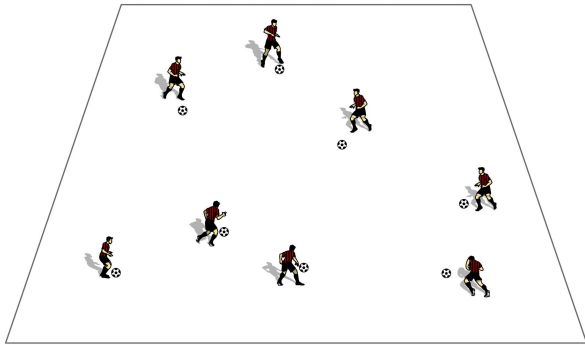


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

205 ACADEMY EST. 2019	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Grid-1 Combination of touches, movements #1 - Half with ball, half without tag 0:30/0: #2 - toe stop, find another ball #3 - ball tap 5 times #4 - move 1 #5 - move 2	#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, 8x30 sec planks 15 sec rest #6 partner 10x Nordics, single leg RDL



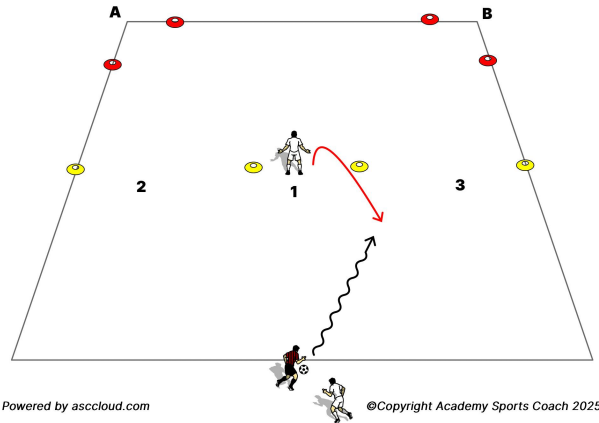
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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	1v1 dual exit
	4v2+1 - 5v2 2 adjacent grids
	6v3+2 - 8v3
	6v6+2+2 wide switch 4 goals
	Wide Attack 4-3-3 - SSG 2

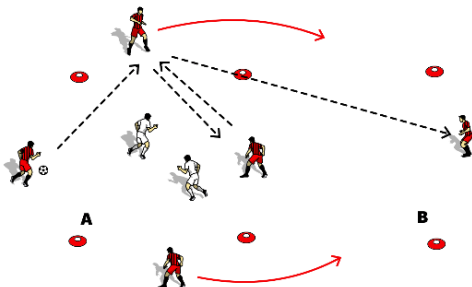
ACTIVITY 2		1v1 dual exit	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Attacker scores 1 point by carrying ball through gates 2, 3, A, or B
Attacker - immediately engage defender, try to get in/behind on 1st feint, once through central gate accelerate to corner gate, keeping defender off-shoulder			
Defender - show patience, look to direct attacker away from target gate(s), look for moment to win ball			PROGRESSION
Defender scores 1 pt - ball out of grid or winning ball			#1 - attacker may not carry ball through gate 1; #2 chain gates to score (2/B or 3/A); #3 add 2nd defender behind attacker; #4 must score in X touches



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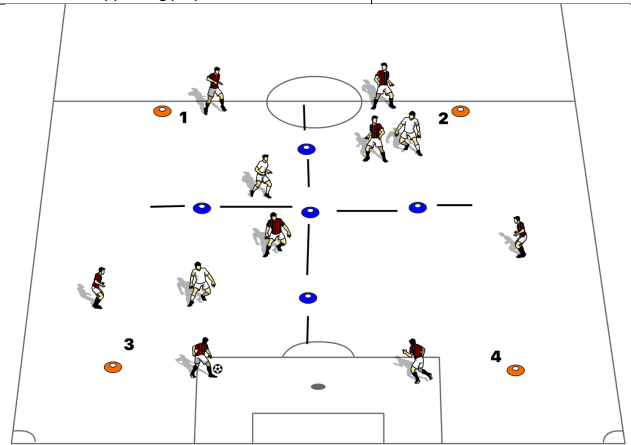
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ACTIVITY 3		4v2+1 - 5v2 2 adjacent grids	
SPACE	DURATION		EXPLANATION
	TOTAL		4v2 in one grid with target teammate in adjacent grid - game moves between grids - on transition, wing players move into the new grid along with defenders
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Try to find a rhythm of moving the ball between the grids - players should have open body shape, play to back foot to simplify swinging the ball			PROGRESSION
			Limit touch count, # of passes in 1 grid On change of possession, wings/defs swap




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ACTIVITY 4		6v3+2 - 8v3	
SPACE	DURATION		EXPLANATION
30x30 yds (age appropriate)	TOTAL		Arrange grid with 6 on the outside and 2 teammates in the middle vs 3 defenders - objective is to connect passes outside-to-inside, interior 2 to find positions in their own quadrant as players make movements
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Outside players are sliding along line to provide angles to beat the 3 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 2 regain, 1st pass back to outside supporting players			Limit touch counts of outside players
			PROGRESSION
			Limit interior touch counts

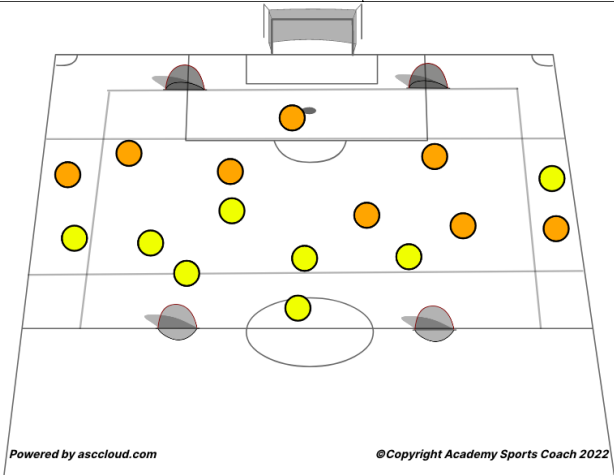


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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Attacking through wide areas
TEAM	DATE	SESSION TIME
	Week of Feb 02 2026	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		6v6+2+2 wide switch 4 goals
SPACE	DURATION	EXPLANATION
	TOTAL	Field divided as shown, 10 yd zone near goal is no-fly for opponent - when ball passed to outside player, they enter, nearest teammate switches Outside players are not marked in their zone
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Attackers - look for off-balance and beat opponent moving forward, try to find numbers-up combinations		
Outside player - when entering grid, try to quickly attack space forward, combine to get scoring opportunity		
		PROGRESSION
		Limit touch count; outside defenders mark; eliminate no-fly zone



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 dual exit
	4v2+1 - 5v2 2 adjacent grids
	6v3+2 - 8v3
	6v6+2+2 wide switch 4 goals
	Wide Attack 4-3-3 - SSG 2

ACTIVITY 6	Wide Attack 4-3-3 - SSG 2
COACHING POINTS	EXPLANATION
Red 6/8/10 - Recognize when wide channels are open behind midfield line, support 2/3/7/11 with angle passes Red 2/3 - Time overlaps, read shape of 7/11 Red 7/11 - Identify when to stretch vertically or check diagonally inside to pull Blue 2/3 out Red 6 - Switch point of attack early if wide not available	Field divided into 3 channels, middle/wide channel marked as shown - offside begins at edge of final third Blue in mid-block line, compact in center Play starts with Red 5 - must progress using wide channels behind midfield line - must enter final third through wide progression - goal attempt must originate from wide entry or assist zone
PROGRESSION	Blue in possession - must score in 5 passes/10 seconds
#1 - Attacking entry only through wide zones; #2 - Red 8/10 must receive in wide space before entering final third; #3 Red 2/3 may overlap freely entering final third; #4 Add additional Blue mid 4-4-2	

