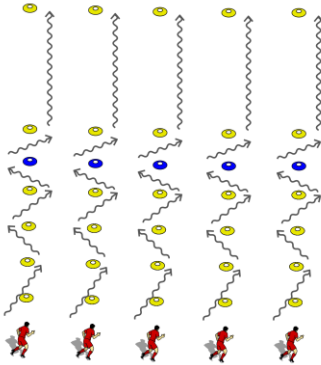
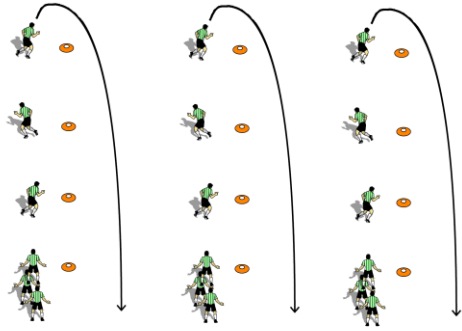


OBJECTIVES- Group Attacking

GLEN-ED PRE-TRAINING WARM-UP



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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

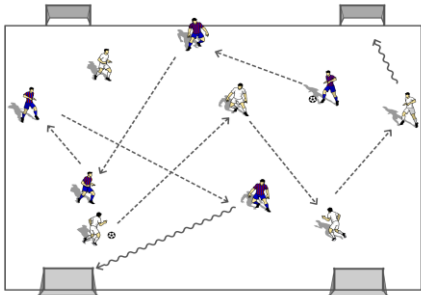
French Dribbling

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.



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ACTIVITY 1 group passing

Grid Size: 35X45 **Duration:** 15 Mins

Groups of 5-7 players passing amongst themselves.

Groups try to score as many goals as they can in either side after completing the following tasks 1: Score after completing 2 split passes

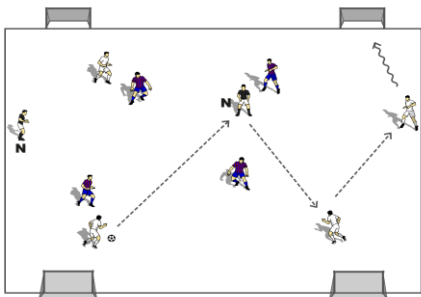
2: Score after completing one wall pass on the flanks

3: Score a goal after an overlapping run and a first time finish.

Limit touches to make players think quicker.

COACHING POINTS / KEY CONCEPTS

Movement off the ball, Body shape - hips open always facing inside the field. Ideas ahead of time. Good first touch that sets up the pass.



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ACTIVITY 2 4v4 + 2 neutrals

Grid Size: 35X45 **Duration:** 15 Mins

4v4 + 2 neutrals. Team in possession should find different ways to score in either goal. Neutrals not allowed to score.

Goals scored after an overlapping run/after a wall pass count double

COACHING POINTS / KEY CONCEPTS

Use the entire field when in possession. Move the ball quickly.
Play to the correct foot with the right pace of pass. Know when to dribble and when to pass.



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ACTIVITY 3 6v6/7v7 + neutrals

Grid Size: half field **Duration:** 15 Mins

Team in possession should try to find areas to attack in numbers.

Use entire width and target forward should stay high between the 2 center backs to stretch the field.

COACHING POINTS / KEY CONCEPTS

Use the entire field when in possession. Move the ball quickly.
Play to the correct foot with the right pace of pass. Know when to dribble and when to pass.