

| 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 |

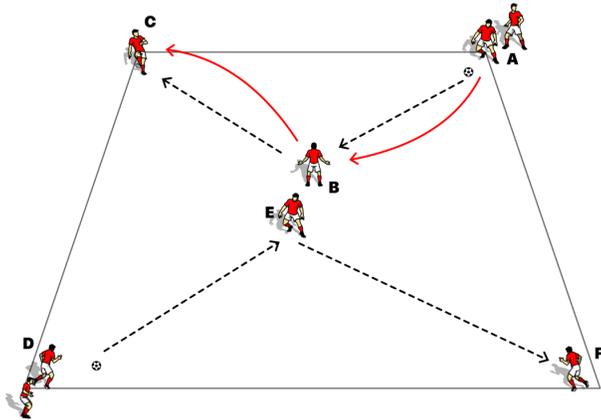
| MANAGE THE BALL |
|---|
| Keep it simple Pass with purpose Play what you see Keep and move the ball Receive with intent Advance the ball |

| 205 ACADEMY EST. 2018 | EQUIPMENT | EMPHASIS/THEME |
|--------------------------|---------------------|---|
| TEAM | DATE | Central player overloads and support angles |
| TOTAL SPACE | Week of Mar 09 2026 | SESSION TIME |
| | LOAD | SESSION DURATION |
| NOTES | | |

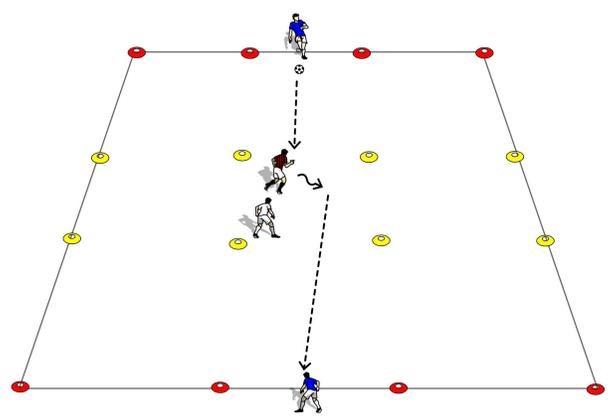
| TIME | DESCRIPTION |
|------|--------------------------|
| | Clock passing w stretch |
| | 1v1+2 rectangular grid |
| | 2v2v2+1 |
| | 4v4+3 - 7v4 |
| | 6v6 3-zone overlap |
| | Midfield 4-2-3-1 - SSG 1 |

| ACTIVITY 1 | Clock passing w stretch |
|---|---|
| PHYSICAL ACTIVATION 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 | FUNCTIONAL/SPORTS SKILLS 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 |

| ACTIVITY 2 | 1v1+2 rectangular grid | |
|---|------------------------|--|
| SPACE | DURATION | EXPLANATION |
| | TOTAL | Players go 1v1 in central grid with support from outside neutrals - a point is scored each time central player is able to move ball from one end to other - neutral players may pass between each other (no points are scored) 2-touch limit for neutrals |
| | SETS/REPS | |
| | WORK | |
| | REST | |
| COACHING POINTS | | |
| Central attacker - attempt to time runs, feint opponent to create space, take angled runs to allow for turn, attempt one on-ball feint to create pass window use body to shield + hold off opponent, move out/in Central defender - stay tight, prevent turn, look to win ball if possible | | |
| PROGRESSION | | |
| Limit touch count for central players | | |



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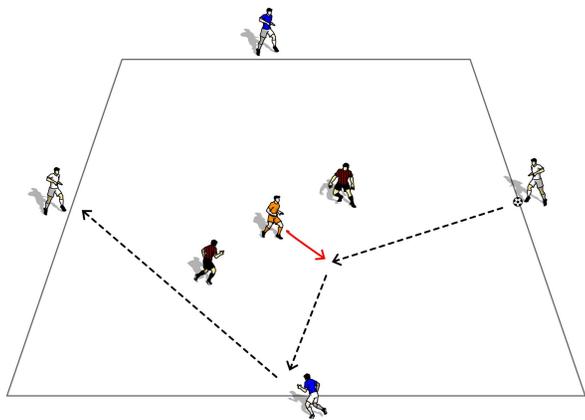


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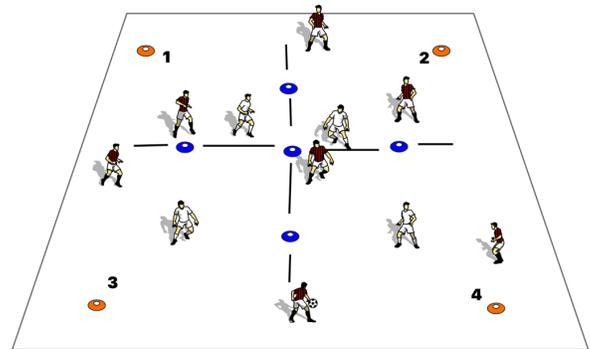
| ACTIVITY 3 | 2v2v2+1 | |
|--|-----------------|--|
| SPACE | DURATION | EXPLANATION |
| | TOTAL | Players divided into 3 teams of 2 with 1 neutral player - activity starts 4v2+1 When 2 central defenders gain possession, they switch outside, team that lost the ball move inside as new defenders - if ball is taken from neutral last team to touch ball switches inside |
| | SETS/REPS | |
| | WORK | |
| | REST | |
| COACHING POINTS | | |
| In possession - create angles to receive, anticipate next pass, slide side-to-side, open body shapes, Neutral - look for pockets, play the way you face, try to turn and progress ball if possible On transition - quickly play the ball outside to remaining team, drop back to line rather than turning from game | | |
| PROGRESSION | | |
| Limit touch count Score points for consecutive passes | | |

| ACTIVITY 4 | 4v4+3 - 7v4 | |
|--|-----------------|--|
| SPACE | DURATION | EXPLANATION |
| | TOTAL | Arrange grid with 4 on the outside and 3 teammates in the middle vs 4 defenders - objective is to connect passes outside-to-inside, interior 3 to find positions in their own quadrant as players make movements |
| | SETS/REPS | |
| | WORK | |
| | REST | |
| COACHING POINTS | | |
| Outside players are sliding along line to provide angles to beat the 4 and as a 3rd man when the ball is played through the middle, defenders looking to possess and spread out when they gain possession, when the interior 3 regain, 1st pass back to outside supporting players | | |
| PROGRESSION | | |
| Defenders switch with outside 4 on change of possession | | |



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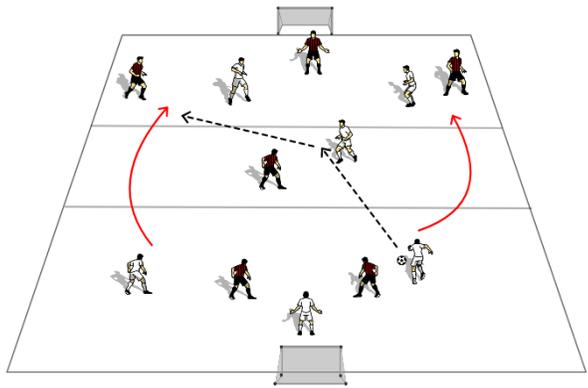
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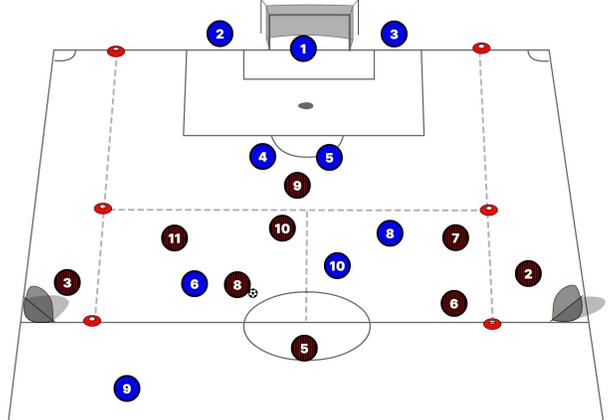
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| | |
| | |

| ACTIVITY 5 | | 6v6 3-zone overlap |
|--|-----------|--|
| SPACE | DURATION | EXPLANATION |
| | TOTAL | Field organized as shown - 3 zones with 3v2 in each defending zone, 1v1 in central zone - wing backs are allowed to move up and back but only on playing ball through central player |
| | SETS/REPS | |
| | WORK | |
| | REST | |
| COACHING POINTS | | PROGRESSION |
| Look for teams to maintain shape with outside backs moving up/down line - look for goal side positions to delay, force play backward Central defender must be prepared to delay if ball is played through while outside backs are forward | | Limit touch count If mid goes forward, back must cover |

| ACTIVITY 6 | | Midfield 4-2-3-1 - SSG 1 |
|--|--|--------------------------|
| COACHING POINTS | EXPLANATION | |
| Look at body shape - recognize space and pressure, attempt to dismark from interior defenders, especially when ball on other side Try to switch point of attack to opposite grid Scan off-ball, make positive first touch Use 5 to recycle ball | Field as shown - organized as 2 side-by-side rondos 8/11 and 6/7 must initially stay in their own box, 10 can float between boxes Defenders score on counter goals | |
| Make sure passes are "game distance" - not 2 yard passes to get the count up | 2 touch for outside players (2/3/5/9) Must complete 8 passes to go to goal | |
| PROGRESSION | | Add opponent 2/3, 9 |



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