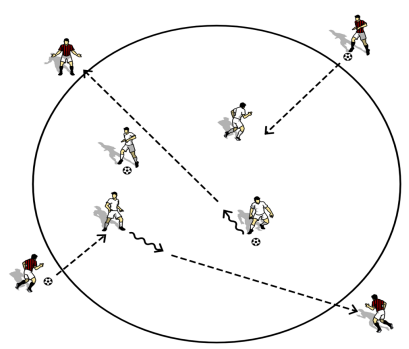


| MANAGE ONESELF  | MANAGE SPACE  |
|---|---|
| Perceive and conceive<br>Decide and deceive<br>Execute and assess | Create and close space<br>Organize defense on offense<br>Attack 1, 2, 3<br>Defend 1, 2, 3<br>Pressure quickly on transition |

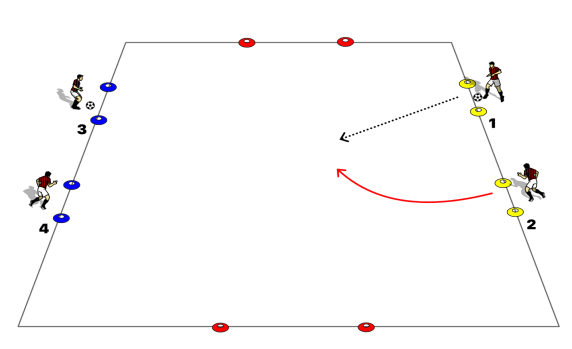
| TIME      | DESCRIPTION  |
|-----------|--|
| 0:00-0:25 | Individual touch warmup, dribbling, juggling, agility, include 1-touch |
| 0:25-0:40 | Circle drill   |
| 0:40-0:55 | 7 gates  |
| 0:55-1:10 | 1v1 same side, 2 sides (2v2)   |
| 1:10-1:25 | 2v2+2 switch on goal   |
| 1:25-1:30 | Team building, 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<br>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<br>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)<br>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<br>In 2v2 - take pressure/cover positions as defenders, communicate roles, attackers to try to quickly split defenders and score |           |  |
| PROGRESSION  |           | Limit touch counts   |

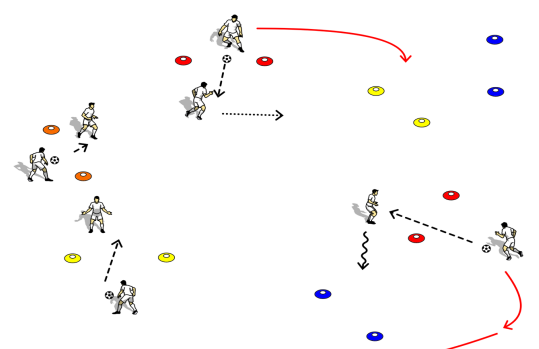


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| MANAGE THE BALL  |   |
|--|---|
| Keep it simple<br>Play what you see<br>Receive with intent | Pass with purpose<br>Keep and move the ball<br>Advance the ball |

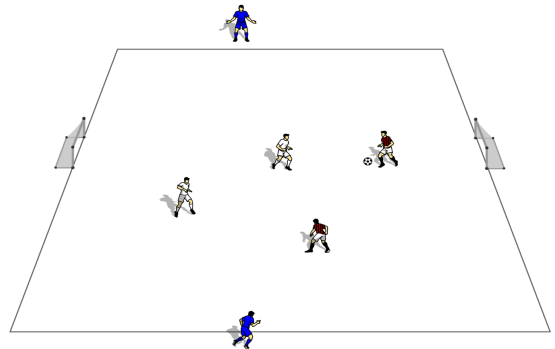
| EMPHASIS/THEME  |                    |                  |
|---|--------------------|------------------|
|  |                    |                  |
| TEAM  | DATE               | SESSION TIME     |
| 7v7/9v9   | Week of Oct 14 - 2 |                  |
| TOTAL SPACE   | LOAD               | SESSION 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)<br><br>In second iteration, make this a 1v1 game, ball switches possession when player dribbles thru a gate - keep score |
| When working in pairs (2v0), look for passer to make to next cone in "follow through" of pass<br>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   |           | 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<br>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<br>Limit neutrals to 1-2 touch  |



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