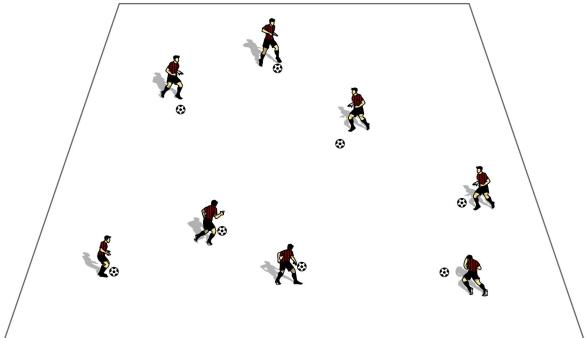
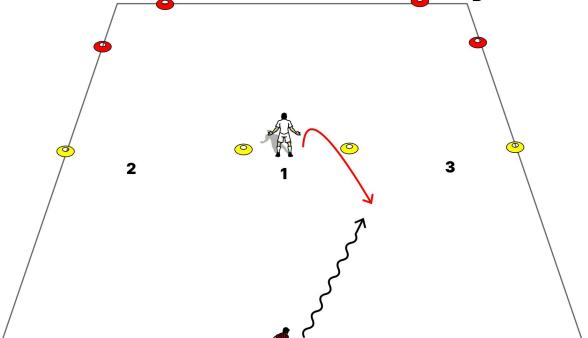
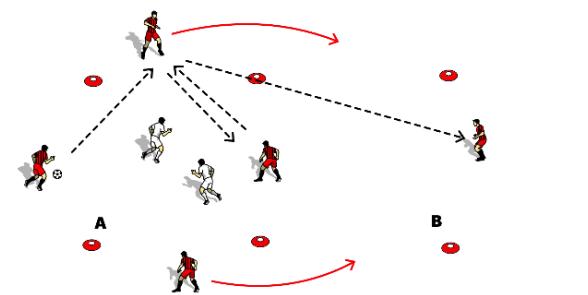
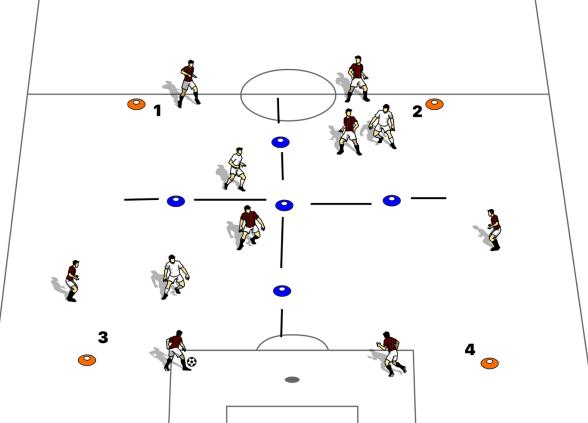
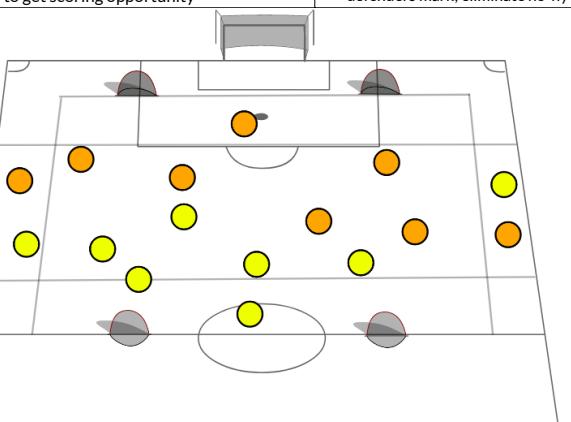
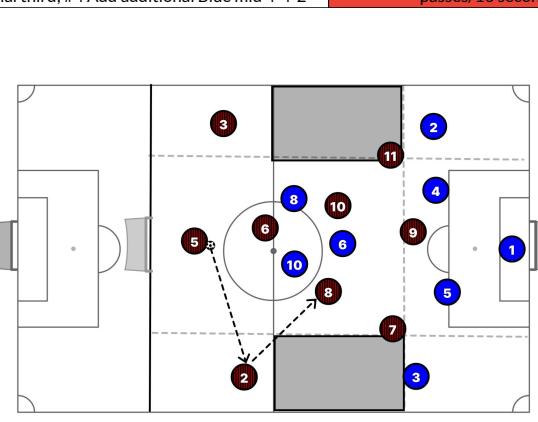


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL				
Perceive and conceive	Create and close space	Attack 1,2,3	Defend 1,2,3	Keep it simple	Pass with purpose			
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball			
Execute and assess				Receive with intent	Advance the ball			
	EQUIPMENT	EMPHASIS/THEME			TIME			
		Attacking through wide areas			DESCRIPTION			
TEAM	DATE	SESSION TIME			Warm-up/activation			
	Week of Feb 02 2026				1v1 dual exit			
TOTAL SPACE	LOAD	SESSION DURATION			4v2+1 - 5v2 2 adjacent grids			
					6v3+2 - 8v3			
		NOTES			6v6+2+2 wide switch 4 goals			
					Wide Attack 4-3-3 - SSG 2			
ACTIVITY 1		Warm-up/activation			ACTIVITY 2			
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS			1v1 dual exit			
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			SPACE			
					DURATION			
					TOTAL			
					SETS/REPS			
					WORK			
					REST			
					COACHING POINTS			
					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 Defender scores 1 pt - ball out of grid or winning ball			
					EXPLANATION			
					Activity starts with attacker on end line, defender in gate 1, facing away On signal, attacker carries ball forward, defender turns to engage Attacker scores 1 point by carrying ball through gates 2, 3, A, or B			
					PROGRESSION			
					#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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ACTIVITY 3		4v2+1 - 5v2 2 adjacent grids			ACTIVITY 4			
SPACE		EXPLANATION			6v3+2 - 8v3			
		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			SPACE			
					DURATION			
					TOTAL			
					SETS/REPS			
					WORK			
					REST			
COACHING POINTS					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			EXPLANATION			
		Limit touch count, # of passes in 1 grid On change of possession, wings/defs swap			30x30 yds (age appropriate)			
					TOTAL			
					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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	EQUIPMENT	EMPHASIS/THEME		TIME	DESCRIPTION
		Attacking through wide areas			Warm-up/activation
TEAM	DATE	SESSION TIME			1v1 dual exit
	Week of Feb 02 2026				4v2+1 - 5v2 2 adjacent grids
TOTAL SPACE	LOAD	SESSION DURATION			6v3+2 - 8v3
					6v6+2+2 wide switch 4 goals
					Wide Attack 4-3-3 - SSG 2
		NOTES			
ACTIVITY 5		6v6+2+2 wide switch 4 goals		ACTIVITY 6	
SPACE	DURATION	EXPLANATION		COACHING POINTS	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		Red 6/8/10 - Recognize when wide channels are open behind midfield line, support 2/3/7/11 with angle passes	Field divided into 3 channels, middle/wide channel marked as shown - offside begins at edge of final third
	SETS/REPS	Outside players are not marked in their zone		Red 2/3 - Time overlaps, read shape of 7/11	Blue in mid-block line, compact in center
	WORK	COACHING POINTS		Red 7/11 - Identify when to stretch vertically or check diagonally inside to pull Blue 2/3 out	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
	REST	Attackers - look for off-balance and beat opponent moving forward, try to find numbers-up combinations		Red 6 - Switch point of attack early if wide not available	Blue in possession - must score in 5 passes/10 seconds
		Outside player - when entering grid, try to quickly attack space forward, combine to get scoring opportunity		PROGRESSION	
		PROGRESSION		#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	
		PROGRESSION			
					
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