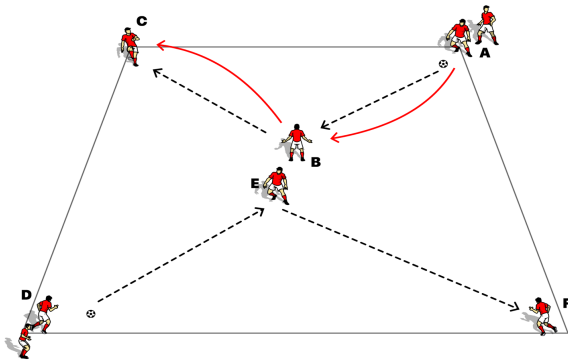


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

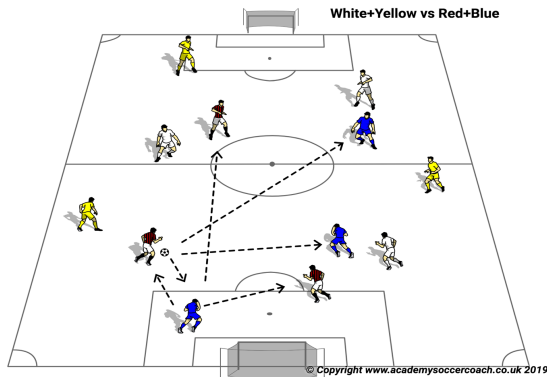
TIME	DESCRIPTION
0:00-0:20	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:20-0:30	Clock passing activity
0:30-0:45	1v1 same side, 2 sides (2v2)
0:45-1:05	6v6 4 colors 2 goals
1:05-1:25	6v6 thirds with offside
1:25-1:30	Team building, cool down

ACTIVITY 1		Clock passing activity
SPACE	DURATION	EXPLANATION
12x12 yds	TOTAL	10 mins
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Players form in a grid with 1 player in the middle - players follow their pass in and out of the grid Add a 2nd player and have a double clock once players have the pattern Passers should send the ball to the back foot so that receiver can allow the ball across the body and play the ball onto the next receiver Look for tempo of passing and receiving
PROGRESSION		
		2-touch -> 1-touch



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ACTIVITY 3		6v6 4 colors 2 goals
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	20m
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Players are organized into 4 colors with each team consisting of 2 colors - Players may dribble anywhere but may only pass to a teammate of the opposite color (e.g., red can only pass to blue)
PROGRESSION		
On the ball - recognize teammate locations, space, and pressure Off the ball - recognize when opposite color teammate has the ball, create supporting angles, determine next choice prior to receiving the ball		Limit touch count, require min passes/teammate touches to score

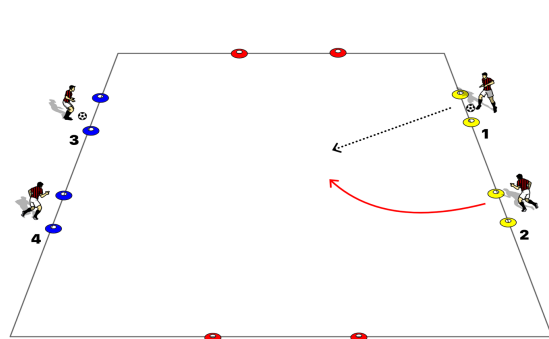


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

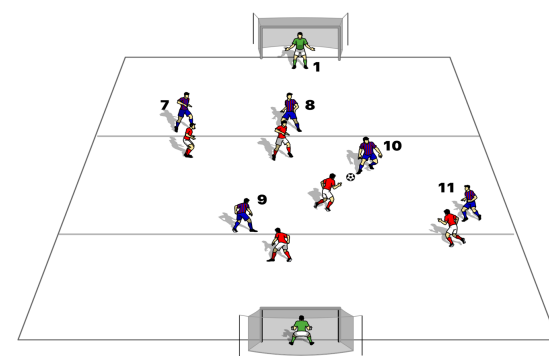
EMPHASIS/THEME		
Eyes and ideas, keep it simple, play what you see, keep and move the ball		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 28 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		1v1 same side, 2 sides (2v2)
SPACE	DURATION	EXPLANATION
15 yds	TOTAL	15m
	SETS/REPS	3
	WORK	
	REST	
COACHING POINTS		Grid is organized with two cone goals or mini-goals on each end and two entry points on each side - game starts as 1v1 with 1/2 and 3/4 - progressions can include different combos (1/3, 2/4) Can progress to 2v2 (1+2/3+4, 1+4/2+3)
PROGRESSION		
In 1v1 - defender to immediately get goal side, attacker to use at most 1 move to beat defender In 2v2 - take pressure/cover positions as defenders, communicate roles, attackers to try to quickly split defenders and score		Limit touch counts



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ACTIVITY 4		6v6 thirds with offside
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	20m
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Field is marked into thirds - attacking team may not enter the final third prior to the ball
PROGRESSION		
Attacking team - try to build through the thirds - combine and look for openings to penetrate, esp diagonal balls played behind the opposition line - look to recirculate the ball backward, go around opposition rather than directly through Defending team - use the third line as an offside		Limit touch count, require min passes/teammates to score



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