

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

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

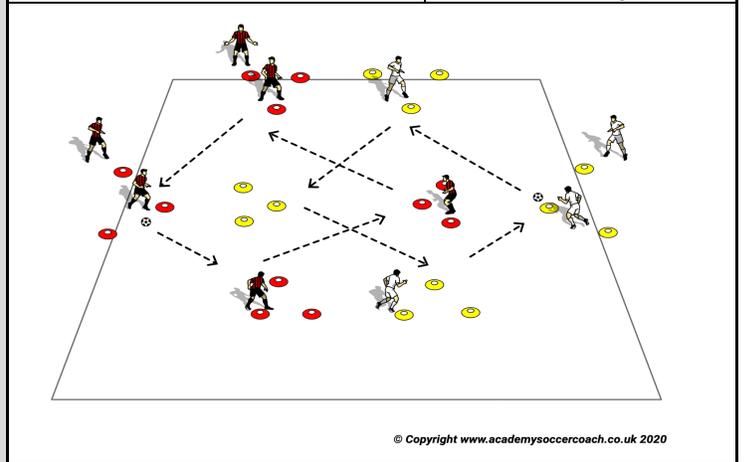
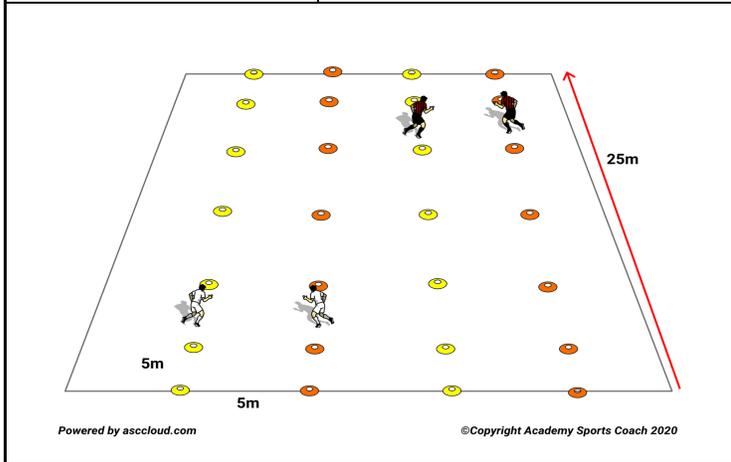
**IC3 - INTELLIGENCE, COMPETENCE, COURAGE, CHARACTER**

		
EQUIPMENT	EMPHASIS/THEME	
Cones, balls, bibs, mini-goals	Linear movement with ball - carrying/shooting	
TEAM	DATE	SESSION TIME
U9-U13	Week of Oct 26 2020 - S1	
TOTAL SPACE	LOAD	SESSION DURATION
1/4 field	Med	75:00

TIME	DESCRIPTION
	Warm-up/activation
	Eyes + Ideas, Figure It Out + Fake Them Out
	Double diamond passing - SD
	3v1 rondo diamond and triangles - SD
	8v5 - 3v1 positional play - SD
	4 goal shooting in frame (start with partner passing)
	9-Clap, Me/We/You
	Cooldown - Seal, sumo squat, thread/needle, fragon, pigeon

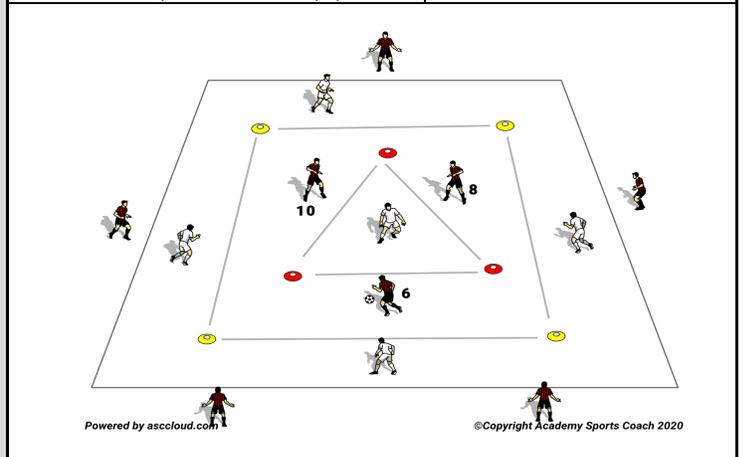
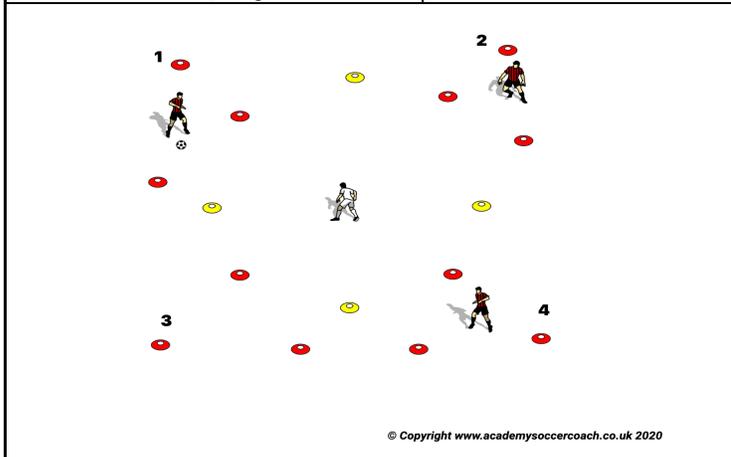
ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
FIFA-11 warm-up - SD	Wall drill Seated arm swings A-walk A-skip CP: dorsiflex ankle, shin perpendicular, stand tall CMJ training
	Carrying the ball - 25m Integrate arm movements Use different foot surfaces Feints on cones

ACTIVITY 2		Double diamond passing - SD	
SPACE	DURATION	EXPLANATION	
2x 20x20 yds	TOTAL	10:00	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
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		<b>Players form into two diamond shapes which overlap - passing around the diamond</b> <b>Players check away and back to their corner to avoid close contact (SD)</b> <b>If 2 players at same corner, must alternate checking in/out</b>	
PROGRESSION			
		If 2 players at same corner, must alternate checking in/out	



ACTIVITY 3		3v1 rondo diamond and triangles - SD
SPACE	DURATION	EXPLANATION
10x10 yds (age-appropriate)	TOTAL	3v1 rondo - only one player may be in a triangle at a time  Can either do timed-base rotations or have central player go to empty triangle on transition with player who lost ball going to middle
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Encourage looping runs out/into triangles Open body positions, anticipate movement of the ball		
PROGRESSION		
If game is too easy/hard, adjust spacing of diamond/triangles		Limit touch count

ACTIVITY 4		8v5 - 3v1 positional play - SD
SPACE	DURATION	EXPLANATION
	TOTAL	Players as shown below Assign points for passes in/out, across grid, through central players as shown below
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Both teams - play the way you face, open body positions, keep the ball moving, avoid pressure, feint Red central players - try to combine thru middle Red outside - be available, look for switches White - in possession try to draw and switch White - out of possession take away options		
PROGRESSION		
		Limit touch count



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ACTIVITY 5	4 goal shooting in frame	
SPACE	DURATION	EXPLANATION
	TOTAL 20 mins	<b>Start with partner passing before goals</b> Small groups of players (2-3) are to each goal - players take turns striking the ball from steadily increasing distances - coaches monitor technique, help players make corrections Develop both laces and flighted techniques
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
Look at position of plant foot relative to ball - ask players to take a longer last stride to the ball to increase hip flexor tension - communicate using an external focus - with laces, encourage locking of ankles, avoid scooping the ball, relative straight approach - when flighting ask for angled approach		
PROGRESSION		
Add targets in goals (bibs tied to net)		

ACTIVITY 6	DURATION	EXPLANATION
SPACE	TOTAL	
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
PROGRESSION		

