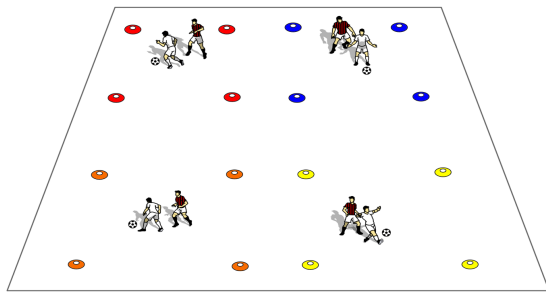


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

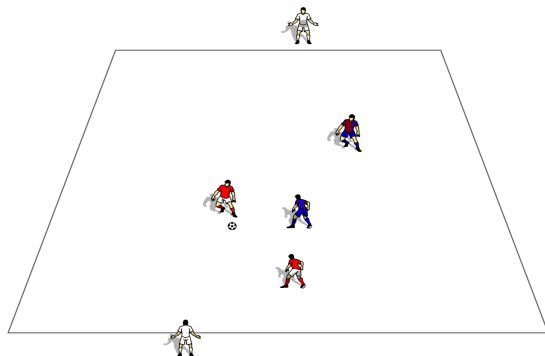
TIME	DESCRIPTION
0:00-0:25	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:25-0:40	1v1 shielding
0:40-0:55	3v1 rectangular grid central cage
0:55-1:10	2v2+2 grid
1:10-1:25	2v2+2 switch on goal, diagonal ends
1:25-1:30	Team building, cool down

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			



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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	
3rd man run from 2nd player in grid		Teams score point for end-to-end passes	
Open body positions on receive, play fwd if possible			
Def - avoid turn/split, try to press/delay			
PROGRESSION			
Limit attacker touch count			
Limit neutral touch count			

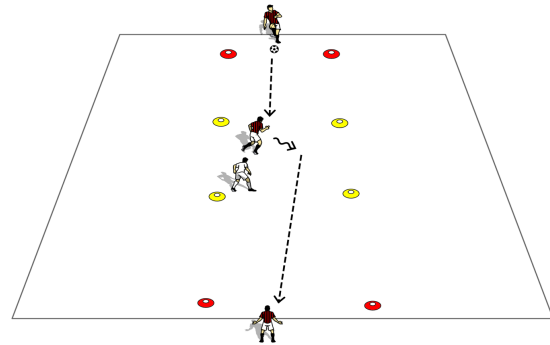


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

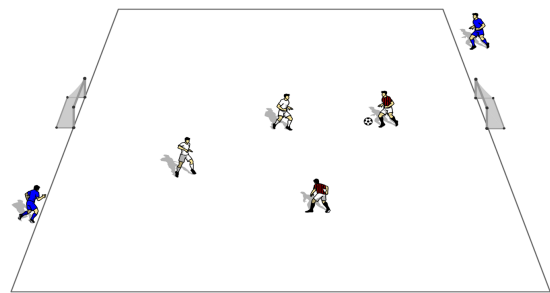
EMPHASIS/THEME		
Decide/deceive, execute/assess, play what you see		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 21 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

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		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		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			



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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		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	
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		Limit neutral touch count to 2-3	
PROGRESSION			
Limit interior touch count			
Limit neutrals to 1-2 touch			



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