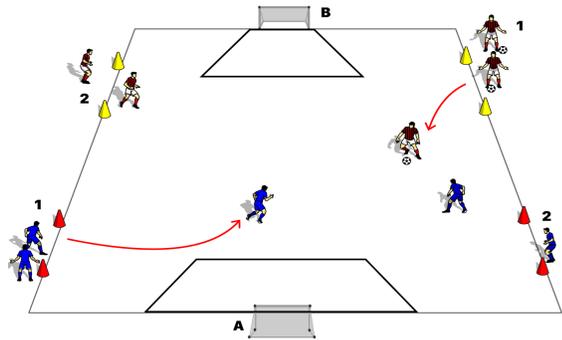


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	1v1 side entry -> 2v2
	2v2+2+2 rondo
	4v4+4 wide switch on goals
	6v6+2 wide (adjust based on numbers)

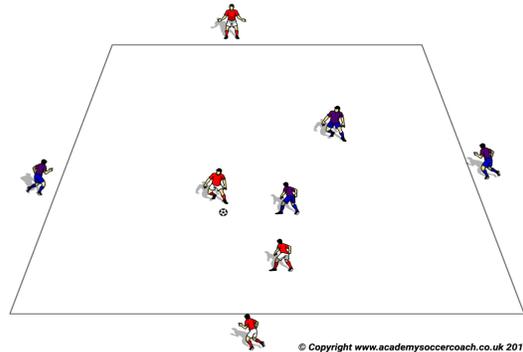
ACTIVITY 1		1v1 side entry -> 2v2
SPACE	DURATION	EXPLANATION
15x15 yds	TOTAL	10:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Start activity as 1v1 coming from side angles (group 1, then group 2) Defender attempts to win ball and can go to opposite goal Progress to 2v2 (both players coming in together)
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		
PROGRESSION		In 2v2, limit number of passes and/or touches



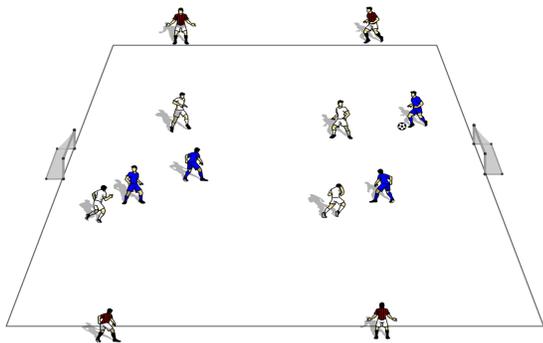
MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

EMPHASIS/THEME	
Manage oneself - eyes + ideas, figure it out + fake them out, do it + did it work	
TEAM	DATE
7v7/9v9	Week of Feb 4 2020
TOTAL SPACE	LOAD
SESSION TIME	
90 mins	

ACTIVITY 2		2v2+2+2 rondo
SPACE	DURATION	EXPLANATION
15-20 yds	TOTAL	15:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		2 teams - 2v2 inside, support outside Teams score point for end-to-end passes On receiving the ball on the outside players swaps with the passer
Look for movement of outside players for support 3rd man run from 2nd player in grid Open body positions on receive, play fwd if possible Def - avoid turn/split, try to press/delay		
PROGRESSION		Limit attacker touch count



ACTIVITY 3		4v4+4 wide switch on goals
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		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
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		
PROGRESSION		Limit interior touch count Limit neutrals to 1-2 touch



ACTIVITY 4		6v6+2 wide
SPACE	DURATION	EXPLANATION
60x40 yds	TOTAL	20 mins
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Teams play 6v6 with 2 wide neutral players (can use sweeper/keeper rather than GK) - Limit wide neutral players to 2-3 touches initially
Instruct wide players not to force balls into the center channel or goal mouth, look to recycle through the deep central player - this is a possession game (8v6) show the ball should not be given away cheaply Try to form rondo shapes using the wide player as a wing		
PROGRESSION		Limit touch counts

