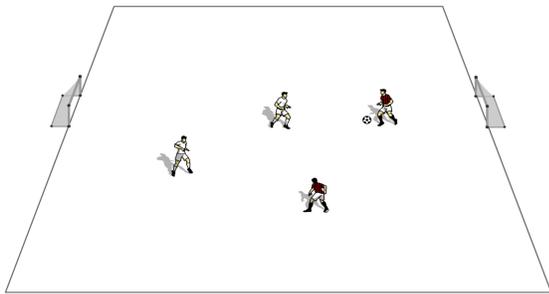


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

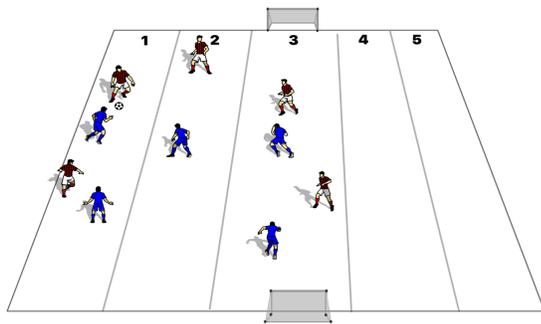
TIME	DESCRIPTION
0:00-0:25	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:25-0:40	2v2
0:40-0:55	2v2+2 switch on goal
0:55-1:10	5v5 5 corridors
1:10-1:30	7v4/9v4 shadow -> scrimmage

ACTIVITY 1		2v2	
SPACE	DURATION	EXPLANATION	
15-20 yds	TOTAL	10m	2v2 with 2 goals  1st defender must move quickly forward to press closing distance incrementally "5-2-1"  2nd defender looks to cover and protect goal, on pass, 1st/2nd defender switch roles  Limit attacker touch count
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
1st defender must get attacker's head down on the ball by closing space - when ball is passed former 1st defender must quickly drop in to cover goal and new 1st defender			
		PROGRESSION	
		Limit attacker touch count	



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ACTIVITY 3		5v5 5 corridors	
SPACE	DURATION	EXPLANATION	
Full field	TOTAL	15m	Field is divided into 5 corridors - players can dribble in any corridor but must pass into a different corridor - if pass is in same corridor, ball goes to other
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Players should position off-ball to support passes Body shape open to field to encourage switch POA Players should pick up head early to identify options Encourage diagonal runs with ball when appropriate			
		PROGRESSION	
		Limit touch count - allow for back pass in same corridor	

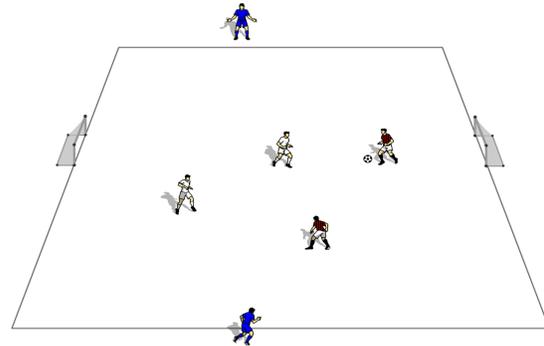


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

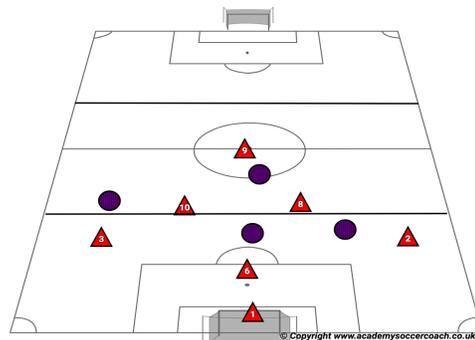
EMPHASIS/THEME		
Manage space (2v2, 2v2+2), manage the ball (7v4 shadow)		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 7 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		2v2+2 switch on goal	
SPACE	DURATION	EXPLANATION	
20x20 yds (age appropriate)	TOTAL	15m	3 teams are organized - 2 in the middle playing 2v2 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches with the neutrals and the team that scores will not attack the other goal  Limit neutral touch count to 2-3
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Team in possession should look for clear opportunities without forcing since they will be 4v2 - on scoring look to retrieve ball and counter in the opposite direction as quickly as possible - the neutrals coming into the grid should attempt to delay and press before they are scored upon - organize			
		PROGRESSION	
		Limit interior touch count Limit neutrals to 1-2 touch	



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ACTIVITY 4		7v4/9v4 shadow	
SPACE	DURATION	EXPLANATION	
Full field	TOTAL	10m	Divide the field into thirds Start with 7v0 (9v0), move ball around field, players instructed to slide, shift, move up and back with the ball Add defenders to increase the level of challenge, attacking team to move the ball through the thirds of the field
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Encourage open body shape, switching point of attack both forward and backward, use TOVO "manage the ball" concepts, keep it simple, look to possess as a priority			
		PROGRESSION	
		Limit touch count Score points for passes (10 in a row)	



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