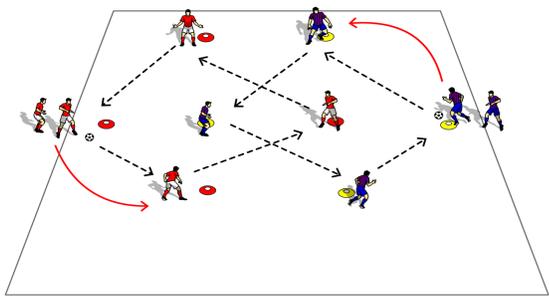


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

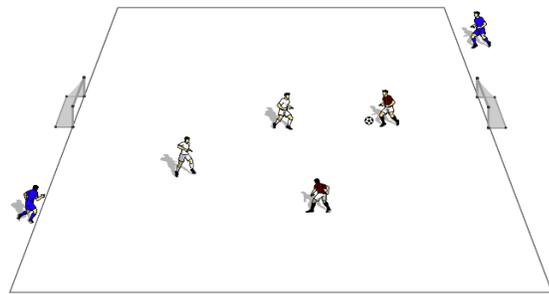
TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
	Double diamond passing
	1v1+2 corner goals
	2v2+2 switch teams on goal, diagonal ends
	5v5 2 halves 6 cone goals

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		2v2+2 switch teams on goal, diagonal ends
SPACE	DURATION	EXPLANATION
15x15 yds (age appropriate)	TOTAL	15:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Teams play 2v2 with 2 neutral players positioned diagonally on the end lines - when a goal is scored, the defending team switches with the neutrals and the scoring team switches directions
Attackers - look to use the neutral players to create combinations with the 3rd player who should be making angled supporting runs Defenders - avoid chasing passes at the neutrals, stay with central players to avoid give+go		
		PROGRESSION
		Limit interior touch count Limit neutrals to 1-2 touch

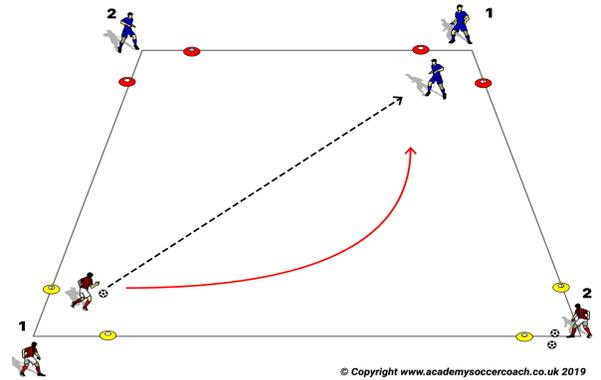


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MANAGE THE BALL
Keep it simple Play what you see Receive with intent
Pass with purpose Keep and move the ball Advance the ball

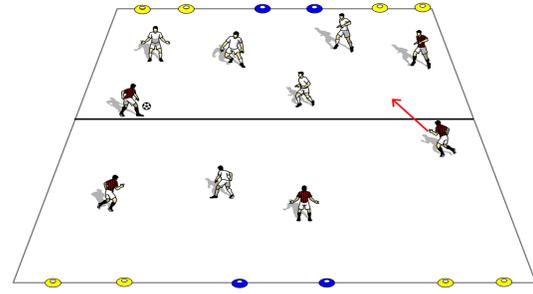
	EMPHASIS/THEME	
	Manage oneself - eyes + ideas, figure it out + fake them out, do it + did it work	
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Feb 10 2020	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		1v1+2 corner goals
SPACE	DURATION	EXPLANATION
15 yds	TOTAL	15:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		1v1 with 2 neutral players Group 1 goes 1v1, then rotates with group 2
1v1+2 - attacking player should look to use corner neutrals for wall passes and to maintain possession		
		PROGRESSION
		Progress to 2v2 - both blue players vs both red players Require 2 touches



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ACTIVITY 4		5v5 2 halves 6 cone goals
SPACE	DURATION	EXPLANATION
40x40 yds (age appropriate)	TOTAL	15:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		Field is divided into 2 halves with 6 cone goals (3 on each end) - team scores when they dribble thru a cone goal (2 pts center, 1 pt wide) - teams must have min of 2 players in defensive zone at all times
Perceive/conceive - look for best scoring option - if no option is on, look to switch thru players in defensive zone - going forward, look to join attack from "weak" side (away from ball) - try to draw players then quickly change point of attack to score		
		PROGRESSION
		Limit touch count Limit number of passes across halfline



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