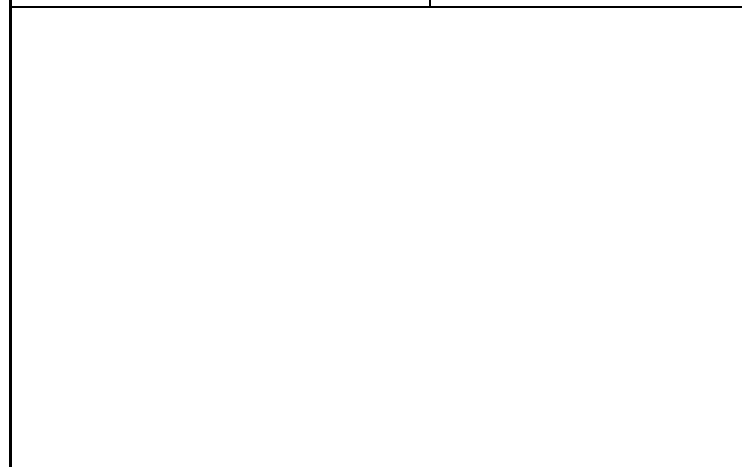


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Attack 1, 2, 3 Defend 1, 2, 3 Pressure quickly on transition

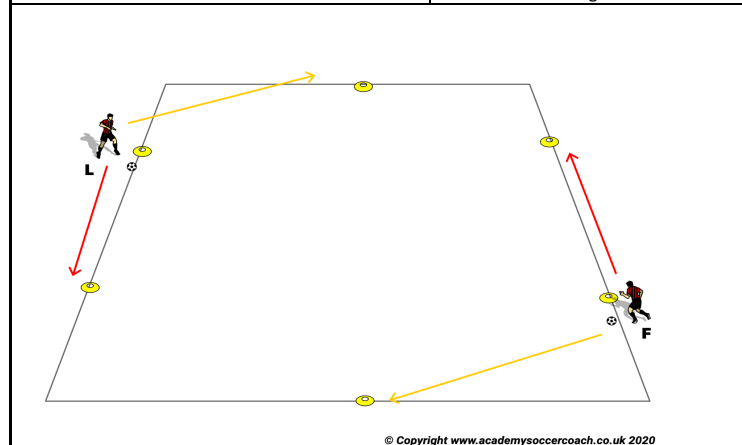
IC3 - INTELLIGENCE, COMPETENCE, COURAGE, CHARACTER

TIME	DESCRIPTION
	Warmup - adhere to SD protocols, players assigned to spaces
	Physical activation, ball activation
	1v1 to hex cones - SD
	4 player box wall + lofted diagonal - SD
	5v2 diagonal rondo - SD
	6v5 triangles positional play - SD
	6v6 3 channels - SD

ACTIVITY 1		Physical activation	
SPACE	DURATION		EXPLANATION
	TOTAL		<u>Skater hop progression</u>
	SETS/REPS	2/10	Practice how to land on 1 leg
	WORK		Keep the ball in the hands
	REST		Balance the ball on one hand
COACHING POINTS			Touch the ball to the ground
			Balance and stretch forward w/ ball
			PROGRESSION



ACTIVITY 3		1v1 to hex cones - SD	
SPACE	DURATION		EXPLANATION
10x10 yds	TOTAL	10:00	Players are assigned as leader (L) and follower (F) - leader decides whether to go right/left, follower must shadow
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Rotate roles frequently Keep score
Leader may feint to start but must commit Check that players are able to stop at target using proper technique For change-of-direction, look for different moves Follower should be visually checking in with leader			
			PROGRESSION
			Assign task at start/stop (eg, bells) Allow one change-of-direction

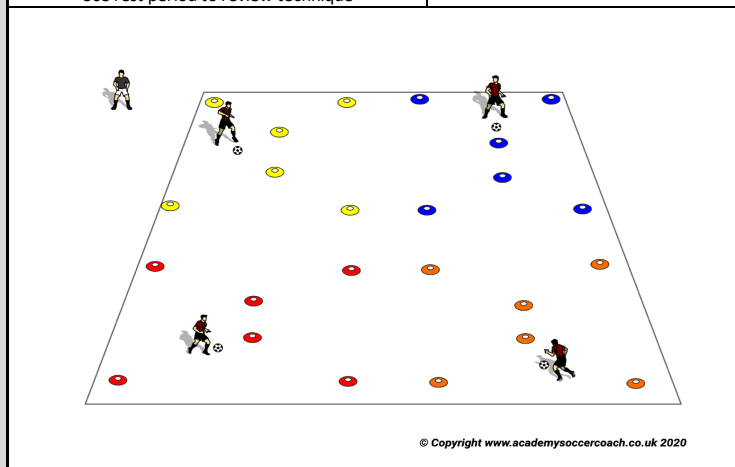


MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

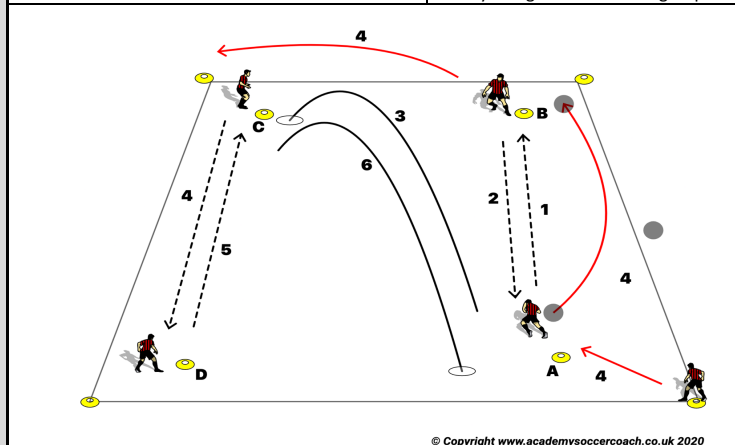
EMPHASIS/THEME

	Pass quality, off-ball movement, body shapes	
TEAM	DATE	SESSION TIME
U9-U12	Aug 31 2020 - S1	
TOTAL SPACE	LOAD	SESSION DURATION
1/2 field	Med	90:00

ACTIVITY 2		Ball activation	
SPACE	DURATION		EXPLANATION
10x10 yds	TOTAL	12:00	Toe touches, bells
	SETS/REPS	2	Box/roll
	WORK		Push/pull
	REST	01:00	Snake (variations)
COACHING POINTS			
Look for balance and game realism			
Encourage imagination - shadow defender			
Check hip/knee/ankle angles, explosiveness			
Look for change of direction off cones, foot surfaces			
PROGRESSION			
Use rest period to review technique			



ACTIVITY 4		4 player box wall + lofted diagonal - SD	
SPACE	DURATION		EXPLANATION
20x20 yds (age appropriate)	TOTAL	10:00	Players form in grid as shown below - pattern is wall passes 1/2, lofted pass 3 then wall passes 4/5, lofted pass 6 Players rotate counter clockwise, use staging cones for SD
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Look for accuracy and pace of passes, playing to correct foot Lofted pass should clear the space (consider placing coach, flag, or other obstacle)			
			2 touch -> 1 touch Play as a game between 2 groups

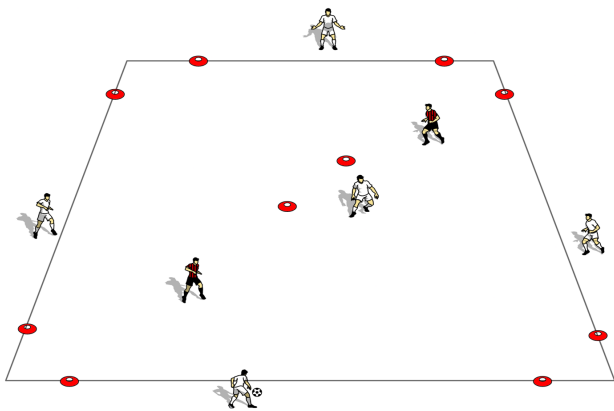


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1,2, 3 Defend 1, 2, 3

IC3 - INTELLIGENCE, COMPETENCE, COURAGE, CHARACTER

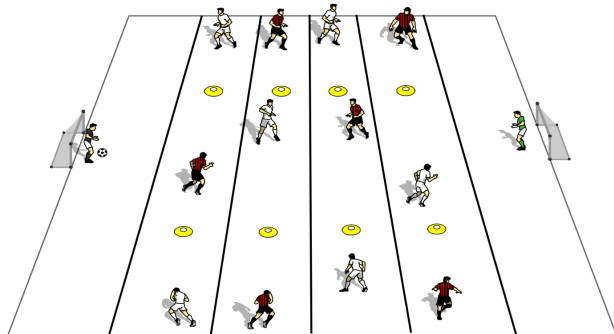
TIME	DESCRIPTION
	Warmup - adhere to SD protocols, players assigned to spaces
	Physical activation, ball activation
	1v1 to hex cones - SD
	4 player box wall + lofted diagonal - SD
	5v2 diagonal rondo - SD
	6v5 triangles positional play - SD
	6v6 3 channels - SD

ACTIVITY 5		5v2 diagonal rondo - SD	
SPACE	DURATION		EXPLANATION
12x12 yds	TOTAL	10:00	5v2 with central attacker in diagonal grid - when defenders win ball, they go 2v1 inside the grid
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Score pts for consecutive passes by both teams
Central attacker should look to create open body shapes, rotate positions so not facing only 1 way			
Defenders try to isolate attackers, prevent switch - look for 1st/2nd defender roles			
Try to find 3v1s inside the grid using central player to switch sides			PROGRESSION
			Limit touch count



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ACTIVITY 7		6v6 3 channels - SD	
SPACE	DURATION		EXPLANATION
30x30 yds (age-appropriate)	TOTAL	25:00	Field organized as show below - players must stay within their grid
	SETS/REPS	3	
	WORK	08:00	
	REST	01:00	
COACHING POINTS			
Attackers - use entire space of your grid, check in and out as if trying to lose marker - play the way that your face, create open body shape Defenders - try to close off choices, communicate GKs - use wide options, look for highest available teammate			
PROGRESSION			
Limit touch count, # of passes before a shot must be taken			

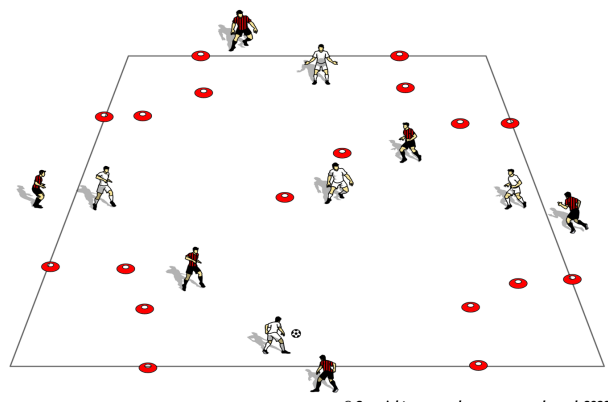


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MANAGE THE BALL
Keep it simple Play what you see Receive with intent Pass with purpose Keep and move the ball Advance the ball

TEAM	DATE	SESSION TIME
U9-U12	Aug 31 2020 - S1	
TOTAL SPACE	LOAD	SESSION DURATION
1/2 field	Med	90:00

ACTIVITY 6		6v5 triangles positional play - SD	
SPACE	DURATION		EXPLANATION
20x20 yds (age-appropriate)	TOTAL		Team organized as shown below - progression from 5v2 diagonal rondo, add 4 additional Red players to join 2 interior Red
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Red - look to combine through the middle, when regaining possession try to find outside player White - look to find 3v1s in the middle part of the grid			PROGRESSION
			Limit touch count



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ACTIVITY 8			
SPACE	DURATION		EXPLANATION
	TOTAL		
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
		PROGRESSION	