

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

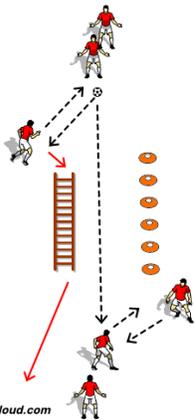
MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
	Week of Feb 16 2026	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

TIME	DESCRIPTION
	Warm-up/activation
	1v1 7 gates
	4v2 double grid transition
	4v5+2 - 6v5
	4v4+4 end line, rotate on scoring
	6v3-2v3 8v6 build thirds GKs

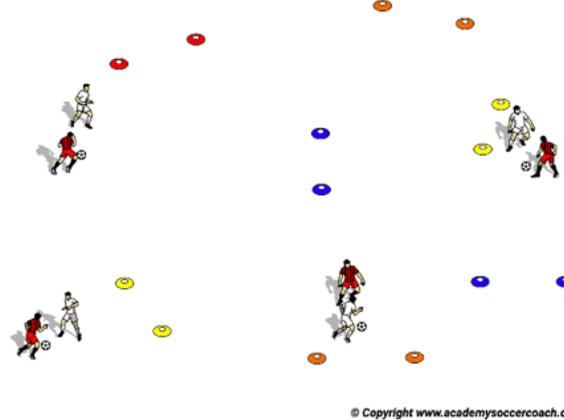
ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
FYP-1 Combination of follow-you-pass and agility movements Start with simple back-and-forth pass, adjust touch types (2-touch, 1-touch, switch feet, foot surface) Progress to include wall pass as shown below COACHING POINTS FYP drill + dynamic warmup receive, check away/to, call for the ball	#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, 4x20 sec planks 10 sec rest #6 partner 10x Nordics, single leg RDL

ACTIVITY 2	1v1 7 gates	
SPACE	DURATION	EXPLANATION
Age appropriate	TOTAL	Field is organized into a group of cone goals (gates) - players are paired off 1v1 - player on the ball may score by dribbling thru any gate - on a point, players switch roles, new attacker may score on any other goal
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Attacker - use moves/feints to hold defender and score quickly, on transition pressure and attempt to recover		
Defender must continually pressure and defend all goals		
PROGRESSION		
Keep score of points		



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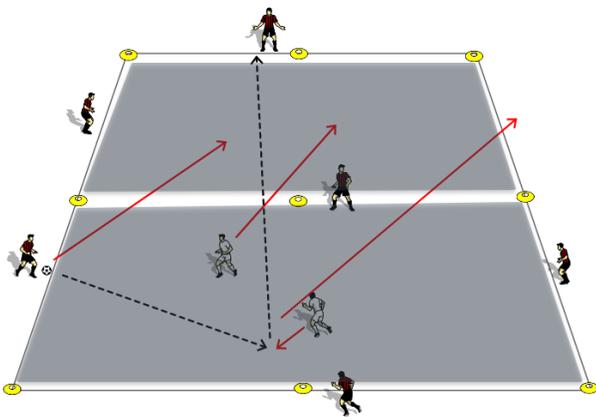
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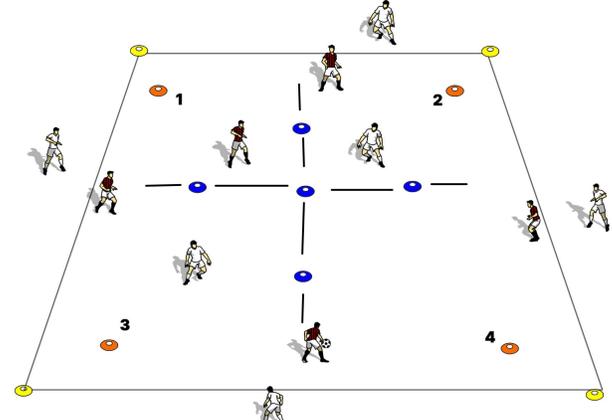
ACTIVITY 3	4v2 double grid transition	
SPACE	DURATION	EXPLANATION
	TOTAL	Players arrange 4v2 in one grid with 2 additional players in 2nd grid - when one of the defenders wins the ball, they pass to one of the players in the adjacent grid and enter on the vacant edge - the "other" defender and the player that lost the ball become defenders
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
1st defender - on winning the ball, immediately pass out of pressure, then determine where to join		
2nd defender - try to quickly counter press in the adjacent grid before opponents organize		
PROGRESSION		
Limit touch count		

ACTIVITY 4	4v5+2 - 6v5	
SPACE	DURATION	EXPLANATION
15x20 yds (age appropriate)	TOTAL	4 players outside + 2 central vs 5 defenders
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
White central players - look for pockets, play the way you face, avoid going into central pressure		
White outside players - movement along line, plan next pass before you receive		
Red central players - try to isolate ball, prevent split, force play backward when possible		
PROGRESSION		
Limit touches		
On loss of ball, outside player enters		



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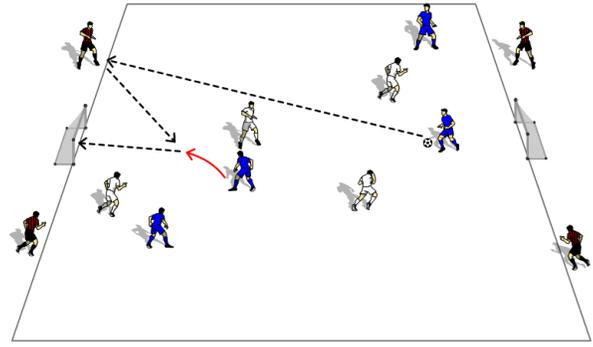
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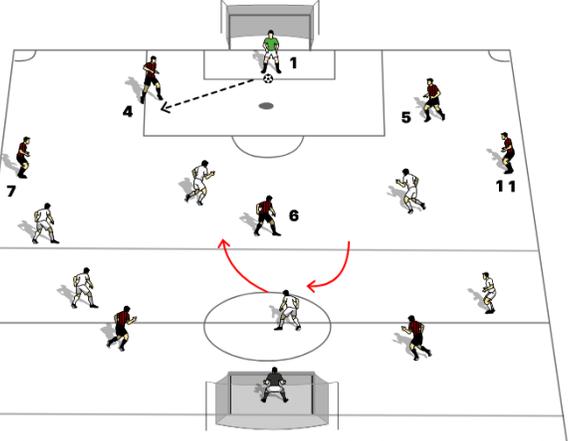
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ACTIVITY 5		4v4+4 end line, rotate on scoring	
SPACE	DURATION	EXPLANATION	
40x40 yds (age appropriate)	TOTAL	3 teams are organized - 2 in the middle playing 4v4 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches 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	

ACTIVITY 6		6v3-2v3 8v6 build thirds GKs	
SPACE	DURATION	EXPLANATION	
	TOTAL	Develop playing out of the back starting with a goal kick - initially start with 6v3 in the defending third with 2v3 in middle third One White player and one Red player can float between zones Restarts are goal kicks	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Work with GK to identify "best" option based on positioning of defenders - after 1st pass, look for team to provide support options 2 forwards - attempt to dismark from defenders, be willing to play ball back to mids/backs if pressured		Allow one additional defender to enter defending third after 1st touch	



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