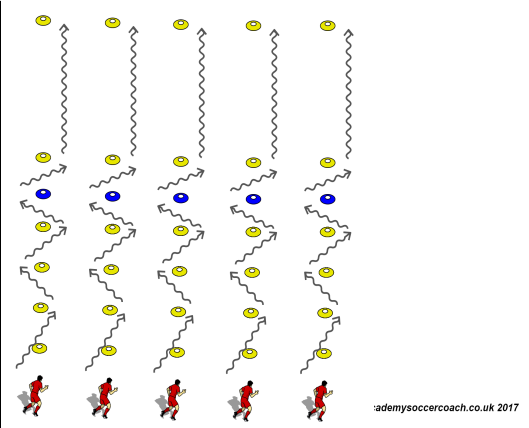




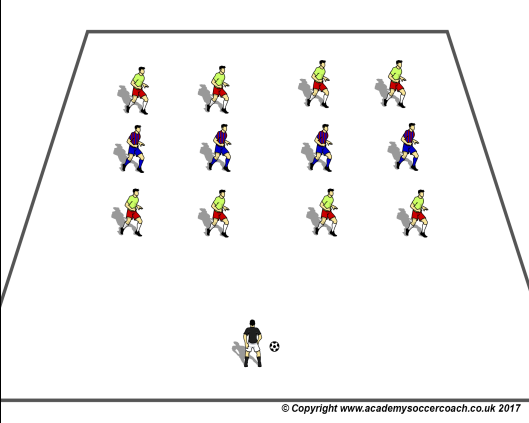
GLEN-ED SOCCER - TRAINING PLAN



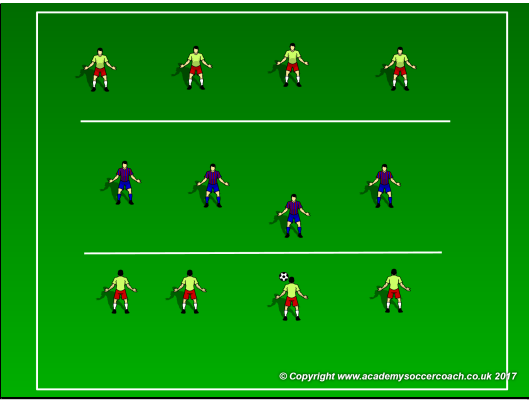
TRAINING OBJECTIVES- Zonal Defending
 Designed to keep lines spatially organized and not allow the ball to penetrate thru them.



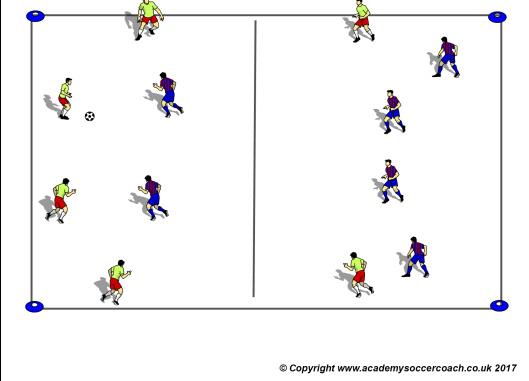
I. WARM-UP Duration 15 mins
ORGANIZATION French Dribbling
 Groups of 3-5 players max in each line, cones 1 yd apart
 Player A dribbles thru cones using different parts of feet.
 When Player A gets to blue cone Player B can proceed
 Once past the last cones he should speed dribble and perform a turn and return to the end of the line.
 Progression: After turn he can pass to the player at the back of the line
COACHING POINTS / KEY CONCEPTS
 Heads up while dribbling. Go slow and perform the moves correctly. Lots of small touches.



II. Group Activity Duration 20 mins
ORGANIZATION Group/Line Defending warm-up
 Put players in groups of 4 about 10-12 yards apart and 2nd and 3rd rows just behind. Coach points in direction and players should move in group: side to side, forwards and backwards and diagonal. ADD attacking players who pass ball and defenders can follow the path of the ball.
COACHING POINTS / KEY CONCEPTS
 How can we maintain the appropriate distance between defending teammates. Key words- "slide", "step", "drop", etc.



III. EXPANDED ACTIVITY Duration 20 mins
ORGANIZATION Line Defending
 4 v 4 v 4
 45x30 yard field, Zones are 15Lx30W
 X's and O's must pass ball thru middle zone. D's must try and keep ball from penetrating their line.
COACHING POINTS / KEY CONCEPTS
 Communication between defenders is key.
 Key terms: pressure-cover-balance, Step, Slide, Tuck in, force right and force left, etc.



IV. GAME Duration 20 mins
ORGANIZATION
 4v2 + 4v2 to endlines
Must complete specified number of passes and then play ball forward to teammate. Defending team of 4 must stay goal side of 2 forwards until ball is won. Then they can complete specific number of passes then play to teammates.
COACHING POINTS / KEY CONCEPTS
 Communication between defenders is key.
 Terms: Step, Slide, Tuck in, force right and force left.