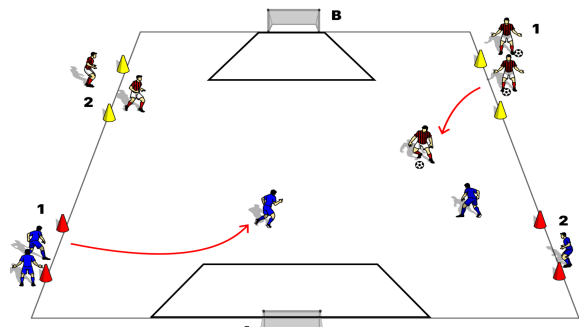


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

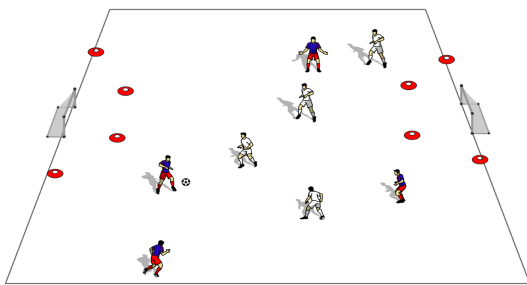
TIME	DESCRIPTION
	A set of small-sided games (SSGs) for this evening - select among these games, focus is on keeping numbers in the games small (except activity 4) so that players get many touches and decisions - note numbers for each activity below
	Side entry game (do 2v2 only)
	3v3 opposite facing goals (make space between goals small)
	4v4 no-fly zone (if possible, have 2 games going on, 3v3)
	5v5 2 halves 6 goals
	Team scrimmage

ACTIVITY 1		1v1 side entry -> 2v2	
SPACE	DURATION	EXPLANATION	
15x15 yds	TOTAL	10 min	Start activity as 1v1 coming from side angles (group 1, then group 2) Defender attempts to win ball and can go to opposite goal Progress to 2v2 (both players coming in together)
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
1v1 - defender must get goal side first then engage the attacking players, attacker must score quickly 2v2 - attackers attempt to quickly combine and score defenders try to isolate one attacker, use shielding and pressure/cover to simplify attack		In 2v2, limit number of passes and/or touches	



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ACTIVITY 3		4v4 no fly zone	
SPACE	DURATION	EXPLANATION	
40x40 yds	TOTAL	13 mins	4v4 Teams are not allowed in opponents' no-fly zone 1 pt for normal goal 2 pts for laces goal
	SETS/REPS	2	
	WORK	6 mins	
	REST	1 min	
COACHING POINTS		PROGRESSION	
Look for scoring windows Uses laces technique - quickly push and strike Be ready to score on receiving - try to position body to be open to field 2 touches			

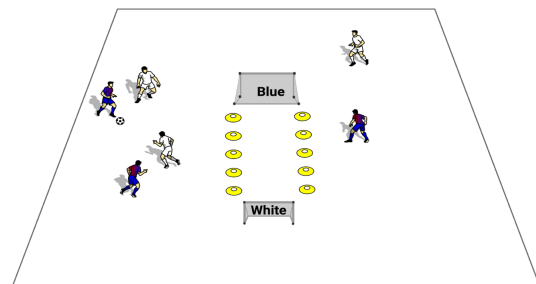


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

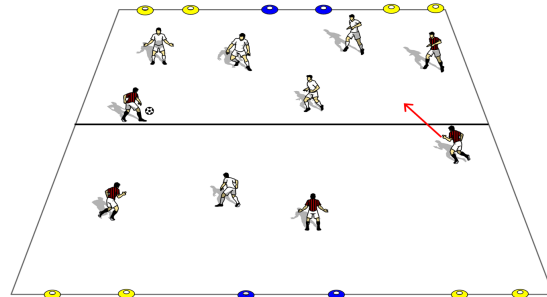
EMPHASIS/THEME		
Perceive/conceive, play what you see, keep and move the ball		
TEAM	DATE	SESSION TIME
7v7	Week of Oct 28 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		3v3 opposite facing goals	
SPACE	DURATION	EXPLANATION	
20x20 yds (per age group)	TOTAL	13 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Look for quick transition play, all players must be ready to move forward and attack on winning the ball If goal is defended, look to possess the ball, draw out the defenders to create shooting windows			



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ACTIVITY 4		5v5 2 halves 6 cone goals	
SPACE	DURATION	EXPLANATION	
40x40 yds (age appropriate)	TOTAL	15 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		PROGRESSION	
Perceive/conceive - look for best scoring option - if no option is on, look to switch thru players in defensive zone - going forward, look to join attack from "weak" side (away from ball) - try to draw players then quickly change point of attack to score		Field is divided into 2 halves with 6 cone goals (3 on each end) - team scores when they dribble thru a cone goal (2 pts center, 1 pt wide) - teams must have min of 2 players in defensive zone at all times	
		Limit touch count Limit number of passes across halfline	



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