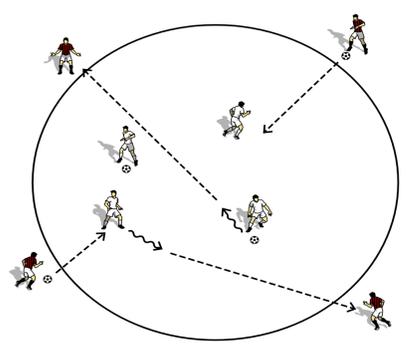


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Attack 1, 2, 3 Defend 1, 2, 3 Pressure quickly on transition

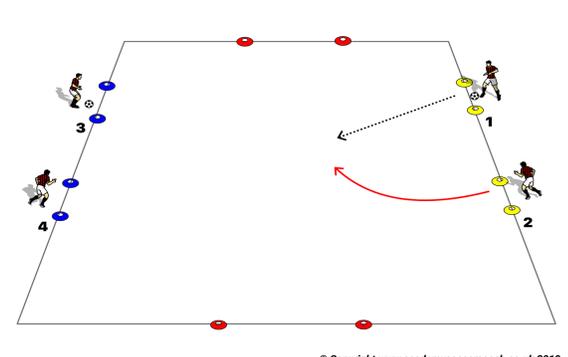
TIME	DESCRIPTION
0:00-0:25	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:25-0:40	Circle drill
0:40-0:55	7 gates
0:55-1:10	1v1 same side, 2 sides (2v2)
1:10-1:25	2v2+2 switch on goal
1:25-1:30	Team building, cool down

ACTIVITY 1		Circle drill
SPACE	DURATION	EXPLANATION
20-30 yds as appropriate	TOTAL	15 min
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Players are divided into 2 groups - half inside and half outside the circle Players on the inside are for outside players to pass - on receiving, inside player will either pass back or will turn and find an "open" outside player to pass to
Outside - wait for call from receiver, pass with pace and accuracy, try to lead receiver if appropriate Inside - be aggressive to demand ball, check shoulder, angle checking run, ensure good 1st touch to next receiver - for balls in the air protect body, jump as appropriate		
PROGRESSION		2-touch -> 1-touch, pass to feet, thigh, chest, head (if appropriate), bounce pass



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ACTIVITY 3		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)
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		
PROGRESSION		Limit touch counts

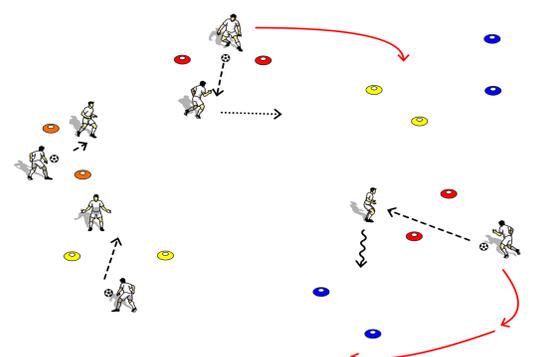


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

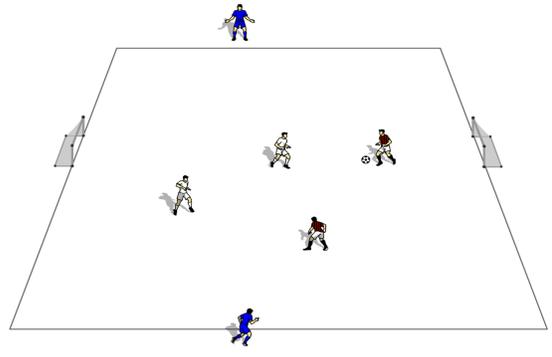
EMPHASIS/THEME		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 14 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		7 gates
SPACE	DURATION	EXPLANATION
15 yds	TOTAL	15 min
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		A set of pairs of cones (gates) are arranged across the field - players are instructed to move the ball through the gates by passing the ball (2v0)
When working in pairs (2v0), look for passer to make to next cone in "follow through" of pass When working 1v1, attacker try to select an open feint defender in order to create space - assess reaction of defender to determine whether to continue or make a new choice		
PROGRESSION		In second iteration, make this a 1v1 game, ball switches possession when player dribbles thru a gate - keep score Make the 2v0 a timed game



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ACTIVITY 4		2v2+2 switch on goal
SPACE	DURATION	EXPLANATION
20x20 yds (age appropriate)	TOTAL	15m
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		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
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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