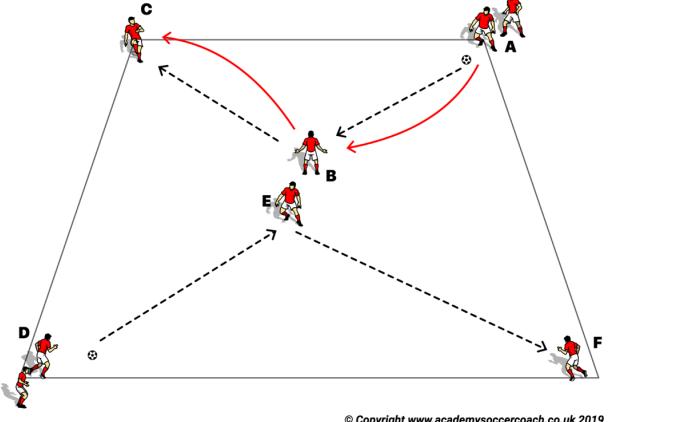
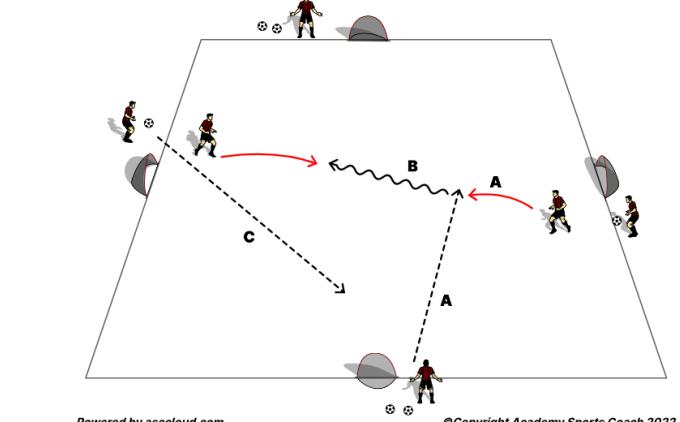
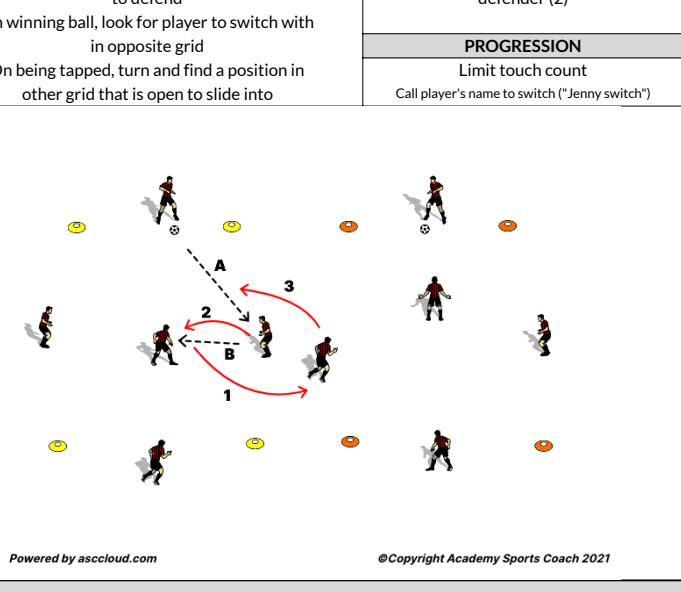
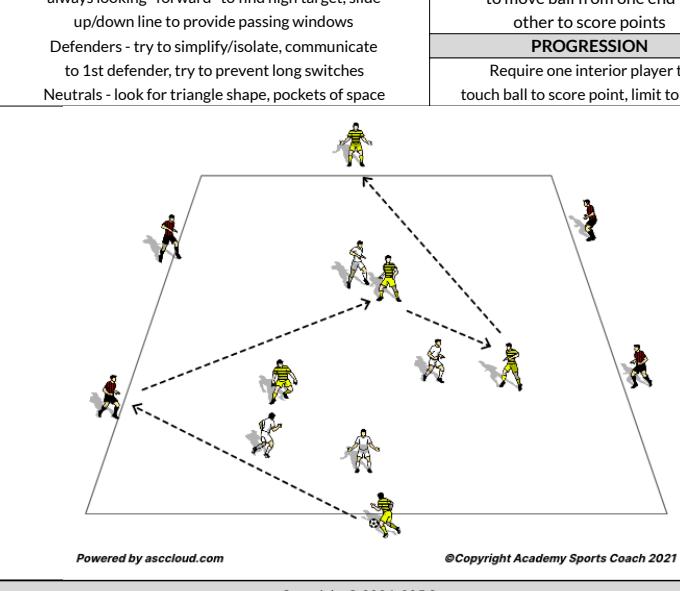
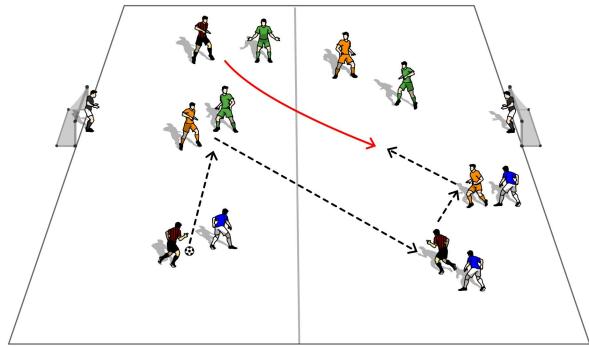


MANAGE ONESELF		MANAGE SPACE		MANAGE THE BALL	
Perceive and conceive	Create and close space	Attack 1,2,3	Defend 1,2,3	Keep it simple	Pass with purpose
Decide and deceive	Organize defense on offense	Pressure quickly on transition		Play what you see	Keep and move the ball
Execute and assess				Receive with intent	Advance the ball
		EQUIPMENT		EMPHASIS/THEME	
		Environmental awareness			
TEAM	DATE	SESSION TIME			
Week of Feb 09 2026					
TOTAL SPACE	LOAD	SESSION DURATION			
		NOTES			
ACTIVITY 1		Clock passing w stretch		1v1 receive and attack	
PHYSICAL ACTIVATION		FUNCTIONAL/SPORTS SKILLS		EXPLANATION	
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		SPACE 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]	
				DURATION TOTAL SETS/REPS WORK REST	
		COACHING POINTS 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		PROGRESSION Allow for 1 pass to outside player as neutral, add time limit	
					
ACTIVITY 3		4v1 side-by-side switch grids		4v4+5 - 9v4 switch on change	
SPACE		DURATION		EXPLANATION	
TOTAL SETS/REPS WORK REST				SPACE Teams are organized as 4v4 (one inside defending, one outside in possession) with 5 neutrals (3 inside + 2 target players at each end)	
COACHING POINTS 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		EXPLANATION 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)		DURATION TOTAL SETS/REPS WORK REST	
PROGRESSION Limit touch count Call player's name to switch ("Jenny switch")		COACHING 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		EXPLANATION Objective is for team in possession to move ball from one end to other to score points	
				PROGRESSION Require one interior player to touch ball to score point, limit touches	
					

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	Defend 1,2,3	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			
		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	
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Attackers - when a teammate receives the ball and you are the opposite color, immediately find a space to be available for a pass		Each team is organized as 2 colors (4 in total) - as shown here the game is Red/Orange vs Blue/Green
Defenders - on transition, recognize which teammate color has won the ball and act accordingly		The rule is that upon receiving the ball a player may only pass to teammate in the "opposite" color
Look for combos of play between colors		
		PROGRESSION
Require teams to have same #s in zones (e.g., always 2 Reds, 1 Orange in 1 zone)		

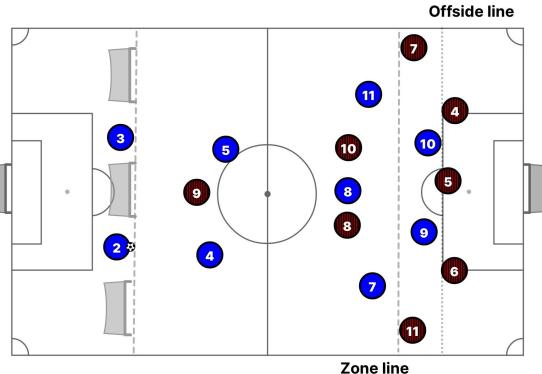


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TIME	DESCRIPTION
	Clock passing w/stretch
	1v1 receive and attack
	4v1 side-by-side switch grids
	4v4+5 - 9v4 switch on change
	6v6 4 color 2 goals
	Counter 3-4-3 - SSG 1

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



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