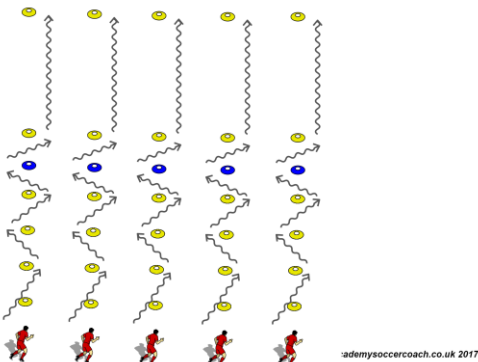
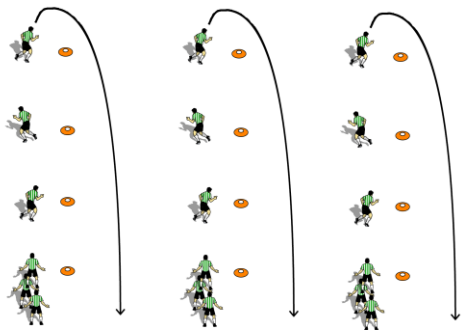




OBJECTIVES- Passing and Receiving

GLEN-ED PRE-TRAINING WARM-UP



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
- 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

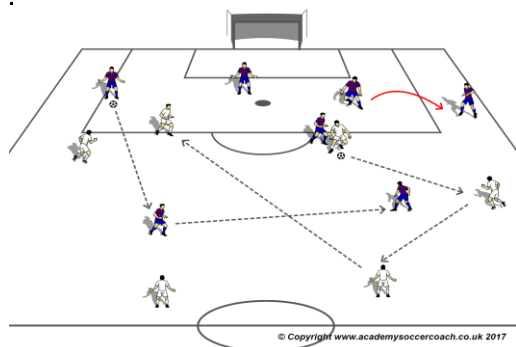
Grid Size: 20x30 Duration: 15 Mins

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.



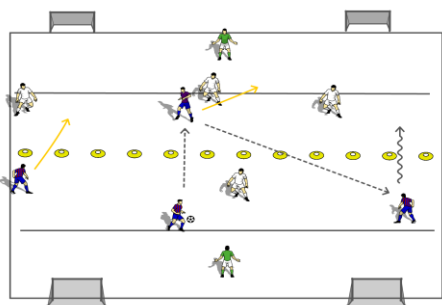
ACTIVITY 1 Passing between teams

Grid:20x30 Duration: 15 Mins

Teams move in designed area and pass between opponents
 Restrict touches (2-3 touches). Passes that split opponents count as a point. 1st team to 5 wins. Play multiple games.

COACHING POINTS / KEY CONCEPTS

Technique - Passing: Accuracy, Pace and Timing
 First touch, Preparation touch, Body shape
 Tactics - Support: Angles and Distance
 Create angles to receive the ball



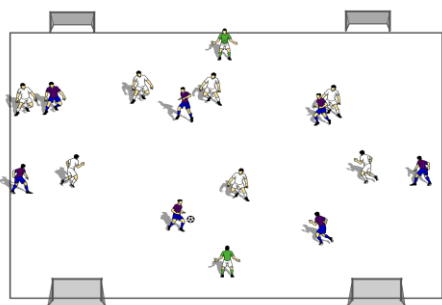
ACTIVITY 2 3v1 + 3v1

Grid Size: 30X40 Duration: 15 Mins

Defending team starts 3v1 must connect 4 passes before passing across to forward, defending players can then join attack and make it 4v3. Once team dribbles across line then they are allowed to score. Defending team cannot go back behind line.
 Each team defends and attacks two goals. The Goalkeeper covers both goals

COACHING POINTS / KEY CONCEPTS

Use width, wait for the right moment to pass forward then attack in numbers.



ACTIVITY 3 8v8/9v9 game

Grid Size: Half Field Duration: 15/25 Mins

4 Goal Game

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

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