

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

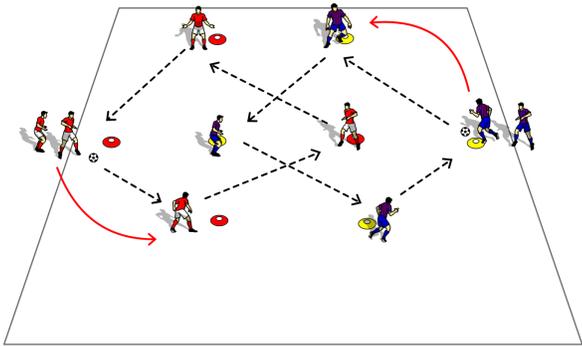
MANAGE THE BALL
Keep it simple      Pass with purpose Play what you see      Keep and move the ball Receive with intent      Advance the ball

	EQUIPMENT	EMPHASIS/THEME
TEAM	DATE	SESSION TIME
	Week of Mar 02 2026	
TOTAL SPACE	LOAD	SESSION DURATION
NOTES		

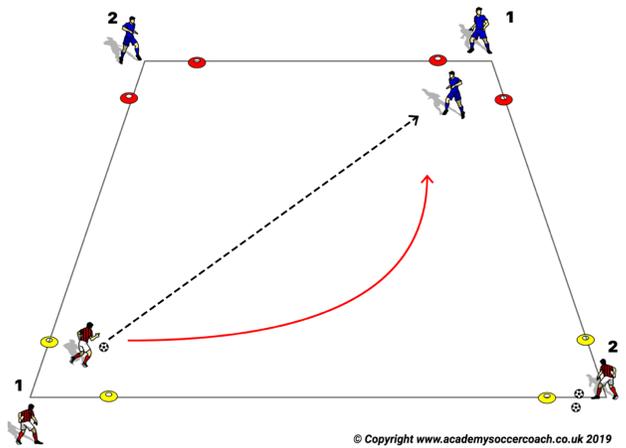
TIME	DESCRIPTION
	Warm-up/activation
	1v1+2 corner goals, add teammates
	2v2+2+2 concentric
	7v4+3 - 10v4 central grid
	6v6+2+2 3 zones, 4 goals, no-fly
	Midfield 4-2-3-1 - SSG 2

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Double diamond-1 3-4 minutes of passing with breaks: #1 - hips open/closed, reverse curtsy lunge, fwd lunge with chest opener #2 - partner leg swings - fwd/back, side/side, quad pull, single leg RDL #3 - dead bugs, grasshopper, bird dog #4 - ankle dribbles, A-march, A-skip	Players form into two diamond shapes which overlap - passing around the diamond, players initially follow their pass - add competition (first to 30 passes, most passes in time limit) Progression - players move to whoever passed to them

ACTIVITY 2	1v1+2 corner goals, add teammates	
SPACE	DURATION	EXPLANATION
15 yds	TOTAL	1v1 with 2 corner players Group 1 goes 1v1, corner player joins who ever passes to them <b>Require 2 touches before 1st pass</b>
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
1v1+2 - attacking player should look to use corner players as quickly as possible to increase numbers Defender - try to isolate attacker as quickly as possible, prevent them from playing to diagonals, look to force back and win ball		
PROGRESSION		
Limit pass/touch count Must score in X seconds		



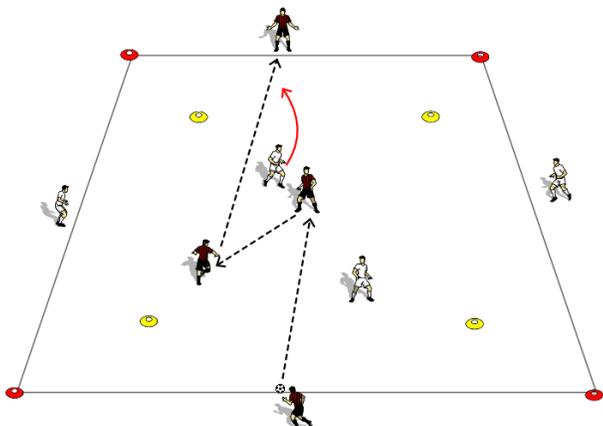
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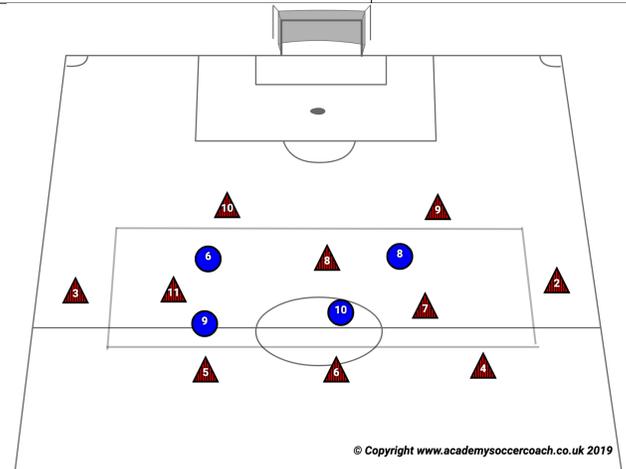
ACTIVITY 3	2v2+2+2 concentric	
SPACE	DURATION	EXPLANATION
6-10 yds between inside and outside grids	TOTAL	Standard 2v2+2+2 rondo with the 2 attacking players required to be located in the interior grid to receive - defenders may move outside to press edge attackers 1 pt for end-to-end passes
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Use open body shape when receiving to allow for turns, vision on defenders Work as a unit in the middle - attackers anticipate pass, take position to receive next ball; defenders - 1st/2nd roles, communicate with each other		
PROGRESSION		
Receiver must switch with inside player on pass		

ACTIVITY 4	7v4+3 - 10v4 central grid	
SPACE	DURATION	EXPLANATION
	TOTAL	Arrange grid with 3 central mids versus 4 defenders with supporting players - grid is placed in central third with width approx 50-60 yds
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Midfield 3 should be looking to read each other and position of ball versus outside support - avoid stopping in one position, communicate movements - deepest mid should be communicating and showing open body positions		
PROGRESSION		
If outside player pass is intercepted, he switches with defender		



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ACTIVITY 5		6v6+2+2 3 zones, 4 goals, no-fly	
SPACE	DURATION	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 Outside players are not marked in their zone	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Attackers - look for off-balance and beat opponent moving forward, try to find numbers-up combinations Outside player - when entering grid, try to quickly attack space forward, combine to get scoring opportunity		Limit touch count; outside defenders mark; eliminate no-fly zone	

ACTIVITY 6		Midfield 4-2-3-1 - SSG 2	
SPACE	DURATION	EXPLANATION	
	TOTAL	Attacking team has two half-space boxes, defending team may not enter - player in half-space limited to 3 touches - offside line at top of PA Start with phase of play - defenders in possession play to attacking center backs who must play 2 passes back and forth to restart	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Try to form rondos with half-space player When forward tucks into half-space, look for overlaps from outside backs Avoid camping out in half-space - move in/out Scanning by off-ball players to determine when to enter half-space - communication		Add counter goals for defenders Require half-space touch to score	

