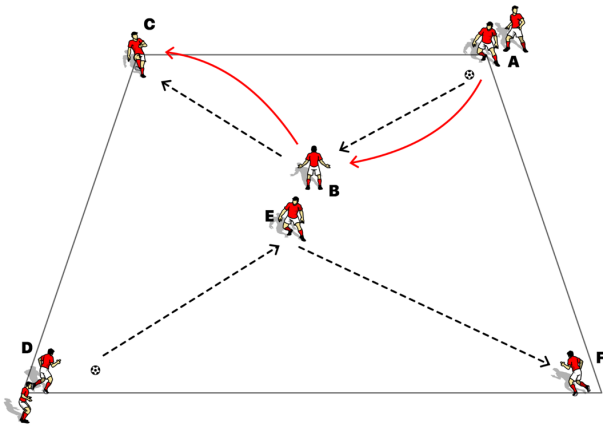


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

205 ACADEMY EST. 2018	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 1	Clock passing w stretch
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Clock-1 3-4 minutes of passing with breaks: #1 - hips rotation, greatest stretch, down dog, ankle pedal #2 - quad pull, knee pull hamstring scoop, single leg RDL #3 - dead bugs, grasshopper, bird dog	Players form in a grid with 1 player in the middle - players follow their pass in and out of the grid Add a 2nd player and have a double clock once players have the pattern Progression - 2-touch -> 1-touch Progression - interior player switches with passer rather than following their pass

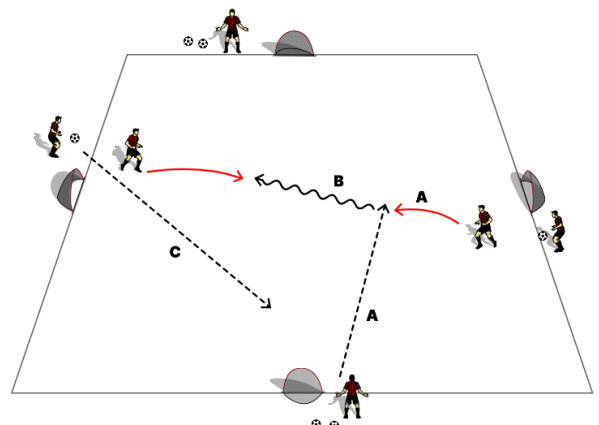


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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Clock passing w stretch
	1v1 receive and attack
	4v1 side-by-side switch grids
	4v4+5 - 9v4 switch on change
	6v6 4 color 2 goals
	Counter 3-4-3 - SSG 1

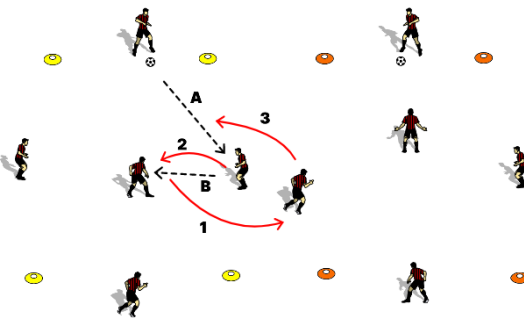
ACTIVITY 2		1v1 receive and attack	
SPACE	DURATION	EXPLANATION	
	TOTAL	At start, player enters grid and receives pass from outside (A), presses forward to score (B) - if defender wins ball, they can also go to goal - when round is over, players move clockwise and next ball is played in [C]	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Attacker - make positive 1st touch, keep under control, attempt 1 move to off-balance defender Defender - attempt to press and remain goal side, look for moment to win ball Passer - play to rear foot with pace, ball to feet			
		Allow for 1 pass to outside player as neutral, add time limit	



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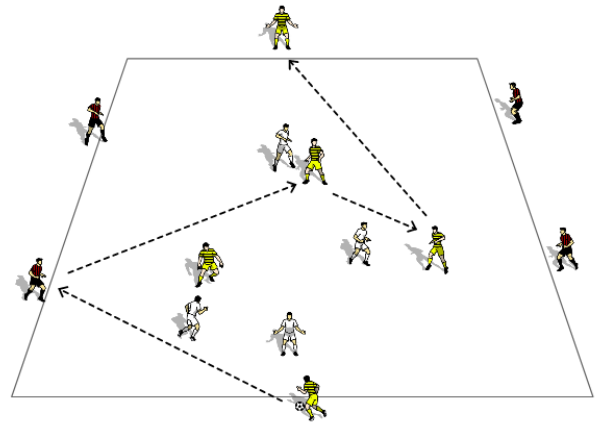
ACTIVITY 3		4v1 side-by-side switch grids	
SPACE	DURATION		EXPLANATION
	TOTAL		Two rondos side-by-side When defender wins ball (pass A, then pass B), they switch to other grid (1), then tap player to switch grids (3) - while player who lost ball becomes new defender (2)
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Limit touch count Call player's name to switch ("Jenny switch")
On losing ball, immediately get into the grid to defend			
On winning ball, look for player to switch with in opposite grid			
On being tapped, turn and find a position in other grid that is open to slide into			



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ACTIVITY 4		4v4+5 - 9v4 switch on change	
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Teams are organized as 4v4 (one inside defending, one outside in possession) with 5 neutrals (3 inside + 2 target players at each end) Objective is for team in possession to move ball from one end to other to score points
Attackers - look for find number overloads (3v1, 4v2) always looking "forward" to find high target, slide up/down line to provide passing windows Defenders - try to simplify/isolate, communicate to 1st defender, try to prevent long switches Neutrals - look for triangle shape, pockets of space			
			PROGRESSION
			Require one interior player to touch ball to score point, limit touches



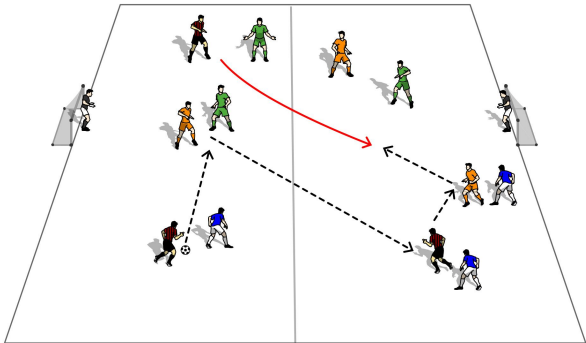
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MANAGE ONESELF	MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3

	EQUIPMENT	EMPHASIS/THEME
		Environmental awareness
TEAM	DATE	SESSION TIME
	Week of Feb 09 2026	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

ACTIVITY 5		6v6 4 color 2 goals	
SPACE	DURATION		EXPLANATION
	TOTAL		Each team is organized as 2 colors (4 in total) - as shown here the game is Red/Orange vs Blue/Green The rule is that upon receiving the ball a player may only pass to teammate in the "opposite" color
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Attackers - when a teammate receives the ball and you are the opposite color, immediately find a space to be available for a pass			
Defenders - on transition, recognize which teammate color has won the ball and act accordingly Look for combos of play between colors			Require teams to have same #s in zones (e.g. always 2 Reds, 1 Orange in 1 zone)

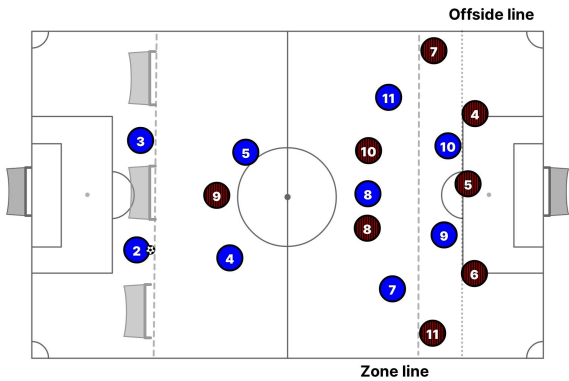


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

TIME	DESCRIPTION
	Clock passing w stretch
	1v1 receive and attack
	4v1 side-by-side switch grids
	4v4+5 - 9v4 switch on change
	6v6 4 color 2 goals
	Counter 3-4-3 - SSG 1

ACTIVITY 6	Counter 3-4-3 - SSG 1
COACHING POINTS	EXPLANATION
Activity is for Red players to counterattack Red midfielders (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 wingbacks (7/11) - on ball played out of defending third, push forward up wing, look to receive and combine in attack Blue - attempt to delay and isolate ball, force ball back if possible, communicate and make play predictable	Blue 9/10/1 and Red 2/5/3 locked to zone Game starts with Blue - 5 passes to enter final third, on turnover Red can score in any of 3 goals, Red 7/11 may come forward to support, Red 4/5/6 are options to switch point of attack If Blue does not enter in 5 passes, ball played to Red 5
PROGRESSION	
Blue 2/3 may enter when ball crosses midfield	



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