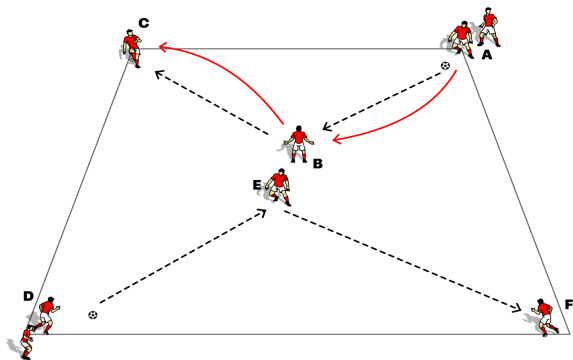


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Attack 1, 2, 3 Defend 1, 2, 3 Pressure quickly on transition

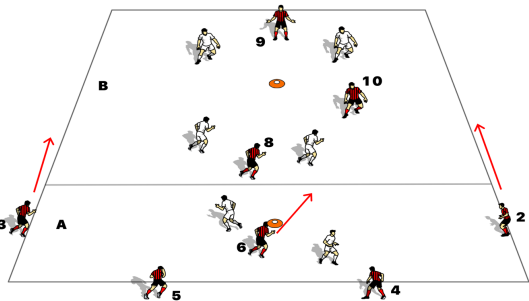
TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	2v2 flying changes
	5v2 rondo
	4v4+3 - 7v4 positional play
	5v5+2 end line

ACTIVITY 1		Clock passing warmup	
SPACE	DURATION		EXPLANATION
12x12 yds	TOTAL	10:00	Players form in a grid with 1 player in the middle - players follow their pass in and out of the grid Add a 2nd player and have a double clock once players have the pattern
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Passers should send the ball to the back foot so that receiver can allow the ball across the body and play the ball onto the next receiver Look for tempo of passing and receiving			
2-touch -> 1-touch			



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ACTIVITY 3		9v4 shadow progression	
SPACE	DURATION		EXPLANATION
60x60 yds	TOTAL	15:00	Field divided into back third (15-25 yds) and middle third (25-35 yds) - in back third 5v2 with 6 in the middle, in middle third 3v4 - when ball is in back third, team tries to possess and move the ball into middle third - when entering middle third, 2/3/6 move fwd to join and possess - 10 passes = 1 pt
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Outside backs and 6 must be prepared to move up and back based on ball position, 4/5 should be open as an option to receive a pass, 8/9/10 should be reading each other's runs (look at quadrants) in order to possess, 2/3 should be moving up/down in middle third to form angles of support			
			Limit passes in back third, limit interior touch count (2-3 max)

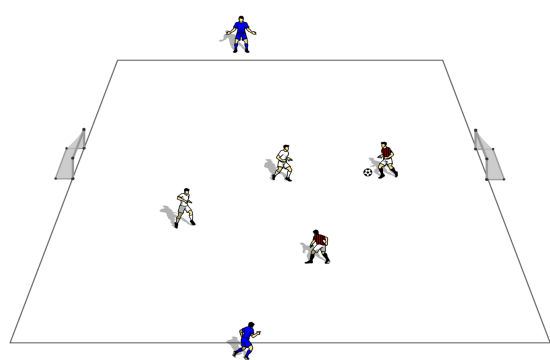


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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

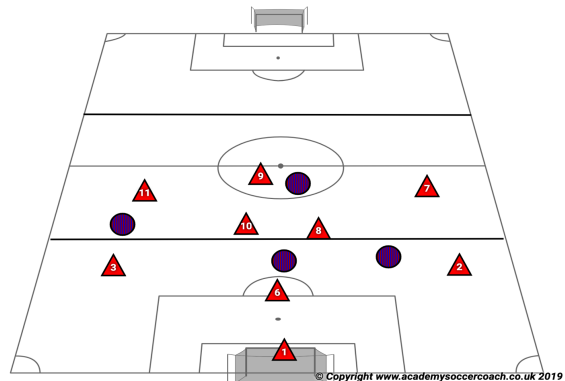
EMPHASIS/THEME		
Prepare for weekend State Cup games - team tactics		
TEAM	DATE	SESSION TIME
9v9	Week of Dec 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		2v2+2 switch on goal	
SPACE	DURATION		EXPLANATION
20x20 yds (age appropriate)	TOTAL	15m	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
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
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			
			Limit interior touch count
			Limit neutrals to 1-2 touch



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ACTIVITY 4		9v4 shadow progression	
SPACE	DURATION		EXPLANATION
min 1/2 field	TOTAL	30:00	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
For the 11 - look to play forward when possible, eyes+ideas avoid playing into pressure, play the way that you face, keep things simple in our defending third - GK distribution must be SAFE - look for rondo "pictures", immediately press on loss of possession, stay goal side, communicate			
			PROGRESSION



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