

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

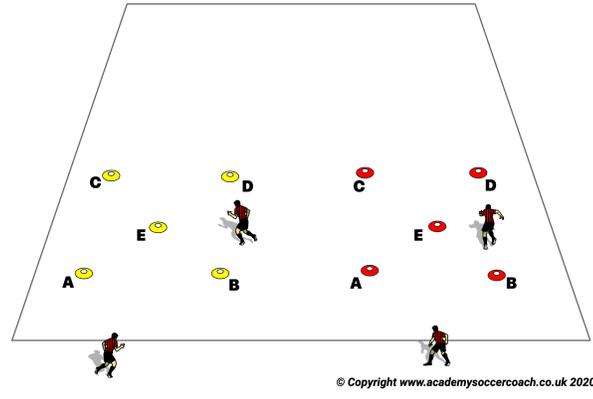
MANAGE THE BALL
Keep it simple Pass with purpose Play what you see Keep and move the ball Receive with intent Advance the ball

	EQUIPMENT	EMPHASIS/THEME
		Finishing combinations
TEAM	DATE	SESSION TIME
	Week of Feb 23 2026	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

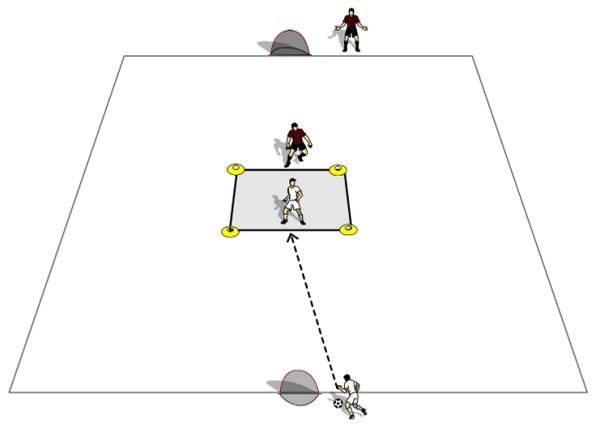
TIME	DESCRIPTION
	Warm-up/activation
	1v1 back to goal
	3v1 double grid, switch on change of possession
	4v2+2 rondo 4 goals
	Finishing 11-9-8-7-9
	Striker 4-3-3 - SSG 1

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Box-5 Reactive-1 Hurdle/lunge stretch 50-50 hip rotation Single leg RDL, opposite arm/leg Figure 4 sit, quad pull, knee pull Plank calf stretch/active down dog A/C/D/B/A x 2 A/E/C/A A/E/B/D	Players facing each other- leader/follower #1 - No ball #2 - Ball overhead #3 - Ball on feet

ACTIVITY 2	1v1 back to goal	
SPACE	DURATION	EXPLANATION
	TOTAL	Round starts with attacker in box facing teammate, defender outside and behind box - ball is played to attacker who must turn and go to goal - if defender wins ball, they can go to goal Initially start on first touch by receiver, advance to start on pass
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Attacker - attempt to feint/misdirect opponent with ball movement, shield/secure possession, look to turn early if possible to face up defender Defender - try to win ball on pass or 1st touch of opponent if possible, avoid being turned, delay and look to win ball		
PROGRESSION		
Adjust size/shape of box Allow 1 back pass to teammate		



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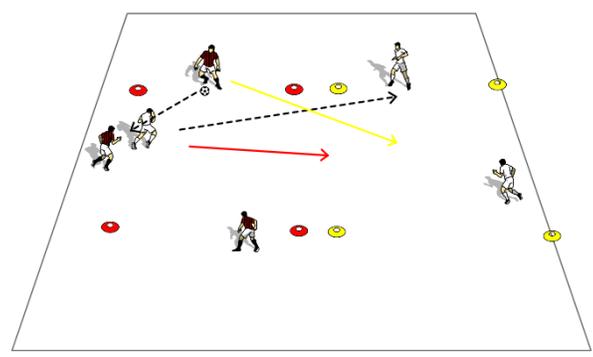


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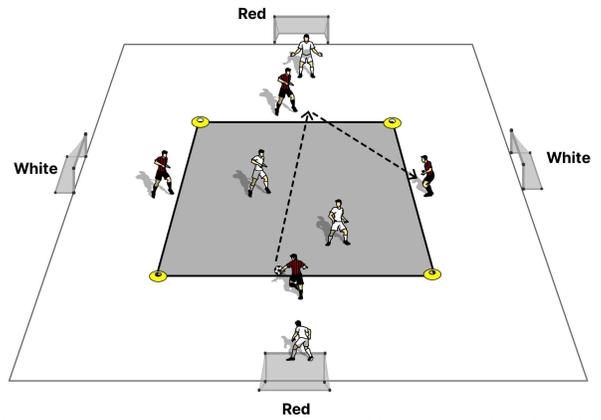
ACTIVITY 3	3v1 double grid, switch on change of possession	
SPACE	DURATION	EXPLANATION
15-20 yds	TOTAL	Game starts 3v1 on one grid with 2 teammates in opposite grid - on change of possession, defender switches play, one opponent follows to form a new 3v1
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
On change of possession, look for a quick switch with first pass to teammate already available Defensively on change - try quickly to isolate ball, recovery and switch back		
PROGRESSION		
Limit touch count Score points for consecutive passes		

ACTIVITY 4	4v2+2 rondo 4 goals	
SPACE	DURATION	EXPLANATION
	TOTAL	Game starts as a 4v2 rondo - when the interior players win the ball, the game becomes a 4v4 with 4 goals - the interior players combine with their exterior teammates Score 1 point for each X passes in the rondo, 2 points for a goal Rotate after each bout
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
In the rondo, players look for supporting positions, try to find combinations through the middle On loss of possession, cut angles to exterior players, attempt to win ball back quickly On winning possession, exterior players find angles to receive, look to go 2v1 to goal quickly		
PROGRESSION		
Limit touch count in rondo Add 1 pt for rondo splits		



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ACTIVITY 5		Finishing 11-9-8-7-9
SPACE	DURATION	EXPLANATION
	TOTAL	Ball starts with 11 who plays into a checking 9 - drops ball back to 8, 7 makes a curved run around cone, receives, and carries to take play back into 9 Next round starts from opposite side, players rotate counterclockwise through positions
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Ideally, balls played between 11, 8, and 9 are 1-touch Insist on curved runs out/in from wings Short/sharp movements - adjust body shape and run to placement of diagonal pass into shooter		Add defenders

ACTIVITY 6		Striker 4-3-3 - SSG 1
COACHING POINTS	EXPLANATION	
Strikers to read off each other, look for moments to show in gaps double movements, create width, check away then back into spaces - 2nd striker, try to find combinations, either at a negative angle or by moving into space vacated by teammate Anticipate balls played in from midfield, esp in half-spaces, try to isolate one of the center backs Open body shapes, short-and-sharp passes and movements, check shoulder use arms etc to hold off opponent	Field as shown broken into 2 zones - 3v2 in attacking zone, 5v2 in defending zone - rotate players Players must stay in their assigned zones Look for different angles to pass into strikers	
PROGRESSION	#1 - add additional defender #2 - 1 defender plus 1 midfielder to join strikers	

