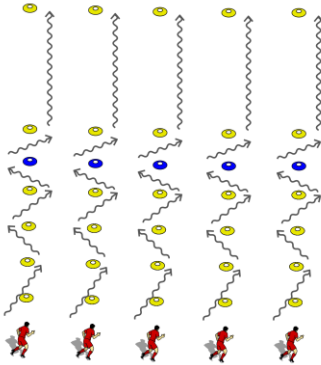
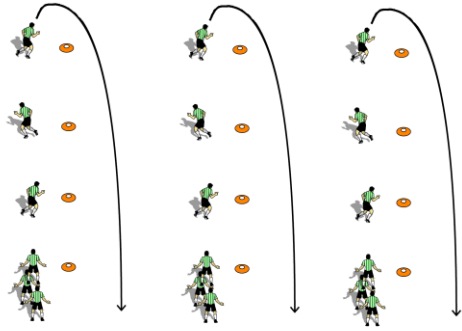


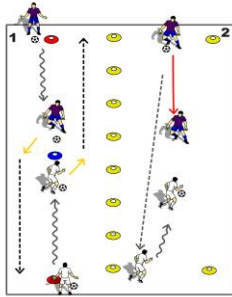


**OBJECTIVES-** Dribbling Penetration  
-Dribbling to penetrate. Receiving to go forward.

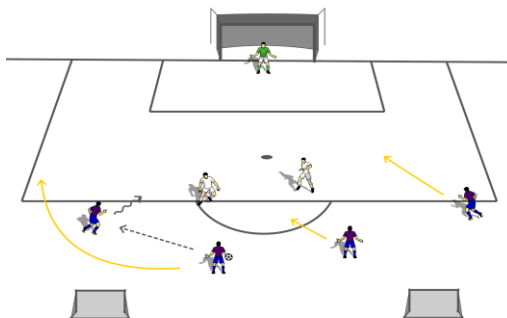
GLEN-ED PRE-TRAINING WARM-UP



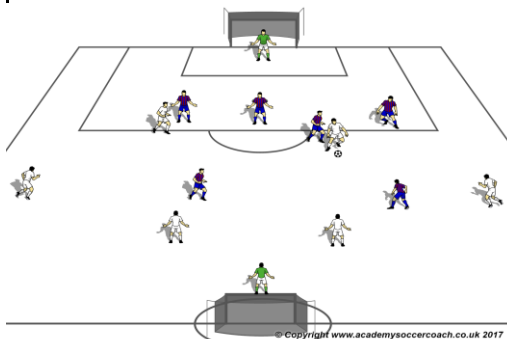
academysoccercoach.co.uk 2017



© Copyright www.academysoccercoach.co.uk 2017



© Copyright www.academysoccercoach.co.uk 2017



© Copyright www.academysoccercoach.co.uk 2017

**GLEN-ED WARM-UP**      **Grid Size:** 30 Yrds      **Duration:** 7-8 Mins

All exercises performed twice

- 1 Simple Jog
- 2 Knees up-Heels up switching every 10 yds
- 3 Karaoke switching every 10 yds
- 4 Zig-Zag Side to Side switching every 10 yds backwards
- 5 Skip Jumps arms going forward and then backwards every 10 yds
- 6 Forward backwards runs turning every 10 yds
- 7 3 Increasing Sprints at each cone  
30% 50% 70%  
50% 70% 90%  
70% 100% 100%

**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.

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

Part 1. A player from each endline dribbles toward each other in the channel, performs a move to right side, accelerates past and dribbles to end of line (repeat). Same as before now perform a move to left.  
Part 2. Play a 1v1 games in the channel to the end-lines.

**COACHING POINTS / KEY CONCEPTS**  
head up, accelerate into space behind defender, change of direction/pace, use of turns, moves, feints.

**ACTIVITY 2** 4v2 to Goal      **Grid Size:** 20x30      **Duration:** 15 Mins

The defender starts with a pass to the attackers who dribbles into the field, he has the option to pass to a teammate or run with the ball  
Look for the open man who should have space to run into and score.

If the defender wins the ball he can score in one of the two counter goals

**COACHING POINTS / KEY CONCEPTS**  
The head is up and eyes scan the field for open space or an open teammate  
Know when to pass and when to dribble, Move the ball quickly  
Attackers should try and use entire width

**ACTIVITY 3** 6v6/7v7 with GK's      **Grid Size:** Half Field      **Duration:** 15/25 Mins

7v7 game no restrictions.  
Progression: Limit the touches 3-4 touch.  
Dribbling to penetrate. Receiving to go forward.

**COACHING POINTS / KEY CONCEPTS**  
Finding open man, know when to dribble and when to pass  
Move the ball quickly