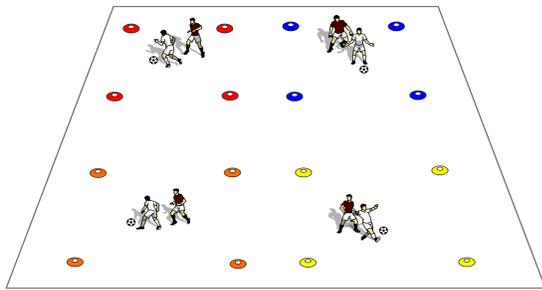


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

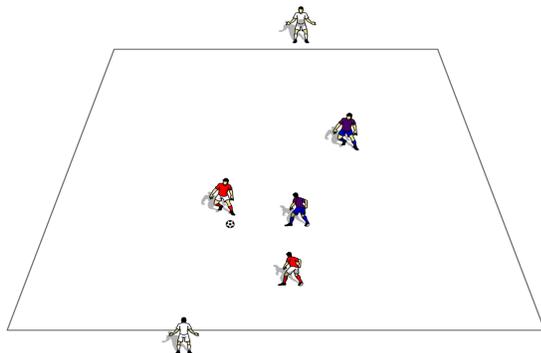
TIME	DESCRIPTION
0:00-0:25	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:25-0:40	1v1 shielding
0:40-0:55	3v1 rectangular grid central cage
0:55-1:10	2v2+2 grid
1:10-1:25	2v2+2 switch on goal, diagonal ends
1:25-1:30	Team building, cool down

ACTIVITY 1		1v1 shielding	
SPACE	DURATION	EXPLANATION	
2-3 yd squares	TOTAL	15m	
	SETS/REPS		
	WORK	30s	
	REST	15-30s	
COACHING POINTS			
Attacker - use outside foot surface to manipulate ball, use arm to maintain contact w/ defender, keep body between ball and defender		The roles are changed and the bout is repeated	
Defender - apply physical pressure (lean in), slide as attacker slides, look for moment to stick foot in		Players are rotated through grids	
PROGRESSION			
Start with passive defenders, increase pressure			



© Copyright www.academysoccercoach.co.uk 2019

ACTIVITY 3		2v2+2 grid	
SPACE	DURATION	EXPLANATION	
15 yds	TOTAL	15m	
	SETS/REPS	3	
	WORK		
	REST		
COACHING POINTS			
Look for movement of outside players for support		3 teams - 2v2 inside, neutrals outside	
Open body positions on receive, play fwd if possible		Teams score point for end-to-end passes	
Def - avoid turn/split, try to press/delay			
PROGRESSION			
Limit attacker touch count			
Limit neutral touch count			

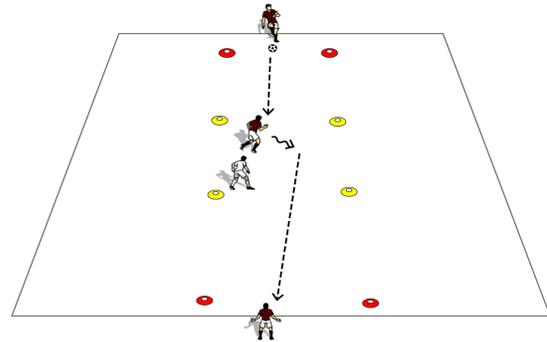


© Copyright www.academysoccercoach.co.uk 2019

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

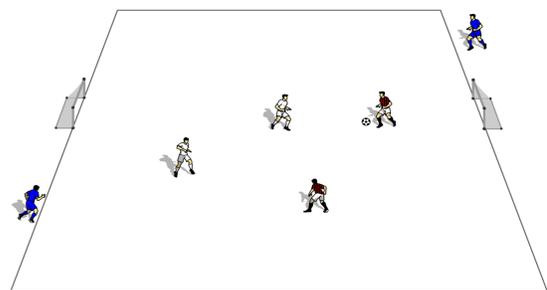
EMPHASIS/THEME		
Decide/deceive, execute/assess, play what you see		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 21 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		3v1 rectangular grid central cage	
SPACE	DURATION	EXPLANATION	
20 yds	TOTAL	15m	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Central attacker - check away/back, use deception use outside foot surface to receive, hold off defender		In rectangular grid with central cage, 2 attackers at far edges with 1 attacker in cage along with 1 defender	
Outside attackers - communicate man-on/turn, play to outside of body to support teammate turn		Attackers attempt to move the ball from one edge to the other	
Defender - stay tight, watch for feints, prevent turn			
PROGRESSION			
Start w/ passive defender, increase pressure			
Score points for edge-to-edge passes			



© Copyright www.academysoccercoach.co.uk 2019

ACTIVITY 4		2v2+2 switch on goal, diagonal ends	
SPACE	DURATION	EXPLANATION	
20x20 yds (age appropriate)	TOTAL	15m	
	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		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	
PROGRESSION			
Limit interior touch count			
Limit neutrals to 1-2 touch			



© Copyright www.academysoccercoach.co.uk 2019