



WCC - Example Session Plan - 2026

Category: Tactical: Offensive (Even Numbers)

Difficulty: Senior

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Description

8:30 AM - WUP

8:45 AM - 3v3 Recycling & Big Space Recycling (1)

- Group A - 3v3 Recycling
- Group B - Big Space Recycling Attack
- Group C - Big Space Recycling Defense

9:05 AM - 3v3 Recycling & Big Space Recycling (2)

- Group A - Big Space Recycling Defense
- Group B - 3v3 Recycling
- Group C - Big Space Recycling Attack

9:25 AM - 3v3 Recycling & Big Space Recycling (3)

- Group A - Big Space Recycling Attack
- Group B - Big Space Recycling Defense
- Group C - 3v3 Recycling

9:45 AM - Reactions; Numbers to Goal

- Group A - Reactions
- Group B - Numbers to Goal

10 AM - Reactions; Numbers to Goal

- Group A - Numbers to Goal
- Group B - Reactions

10:15 AM - Penalty Corner Work

10:30 AM - Wrap!

3v3 Recycling

3v3 Recycling:

1white carries toward the circle, 1blue has just been beaten 1v1 and has to drop in.

2blue has to step to 1white, while 2white and 3white drop in.

3 backs must organize.

Progression: add free player; when and where to step, when to double.

Progression: add more midis on both teams



Big Space Recycling

Big Space Recycling:

Blue was just on attack. They have lost possession and are in transition to defense. The ball initially starts with white #1, but can progress to anywhere on the pitch. Blue #8 has to start at the cone line, run to the 50, and then drop in to help their teammates.

Because Blue was just attacking, they are stretched and not aware of their marks. They must quickly organize and communicate who is pressuring, who is delaying, and who is dropping into our shape/marks below the 25.

White is transitioning to attack, so they are crunched and expanding while they look to quickly attack Ball Start 4.

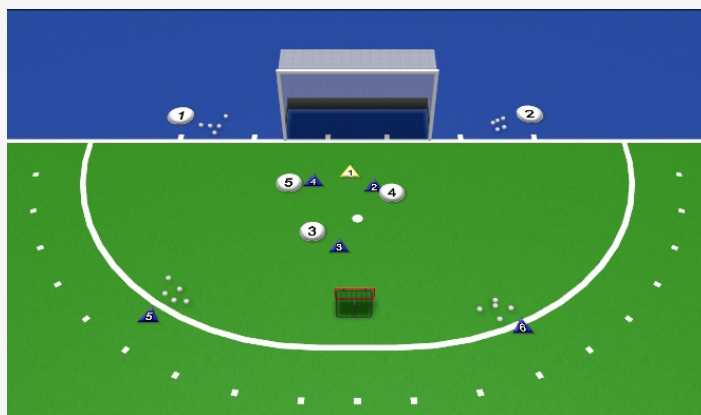
Teams can switch roles back and forth after 6 balls per team.



Reactions

Exactly what it looks like. Ball comes from one of four piles, into crazy catch, players need to be positioned to get a touch on the ball on cage.

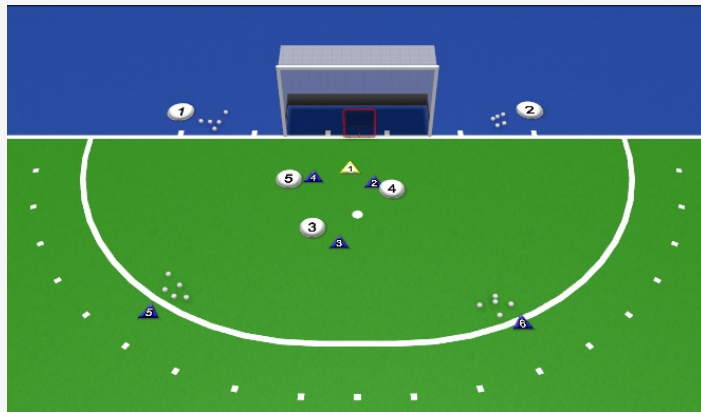
Guts to goal, toes to target, on the move, quick reactions, deflection, tip, frame the cage.



Rebounds

Now ball in to crazy catch; emphasis on rebound and either shoot or slip to teammate to score. If someone else has a better angle or chance, slip it to them. Build to removing CC and adding GK.

Once GK is in, give them time to clear the ball before the next ball plays so they do not develop bad habits of not completing the play in front of them.



Numbers to Goal

Playing with numbers and awareness. If win the 2v1 in the lateral rectangle, defender adds to go 2v2. In circle can add one more for each team. Quick reactions, explosive movement, draw and dish.



Coaching Practice Review and Reflection

Reflect Upon:

- How was our recovery/recycling defense? Where did we struggle? How did we make communication adjustments?
- How did communication and organization change when we moved to the larger space with more people? How did we help them?
- How did we do with reactions and rebounds, and helping them see the adjustments needed for more success?
- Where were we able to take a 2v2 and turn it into a 2v1 by eliminating one of the players defensively? How did that player recover/recycle in?