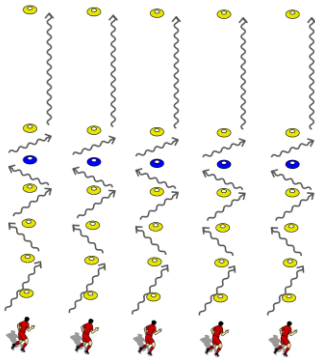




GLEN-ED SOCCER - TRAINING PLAN

OBJECTIVES- Ball Mastery
Designed to enhance technical skill development



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TECHNICAL WARM-UP **Grid Size:** 20x30 **Duration:** 15 Mins

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.



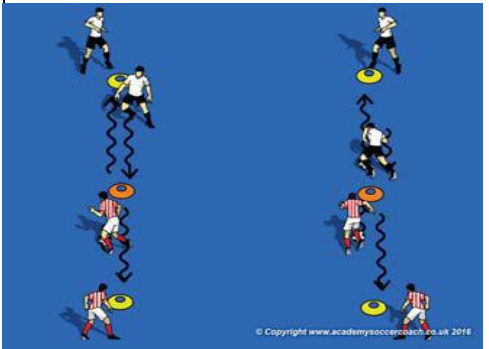
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ACTIVITY 1 **Grid Size:** 20x30 **Duration:** 15 Mins

Pattern Dribble (10 Touches:) Each player with a soccer ball. 1. Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) 2. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) Repeat starting with inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.)

COACHING POINTS / KEY CONCEPTS

Technique of Dribbling: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace)



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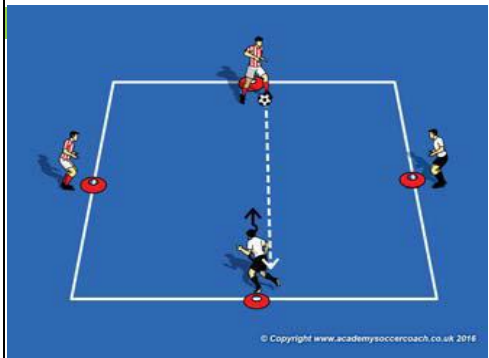
ACTIVITY 2 **Grid Size:** 20x30 **Duration:** 15 Mins

Ball Mastery: 10 yards from outside to central cone and back

1. Inside-Outside (same foot) 2. Inside-Outside-Inside-Outside (pattern 1 from above) 3. Inside-Inside-Roll (pattern 2 from above)
4. Laces-Laces-Circle (pattern 3 from above)

COACHING POINTS / KEY CONCEPTS

Technique of Dribbling: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace)



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ACTIVITY 3 **Grid Size:** 20x30 **Duration:** 15 Mins

1v1 Grid: 15 yard box Player A starts with a pass to player B Player with the ball will take on the passer and go beyond the cone for a point. Service alternates each round (Green serves White then White serves Green) First player to 3 wins. Switch players so everyone plays everyone

COACHING POINTS / KEY CONCEPTS

Technique of Dribbling Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure.