
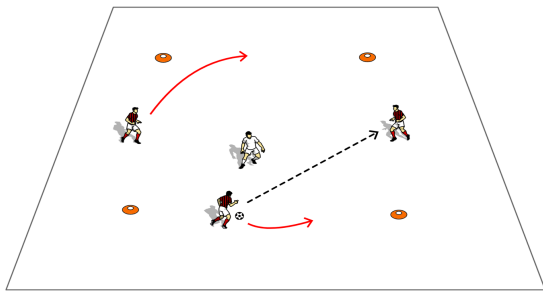


MANAGE ONESELF		MANAGE SPACE	
Perceive and conceive Decide and deceive Execute and assess		Create and close space Organize defense on offense Pressure quickly on transition	Attack 1, 2, 3 Defend 1, 2, 3
TIME	DESCRIPTION		
0:00-0:15	Individual touch warmup, dribbling, juggling, agility, include 1-touch		
0:15-0:25	3v1 rondos		
0:25-0:40	1v1 start on end line		
0:40-0:55	3v3 with depth		
0:55-1:10	6v6 3 channels		
1:10-1:25	7v0/9v0 - add defenders - shadow play		
1:25-1:30	Team building, cool down		

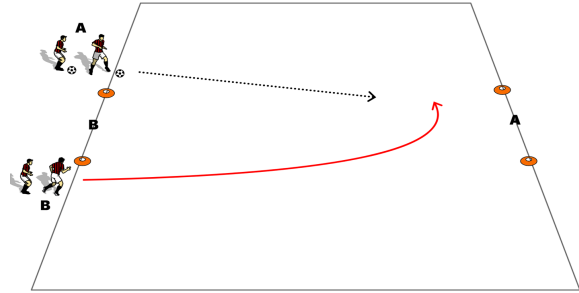
MANAGE THE BALL		
Keep it simple Play what you see Receive with intent	Pass with purpose Keep and move the ball Advance the ball	
	EMPHASIS/THEME	
	Perceive and conceive, execute and assess, keep and move the ball	
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Oct 21 - 1	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 1		3v1 rondo	
SPACE	DURATION		EXPLANATION
8x8 yds (age appropriate)	TOTAL	15m	3 players on outside of grid, 1 defender in middle - outside players are taking positions along the grid to receive the ball defender attempts to close off and win ball Require 2-touch for younger ages 10 passes = 1 pt
	SETS/REPS	3	
	WORK		
	REST		
COACHING POINTS			
Movements off the ball should allow receiver to be open to the field and easily make next pass - passer should target "back foot" to allow receiver to swing the ball - look for verbal and non-verbal cues - try to use feints to imbalance/freeze defender - passers are anticipating ball mvmnts to create angles			
PROGRESSION			
Allow 1-touch for older groups			

ACTIVITY 2		1v1 start on end line	
SPACE	DURATION		EXPLANATION
10x10 yds	TOTAL	15m	Rondos of various shapes
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Look to position when receiving to beat the interior defender(s) line Understand whether we have a long or short side of the grid to work with Perceive the environment when off the ball in order to decide when in possession			
PROGRESSION			
Rotate player groups through shapes			

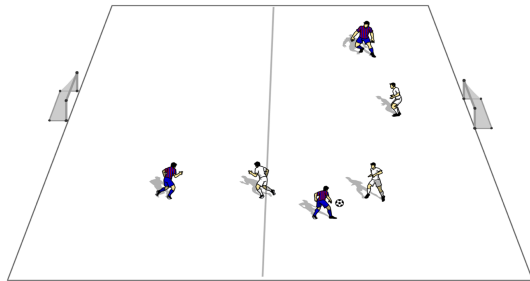


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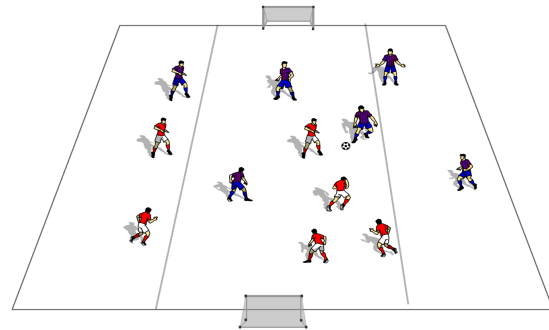
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ACTIVITY 3		3v3 with depth	
SPACE	DURATION		EXPLANATION
20x20 yds (per age group)	TOTAL	13 min	3v3 to mini-goals with center line Goals are only allowed if at least 1 player is behind the center line
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Under pressure in the attacking half the deep player should be an option thru movement The deep player can make a run forward but one of the other players must rotate back			
PROGRESSION			
Limit number of touches Require all players to touch the ball			



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ACTIVITY 4		6v6 3 channels	
SPACE	DURATION		EXPLANATION
60x50 yds	TOTAL	15m	Teams play 6v6 to mini goals Field is marked with 3 channels When a team gains possession, the ball must travel through all 3 channels before a goal can be scored
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Look for quick combos to change POA, open gaps Use back support for simpler opportunities to move the ball around - show patience in penetrating			
PROGRESSION			
Touch count limits			



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