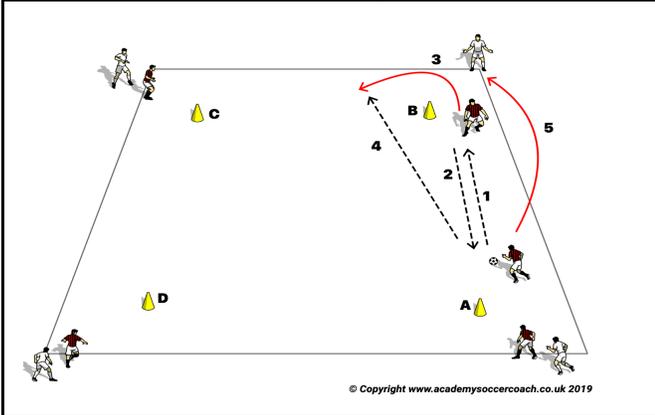


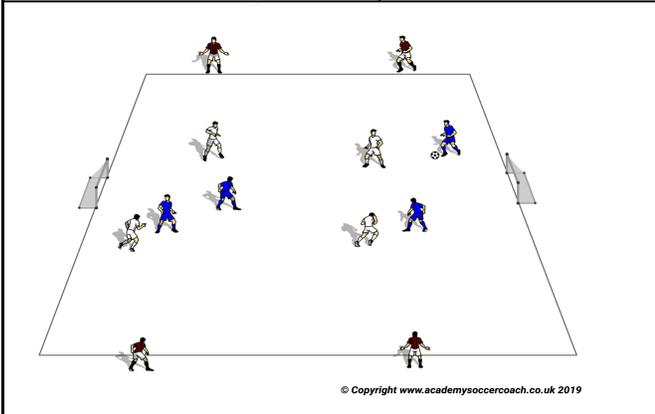
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:20	Individual touch warmup, dribbling, juggling, agility, include 1-touch
0:20-0:30	
0:30-0:45	
0:45-1:05	
1:05-1:25	
1:25-1:30	

ACTIVITY 1		4 corner with wall pass
SPACE	DURATION	EXPLANATION
15-20 yd square (age appropriate)	TOTAL	Players execute wall pass and move through a square grid. Starting at cone A, players combine passes 1 and 2, receiver moves around cone (3) and receives pass 4, passer then moves to the cone B (5). The sequence repeats between cones B and C. Start with 2 touch passing
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Passes 1 and 2 must be to feet, pass 4 should lead the receiver slightly. After pass 1, the passer should slightly drop and go wide rather than stand in place - the passer should not be "overruling" the first pass, the receiver should time first check to the ball and then angle his run (3)		2nd player (white) pressures Passes are 1 touch



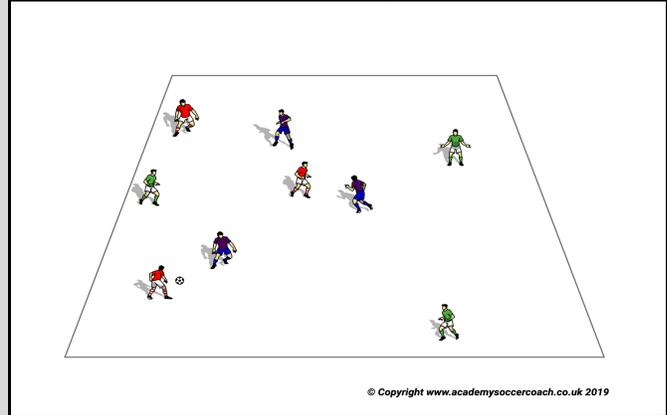
ACTIVITY 3		4v4+4 wide switch on goals
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	3 teams are organized - 2 in the middle playing 4v4 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches with the neutrals and the team that scores will not attack the other goal Limit neutral touch count to 2-3
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Team in possession should look for clear opportunities without forcing since they will be 8v4 - 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		Limit interior touch count Limit neutrals to 1-2 touch



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 and conceive, execute and assess, play what you see, keep it simple		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Nov 4 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		3v3v3 keep away
SPACE	DURATION	EXPLANATION
30x30 yds (age appropriate)	TOTAL	Teams in 3 colors - 6v3 - when team loses possession, they become the defenders Score points for passes in a row
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Look to use all of space, play out of pressure On gaining possession, make simple pass		Limit touch count



ACTIVITY 4		6v6 3 channels, 4 wide players
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	Field is divided into 3 channels - 2 wide channels and a central channel - Teams are organized 4v4 in center w/ 1 player from each team in wide channel - players in center channel may not enter wide channel - if ball is played wide, opponent may not pressure, wide players limited to 2 touch
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		PROGRESSION
Central players - look to combine with wide teammates to spread defenders and when under pressure Wide players - anticipate receiving the ball and have an option in mind, have open body shape, move up and down channel to support attack		Remove touch count, require passer to switch w/ outside player, allow pressure

