
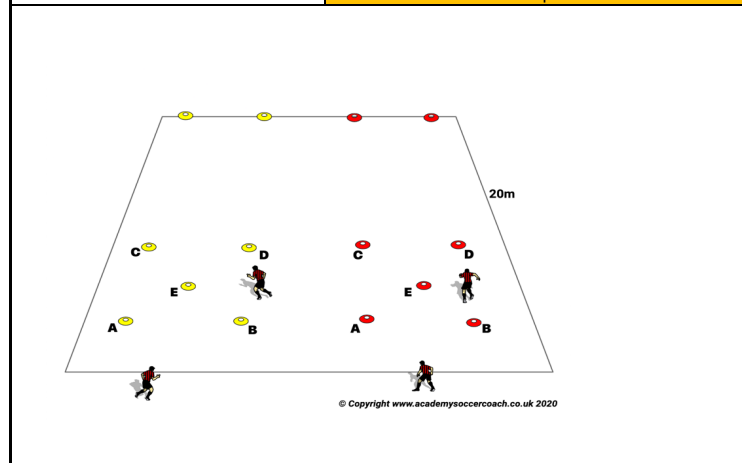


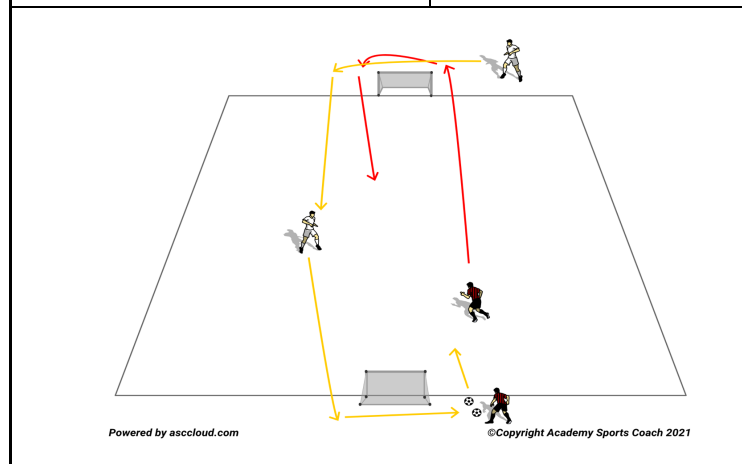
MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Attack 1, 2, 3 Defend 1, 2, 3 Pressure quickly on transition

IC3 - INTELLIGENCE, COMPETENCE, COURAGE, CHARACTER		
	EQUIPMENT	EMPHASIS/THEME
	Balls, cones, bibs	
TEAM	DATE	SESSION TIME
JV	Mar 29 2021	4p
TOTAL SPACE	LOAD	SESSION DURATION
1/2 field	Lo	90:00

ACTIVITY 1	Warm-up/activation
PHYSICAL ACTIVATION	FUNCTIONAL/SPORTS SKILLS
Box-5 Jog, hips in/out, high knees, butt kickers, hamstring scoop, Frankenstein, 2x front plank 1-leg, 2x lateral plank, 4x glute-bridge, jog w/arm circles, jog w/arm swings, high skips	Seated arm swings A-walk, A-skip Ankle dribbles Review CMJ
	10x 5 push-ups, 10 sit-ups, 15 air squats RST 12x15m 0:30r Partner small-space 2-touch



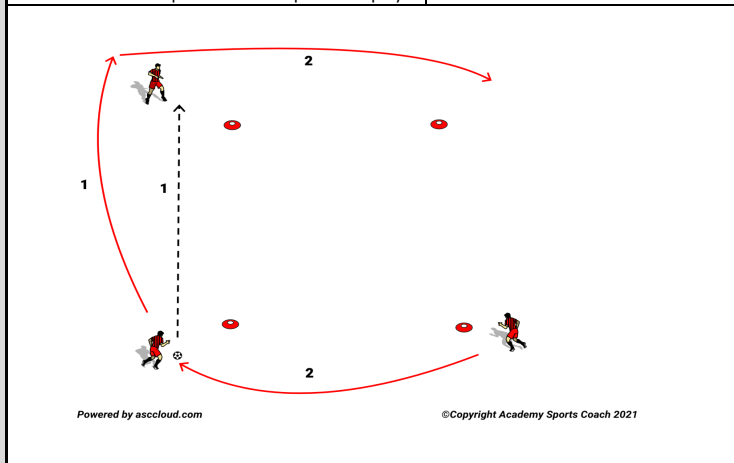
ACTIVITY 3		1v1 circle and go	
SPACE	DURATION		EXPLANATION
	TOTAL		Players start on opposite sides of grid - ball supply at one end, on signal both players circle opposite goal, player opposite ball supply picks up a ball and enters grid
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			
Defender - attempt to close space quickly			
Attacker - look for early shot, if not attempt one feint to beat defender			
PROGRESSION			



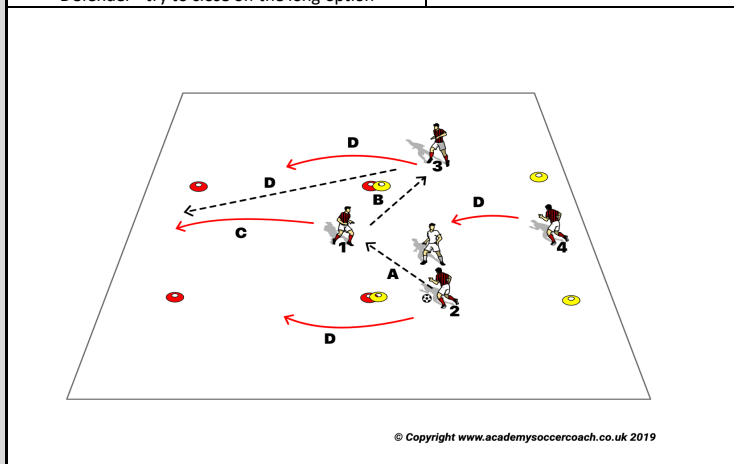
MANAGE THE BALL	
Keep it simple	Pass with purpose
Play what you see	Keep and move the ball
Receive with intent	Advance the ball

TIME	DESCRIPTION
	Warm-up/activation
	RST 12x15m 0:30r
	3 player box, overlap right and left
	1v1 circle and go
	Grid to grid 4v1
	2v2+2 switch teams on goal, diagonal ends
	8v8 line game with GKs
	Dragon, lizard, butterfly, pigeon

ACTIVITY 2		3 player box, overlap right and left	
SPACE	DURATION		EXPLANATION
	TOTAL		Players organized as shown below - as ball is passed (#1), passing player must make overlap (#1/#2) receiver has support on left while 3rd man makes run (#2) to take space on teammate's right
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Runs should be angled (as shown) so that player arrives with open body position - balls played should be to "rear" foot to allow receiver to switch ball
Provide relationship to rondos and positional play			
			PROGRESSION



ACTIVITY 4		Grid to grid 4v1	
SPACE	DURATION		EXPLANATION
10x10x2 yds	TOTAL	15:00	Players are 4v1 with 2 adjacent grids - the player in the central position (1) dictates the movement of the group by checking back to the "rear" grid, other players move in response
	SETS/REPS		
	WORK		
	REST		
COACHING POINTS			Rear player - anticipate option as ball moves thru teammates, quickly backpedal and show for the ball Teammates - make sure that ball to central player is in response to movement and not just to a space Defender - try to close off the long option
PROGRESSION			

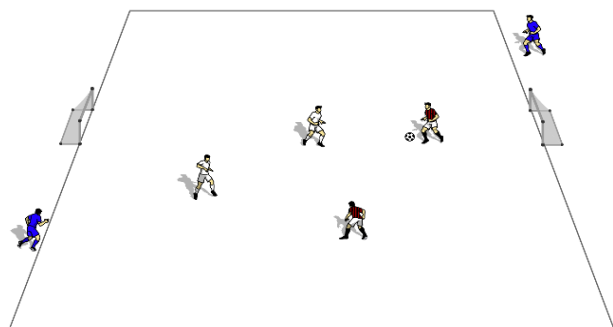


MANAGE ONESELF	MANAGE SPACE
Perceive and conceive Decide and deceive Execute and assess	Create and close space Organize defense on offense Pressure quickly on transition
	Attack 1, 2, 3 Defend 1, 2, 3

IC3 - INTELLIGENCE, COMPETENCE, COURAGE, CHARACTER

SPORTS 205	EQUIPMENT	EMPHASIS/THEME
	Balls, cones, bibs	
TEAM	DATE	SESSION TIME
JV	Mar 29 2021	4p
TOTAL SPACE	LOAD	SESSION DURATION
1/2 field	Lo	90:00

ACTIVITY 5	2v2+2 switch teams on goal, diagonal ends	
SPACE	DURATION	
15x15 yds (age appropriate)	TOTAL	15:00
	SETS/REPS	
	WORK	
	REST	
COACHING POINTS		
<p>Attackers - look to use the neutral players to create combinations with the 3rd player who should be making angled supporting runs</p> <p>Defenders - avoid chasing passes at the neutrals, stay with central players to avoid give+go</p>		
EXPLANATION		
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		
PROGRESSION		
Limit interior touch count Limit neutrals to 1-2 touch		

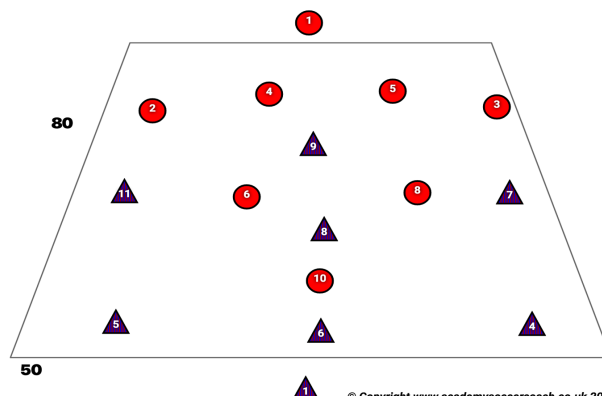


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MANAGE THE BALL
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Pass with purpose Keep and move the ball Advance the ball

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	RST 12x15m 0:30r
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	Dragon, lizard, butterfly, pigeon

ACTIVITY 6	8v8 line game with GKs	
SPACE	DURATION	
60x50 yds	TOTAL	15 mins
	SETS/REPS	2
	WORK	4 mins
	REST	4 mins
COACHING POINTS		
<p>Look for quick combos to change POA, open gaps</p> <p>Use GK as part of build-up to switch</p> <p>Possession w/purpose - avoid cheap turnovers</p> <p>On loss of possession, immediately step and control</p> <p>Look for overloads to beat defenders</p>		
EXPLANATION		
2 teams with GKs play 8v8 1pt for stopping the ball on the line GKs are in neutral zone behind line		
PROGRESSION		
Touch count limits		



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