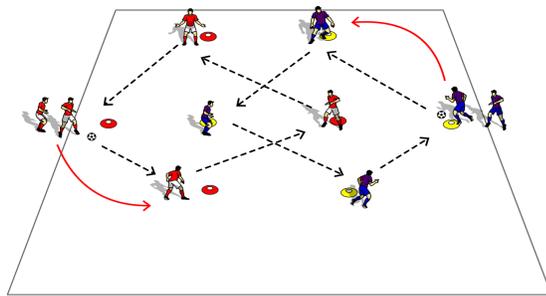


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

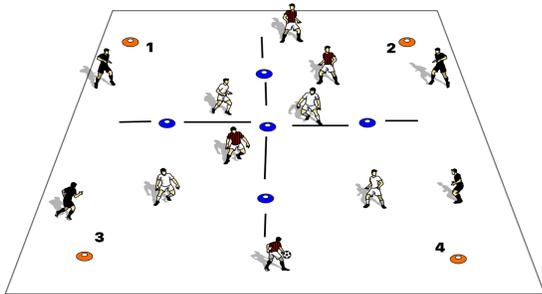
TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	Double diamond passing
	5v2 rondo
	4v4+4 - 8v4 positional play
	9v4 shadow progression

ACTIVITY 1		Double diamond passing
SPACE	DURATION	EXPLANATION
2x 20x20 yds	TOTAL	10:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Players form into two diamond shapes which overlap - passing around the diamond, players initially follow their pass - add competition (first to 30 passes, most passes in time limit)
Look at pass quality and technique - pass to back foot - body position open to receive and play next pass - 2 touch per age group - receiver should check away and check back to receive - receiver should show target		
		PROGRESSION
		Rather than follow, players go to whoever passed to them



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ACTIVITY 3		4v4+4 - 8v4 positional play
SPACE	DURATION	EXPLANATION
30x30 yds (age appropriate)	TOTAL	10:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Arrange grid with 4 on the outside and 3 teammates in the middle vs 4 defenders - objective is to connect passes outside-to-inside, interior 2 to find positions in their own quadrant as players make movements
Outside players are sliding along line to provide angles to beat the 4 and as a 3rd man when the ball is played through the middle, defenders looking to possess and spread out when they gain possession, when the interior 3 regain, 1st pass back to outside supporting players		
		PROGRESSION
		Rotate so everyone has a chance to be a defender



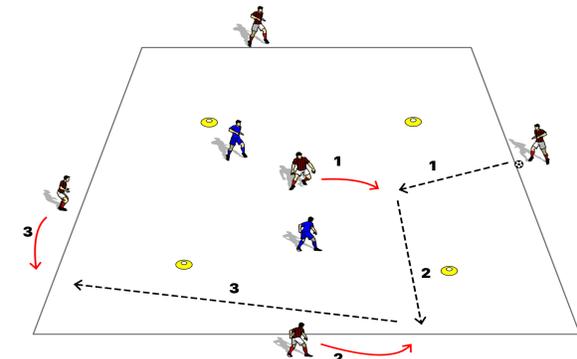
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MANAGE THE BALL	
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball

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

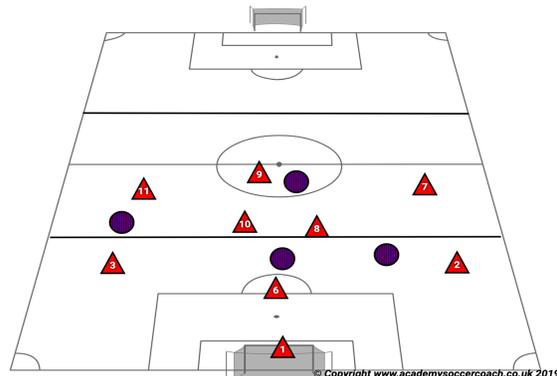


ACTIVITY 2		5v2 rondo
SPACE	DURATION	EXPLANATION
20x20 yds (per age group)	TOTAL	10:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		4 attackers on the outside of the grid (must stay outside), 1 attacker inside cage with 2 defenders - attackers attempt to complete 10 passes in a row for 1 pt (must touch inside player) - defenders complete 3 passes in a row for 1 pt
Outside players should anticipate movement of passes and slide side-to-side to receive next pass (see movements in diagram) - central player should be checking in and out, trying to open body and check shoulder in order to switch field - defenders try to make play predictable, prevent split		
		PROGRESSION
		Remove cage - Attackers get 1 pt if pass from 1 side to the other



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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		Team plays 9v4 - adding defenders to increase pressure - objective for the 9 is to advance to middle third, the defenders may go to goal if they win the ball
For the 9 - 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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