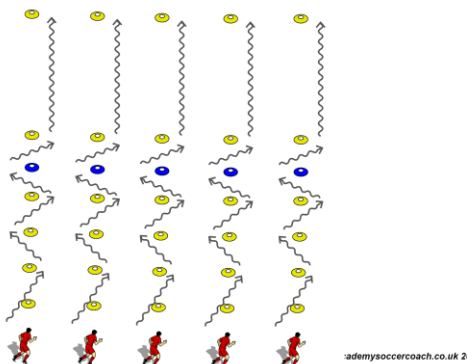
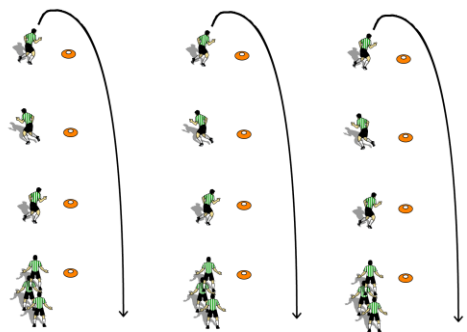




OBJECTIVES- Finishing - Crossing & Finishing

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 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

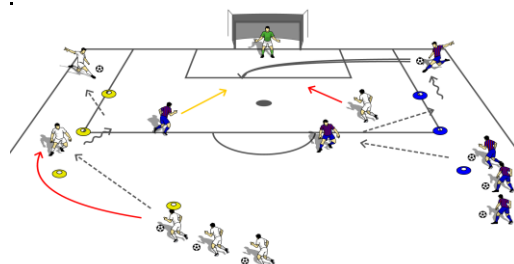
French Dribbling

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

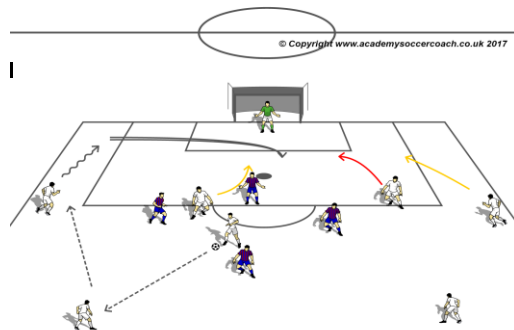
3v0 to Goal - The starting point at midfield, 3 players use different combinations in the flanks and playing the ball to the middle for a shot on goal. Patterns: 1- The Winger runs with the ball and crosses, 2- Wall pass and a cross, 3- Overlap and a cross

Rotate positions every time

Do each pattern for 3/4 minutes each and switch.

COACHING POINTS / KEY CONCEPTS

Good passes to correct foot, crosses should be in space along 6 yard box  
 Time runs so you are in the space at the correct time.



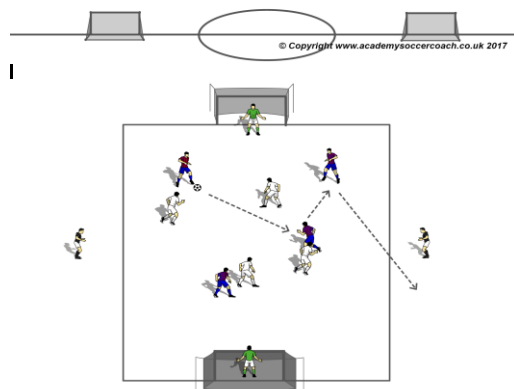
ACTIVITY 2 7v4 with counter goals

Duration: 15 Mins

Attckers should create different ways to get crosses from the flanks.  
 Goals from Wall passes and overlapping runs count double.  
 Team of 4 can score in counter goals.

COACHING POINTS / KEY CONCEPTS

Good passes to correct foot, crosses should be in space along 6 yard box  
 Time runs so you are in the space at the correct time.  
 Use entire width, swing ball quickly to wide players on opposite side.



ACTIVITY 3 6v6/7v7 + wide players

Duration: 15 Mins

Attacking with wide players.  
 6v6/7v7 + 2 wide neutrals. Team in possession should find different ways to score goals. 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.