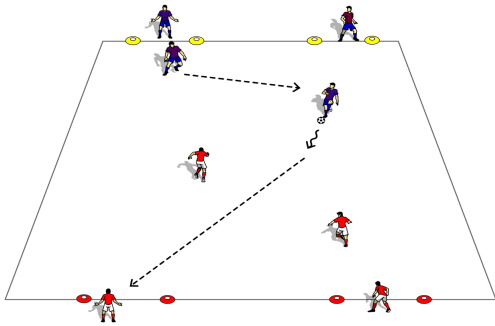


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	2v2 flying changes
	5v2 rondo
	4v4+3 - 7v4 positional play
	5v5+2 end line

ACTIVITY 1		2v2 flying changes	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 m	Players go 2v2 with targets When ball is played to opposing target, teammates go off, new team comes on	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Body open to the field Defenders must press + communicate Look for quick opportunities to split Quality 1st touch		Limit touches Use supporting targets	



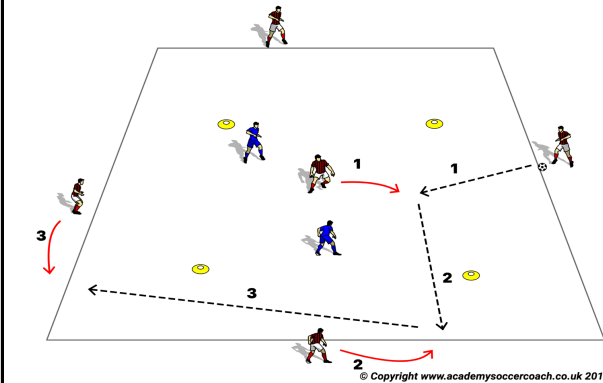
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

EMPHASIS/THEME		
Perceive and conceive, manage the ball		
TEAM	DATE	SESSION TIME
7v7	Week of Nov 11 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

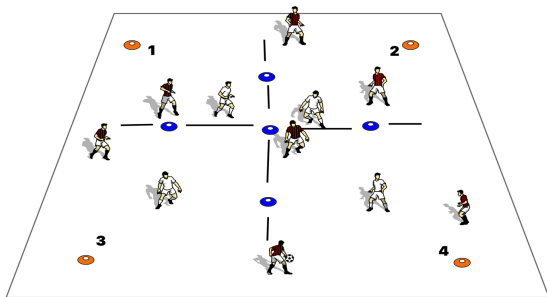


ACTIVITY 2		5v2 rondo	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 m	4 attackers on the outside of the grid (must stay outside), 1 attacker inside cage with 2 defenders - attackers attempt to complete 10 passes in a row for 1 pt (must touch inside player) - defenders complete 3 passes in a row for 1 pt	
20x20 yds (per age group)	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Outside players should anticipate movement of passes and slide side-to-side to receive next pass (see movements in diagram) - central player should be checking in and out, trying to open body and check shoulder in order to switch field - defenders try to make play predictable, prevent split		Remove cage - Attackers get 1 pt if pass from 1 side to the other	



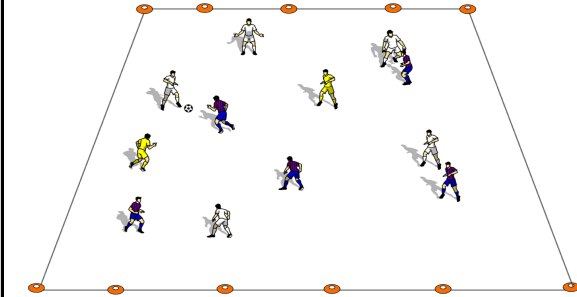
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ACTIVITY 3		4v4+3 - 7v4 positional play	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 m	Arrange grid with 4 on the outside and 3 teammates in the middle vs 4 defenders - objective is to connect passes outside-to-inside, interior 3 to find positions in their own quadrant as players make movements	
30x30 yds (age appropriate)	SETS/REPS 3		
	WORK 6 mins		
	REST 1 min		
COACHING POINTS		PROGRESSION	
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		Defenders switch with outside 4 on change of possession	



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ACTIVITY 4		5v5+2 end line	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 m	Players go 5v5 with 2 attacking neutrals Goals are scored when a player dribbles the ball under control over the end line	
40x40 yds (per age group)	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
On change of possession, look for highest target With defenders outnumbered, they should try to shepherd attackers to sidelines and look to double team to cut off passing lanes Neutrals should look to find open spaces and switch point of attack		Goal counts only if stopped on end line Require neutrals to touch ball	



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