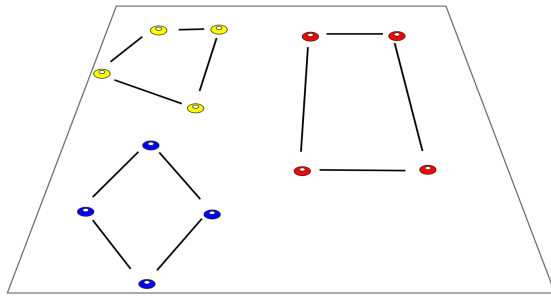


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:25	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:25-0:40	3v1/4v1 rondos - various shapes
0:40-0:55	3v1 double grid, switch on change of possession
0:55-1:10	4v4v4 3 zone
1:10-1:25	6v6 3 channels
1:25-1:30	Team building, cool down

ACTIVITY 1		3v1/4v1 rondos - various shapes	
SPACE	DURATION	EXPLANATION	
10x10 yds	TOTAL	15m	Rondos of various shapes
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Look to position when receiving to beat the interior defender(s) line			
Understand whether we have a long or short side of the grid to work with			
Perceive the environment when off the ball in order to decide when in possession			
PROGRESSION			
Rotate player groups through shapes			

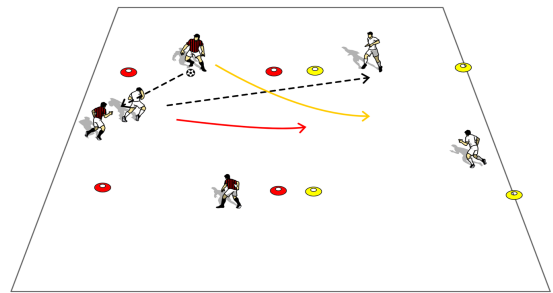


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

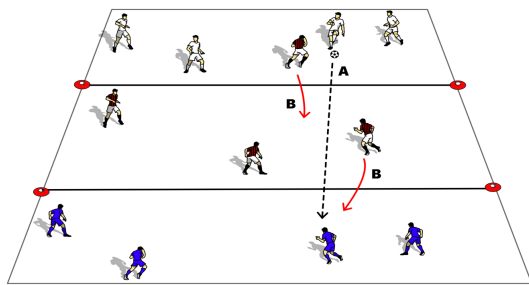
EMPHASIS/THEME		
Manage space, manage the ball		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 14 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		3v1 double grid, switch on change of possession	
SPACE	DURATION	EXPLANATION	
15 yds	TOTAL	15m	Grids laid out side-by-side with slight buffer - one grid has 3v1, teammates of defender are in the other grid. When defender wins the ball in 3v1, they pass to teammates in the other grid - both original defender + player that lost the ball join the new rondo
	SETS/REPS	3	
	WORK		
	REST		
COACHING POINTS			
Attackers - work off the ball to provide supporting angles - decide and deceive, execute and assess			
Defender - when ball is won, immediately switch and join teammates in the new grid			
PROGRESSION			
Limit touch count			
Award points for passes in a row			



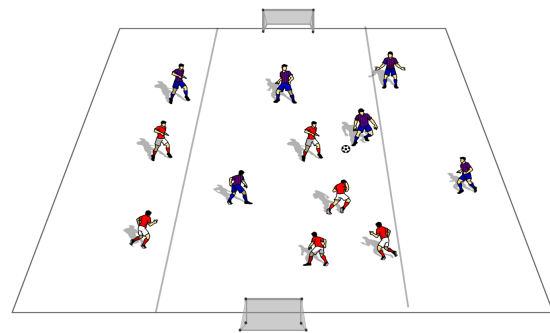
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ACTIVITY 3		4v4v4 3 zone	
SPACE	DURATION	EXPLANATION	
30 yds wide x 45 yds long (3 grids of 30x15 yds)	TOTAL	15m	3 teams with 1 team in each of the 3 grids - teams on the outside are partners with team in the middle defending - 1 defender may enter the end grid with the ball - attackers try to possess and switch to other end - 1 pt for each switch - on loss, defenders switch with team that lost ball
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Attackers - show patience in possession, don't force			
2nd attackers, show open body possession, look for opportunity to switch prior to receiving			
Defenders - try to use end/side lines to isolate the ball, 2nd defenders try to cut off through angles, on switch, immediately try to angle run to limit			
PROGRESSION			
Limit touches, require switch within X number of passes			



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ACTIVITY 4		6v6 3 channels	
SPACE	DURATION	EXPLANATION	
60x50 yds	TOTAL	15m	Teams play 6v6 to mini goals. Field is marked with 3 channels. When a team gains possession, the ball must travel through all 3 channels before a goal can be scored
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Look for quick combos to change POA, open gaps			
Use back support for simpler opportunities to move the ball around - show patience in penetrating			
PROGRESSION			
Touch count limits			



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