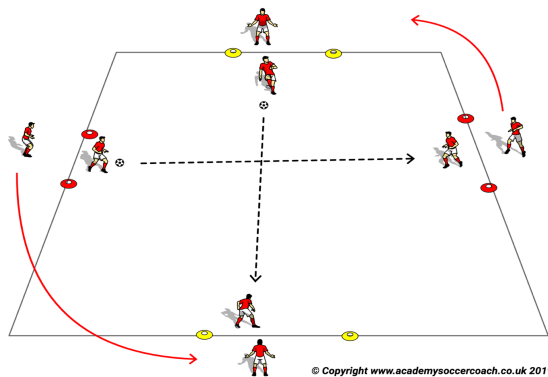


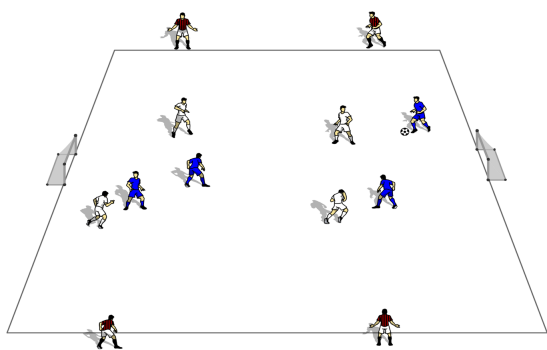
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	2 ball T rotate-after-your-pass
	2v2 flying changes
	4v4+4 wide switch on goals
	4v4+4 - 8v4 positional play
	9v4 shadow play and progression

ACTIVITY 1		2 ball T rotate-after-your-pass	
SPACE	DURATION		EXPLANATION
12x12 yds	TOTAL		4 lines of players in T shape Players pass across grid, then rotate right/left to next spot
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Ready to receive ball Peak before pass Control 1st touch Make run with open body, vision back to field			
			Different 1st touch surface 1-touch



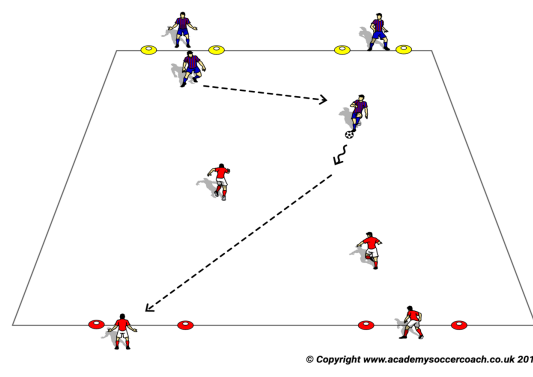
ACTIVITY 3		4v4+4 wide switch on goals	
SPACE	DURATION		EXPLANATION
40x40 yds (age appropriate)	TOTAL		3 teams are organized - 2 in the middle playing 4v4 with the 3rd team as neutrals on the outside - when 1 team scores, the other team switches with the neutrals and the team that scores will not attack the other goal Limit neutral touch count to 2-3
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
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			
			Limit interior touch count
			Limit neutrals to 1-2 touch



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
9v9	Week of Jan 6	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		2v2 flying changes	
SPACE	DURATION		EXPLANATION
	TOTAL		Players go 2v2 with targets When ball is played to opposing target, teammates go off, new team comes on
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
Body open to the field Defenders must press + communicate Look for quick opportunities to split Quality 1st touch			
Use supporting targets			



ACTIVITY 4		4v4+4 - 8v4 positional play	
SPACE	DURATION		EXPLANATION
30x30 yds (age appropriate)	TOTAL		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
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			PROGRESSION
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			
			Rotate so everyone has a chance to be a defender

