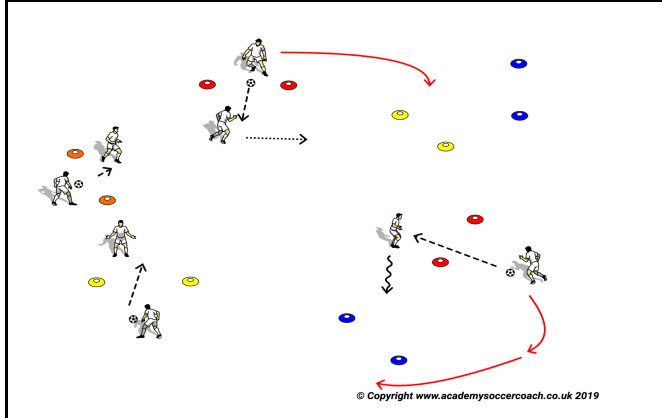


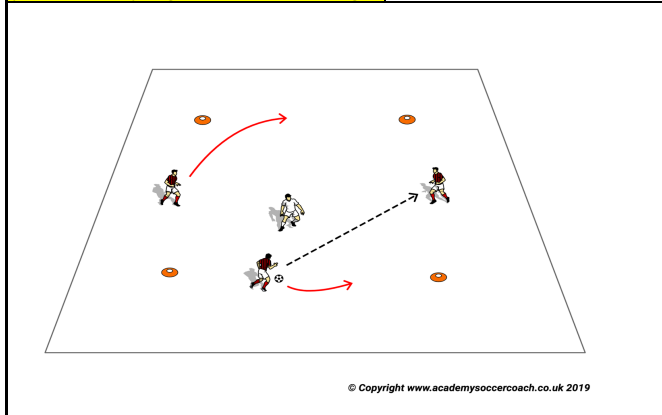
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition Attack 1, 2, 3 Defend 1, 2, 3

TIME	DESCRIPTION
0:00-0:15	Individual touch warmup, dribbling, juggling, agility
0:15-0:25	7 gates - pairs, then advance to 1v1
0:25-0:40	Triangle FYP with wall pass
0:40-0:55	3v1 rondo
0:55-1:10	2v2 flying changes
1:10-1:30	3v3 tournament

ACTIVITY 1		7 gates	
SPACE	DURATION	EXPLANATION	
15 yds	TOTAL	10 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
When working in pairs (2v0), look for passer to make to next cone in "follow through" of pass		In second iteration, make this a 1v1 game, ball switches possession when player dribbles thru a gate - keep score	
When working 1v1, attacker try to select an open feint defender in order to create space - assess reaction of defender to determine whether to continue or make a new choice		PROGRESSION	
		Make the 2v0 a timed game	



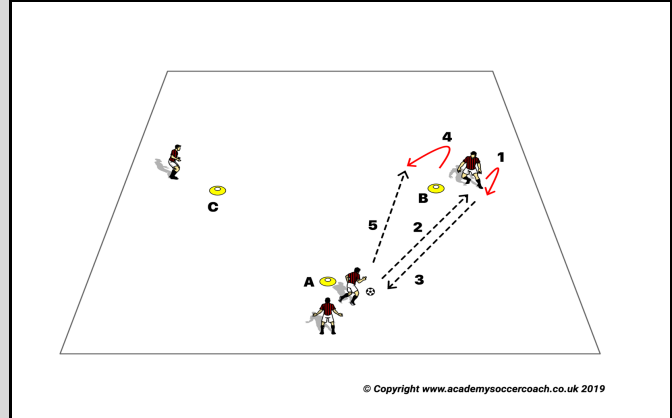
ACTIVITY 3		3v1/4v1 rondos	
SPACE	DURATION	EXPLANATION	
10x10 yds	TOTAL	15 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Movements off the ball should allow receiver to be open to the field and easily make next pass - passer should target "back foot" to allow receiver to swing the ball - look for verbal and non-verbal cues - try to use feints to imbalance/freeze defender - passers are anticipating ball mvmts to create angles		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	
		PROGRESSION	
		Allow 1-touch for older groups	



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		
Decide/deceive, execute/assess, attack and defend 1/2/3, pass with purpose		
TEAM	DATE	SESSION TIME
7v7/9v9	Week of Sep 30 - 2	
TOTAL SPACE	LOAD	SESSION DURATION
		90 mins

ACTIVITY 2		Triangle FYP with wall pass	
SPACE	DURATION	EXPLANATION	
15 yds	TOTAL	15 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Receiver should check shoulder on back pedal, then accelerate forward to receive next pass - ball should be received on foot away from cone/defender - 1st touch should prepare for return 2nd touch		Passer should time and pace the pass to arrive at the time that the receiver has checked in	
		PROGRESSION	



ACTIVITY 4		2v2 flying changes - cone goals	
SPACE	DURATION	EXPLANATION	
15-20 yds	TOTAL	10 min	
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
1st defender must get attacker's head down on the ball by closing space - when ball is passed former 1st defender must quickly drop in to cover goal and new 1st defender		2v2 with 2 goals, flying changes	
		1st pass is diagonal, then players engage	
		1st defender must move quickly forward to press closing distance incrementally "5-2-1"	
		2nd defender looks to cover and protect goal, on pass, 1st/2nd defender switch roles	
		PROGRESSION	
		Limit attacker touch count	

