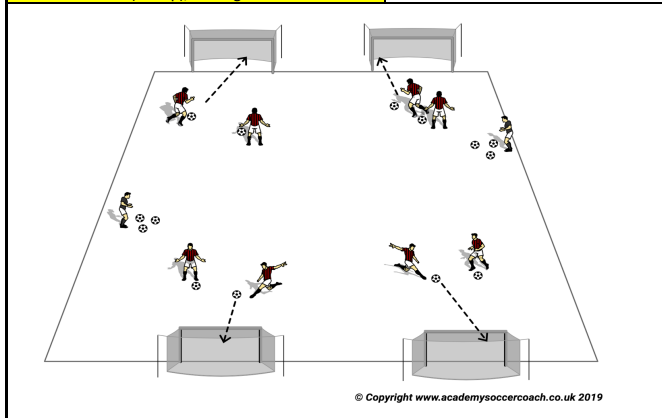


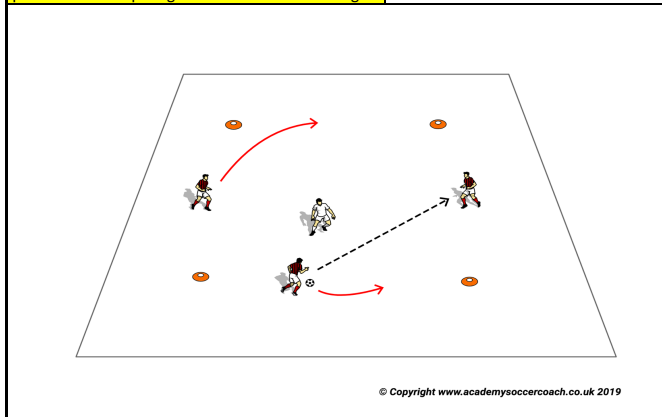
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
0:15-0:35	Shooting progression, start with instep touches, advance to 4 goal
0:35-0:45	1v1 side goal (score in either goal)
0:45-1:00	3v1
1:00-1:15	2v2+1
1:15-1:30	3v3 mini tournament

ACTIVITY 1		4 goal shooting in frame - instep touches	
SPACE	DURATION	EXPLANATION	
	TOTAL 20 mins	Small groups of players (2-3) are to each goal - players take turns striking the ball from steadily increasing distances - coaches monitor technique, help players make corrections	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		Start with laces, advance to instep	
Look at position of plant foot relative to ball - ask players to take a longer last stride to the ball to increase hip flexor tension - communicate using an external focus			
With instep, focus on opening of hip, locking of ankle (toe up), striking mid-ball		PROGRESSION	
		Add targets in goals (bibs tied to net)	



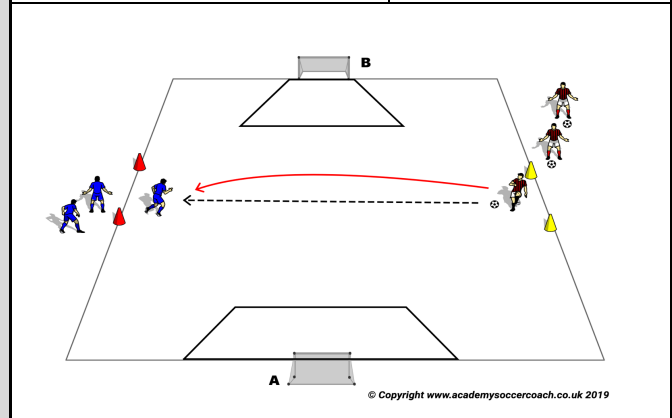
ACTIVITY 3		3v1 rondo	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 mins	3 players on outside of grid, 1 defender in middle - outside players are taking positions along the grid to receive the ball defender attempts to close off and win ball Require 2-touch for younger ages 10 passes = 1 pt	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		Allow 1-touch for older groups	
Movements off the ball should allow receiver to be open to the field and easily make next pass - passer should target "back foot" to allow receiver to swing the ball - look for verbal and non-verbal cues - try to use feints to imbalance/freeze defender - passers are anticipating ball mvmnts to create angles			
		PROGRESSION	



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		
Use of instep passing, managing oneself - perceive and conceive		
TEAM	DATE	SESSION TIME
7v7	Week ov Nov 4 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		1v1 side goal	
SPACE	DURATION	EXPLANATION	
	TOTAL 10 mins	Players go 1v1 entering from the sides of the field with goals on each end - zones are set up in front of each goal - players may score only if they can get into the goal zones - players can score in either goal Play starts with a ground pass from one side to the other	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		Allow for scoring outside goal zones	
On pass, defender must immediately engage the attacker - try to control and win ball Attacker - use deception to commit defender one way, then immediately attack the other - be aware of defender's movements (perceive)			
		PROGRESSION	



ACTIVITY 4		2v2+1	
SPACE	DURATION	EXPLANATION	
	TOTAL 15 mins	Players go 2v2 with 1 neutral	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS		On goal, reverse directions - scoring team keeps the ball	
Neutral player should be looking to form triangles on change of possession, try to identify best option to score Attackers - try to quickly combine with neutral, take advantage of early shooting opportunities Defenders - Try to isolate the ball, take away options			
		PROGRESSION	

