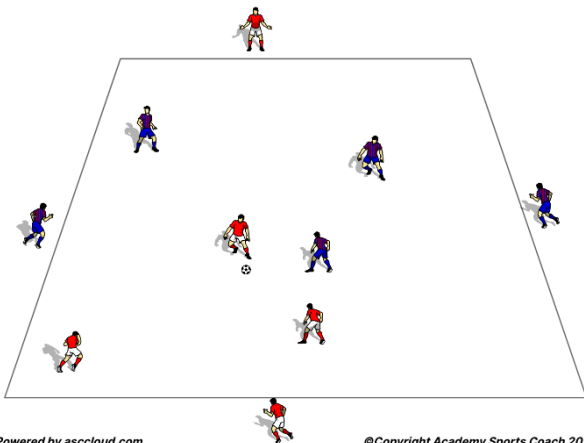
ACTIVITY 2		1v1 diagonal face-on 4 goals	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Play starts with pass across diagonal - receiver must dribble through one of the two facing diagonal goals (Orange) If defender wins ball, they try to dribble through the opposite goals (Yellow) Players rotate positions after each bout
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			
			PROGRESSION
			Adjust width and location of goals



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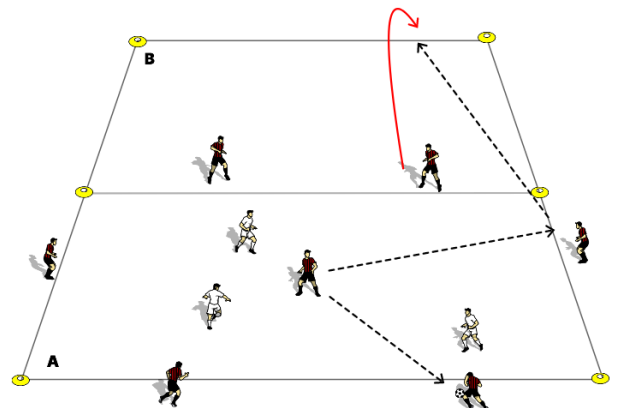
ACTIVITY 3		3v3+2+2	
SPACE	DURATION		EXPLANATION
	TOTAL		2 teams - 3v3 inside, support outside Teams score point for end-to-end passes On receiving the ball on the outside players swaps with the passer
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Look for movement of outside players for support 3rd man run from 2nd player in grid Open body positions on receive, play fwd if possible Def - avoid turn/split, try to press/delay
PROGRESSION			



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ACTIVITY 4		6v3+1 adjacent grids	
SPACE	DURATION		EXPLANATION
20x30 yds (rectangle, age appropriate)	TOTAL		Field organized as 2 rectangular grids side-by-side, play starts in 1 grid, on cue, attacking team switches to adjacent grid
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			If defenders win possession, 1 outside player joins central player to recover possession
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)			PROGRESSION
			Limit touch count Switch inside/outside attackers



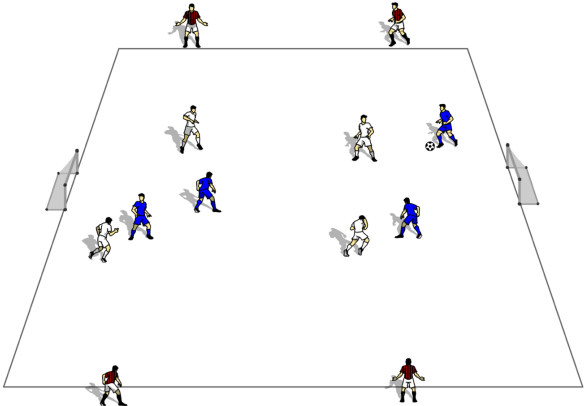
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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

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

ACTIVITY 5		4v4+4 wide switch on goals	
SPACE	DURATION	EXPLANATION	
40x40 yds (age appropriate)	TOTAL	3 teams are organized - 2 in the middle playing 4v4 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches with the neutrals and the team that scores will not attack the other goal Limit neutral touch count to 2-3	
	SETS/REPS		
	WORK		
REST			
COACHING POINTS		PROGRESSION	
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		Limit interior touch count Limit neutrals to 1-2 touch	

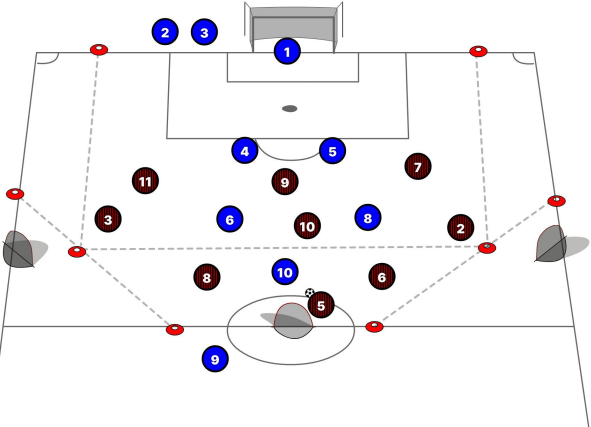


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ACTIVITY 6		Crossing 4-2-3-1 - SSG 1	
COACHING POINTS		EXPLANATION	
Wide players - 2/6/7 and 3/8/11 - form partnerships, Wings (3/11 and 2/7) should be reading off each other, if fullback makes inside move (over line), midfielder should make overlapping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



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