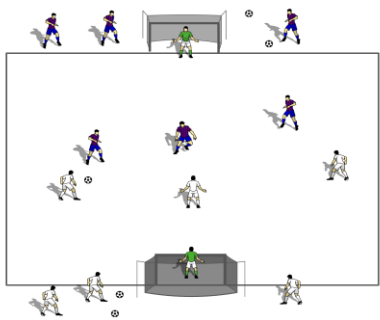
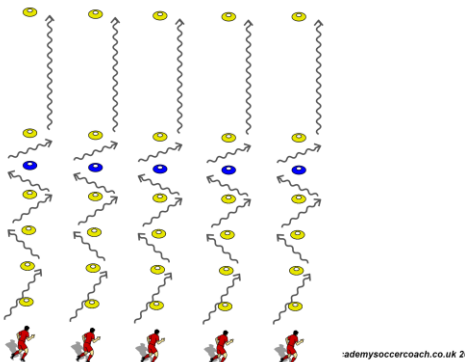
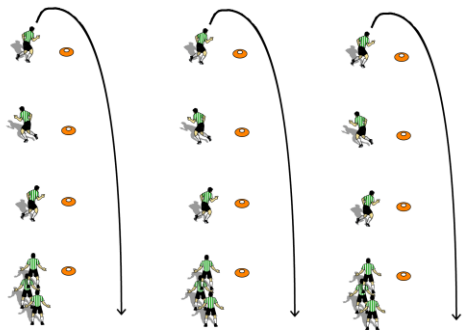




OBJECTIVES- Transition- From attack to Defense

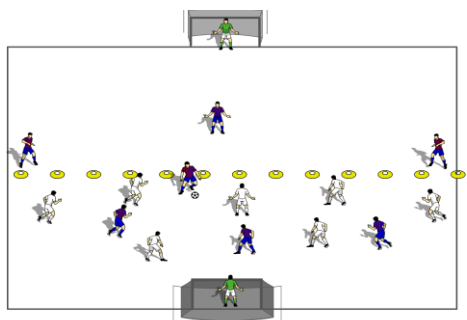
GLEN-ED PRE-TRAINING WARM-UP



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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.

ACTIVITY 1 3v3/4v4 transition **Grid Size:** 30x40 **Duration:** 15 Mins

3v3 transition game: The team that plays the ball across the end line (goal, corner or goal kick) now defends a new team coming on the field from that end line. Team must recognize where the attackers are coming from and slow progress.

COACHING POINTS / KEY CONCEPTS

Recognize moment of transition
 Get behind ball and wait for help.

ACTIVITY 2 4v4 with targets **Grid Size:** 20x30 **Duration:** 15 Mins

4 v 4 to 1 Goal with Counter Targets

Ball always starts at midfield with the attackers. Attackers try to score on big goal, when the defendres win the ball they try to play up to the targets at midfield, once the ball is cleared (anywhere) the 4 offensive guys now are the new defenders. They must organize themselves and try to slow the ball down before tring to win it

COACHING POINTS / KEY CONCEPTS

Recognition of transition, organize to defend
 Slow the ball down to stop penetration

ACTIVITY 3 7v7/8v8 **Grid Size:** 20x30 **Duration:** 15 Mins

7v7 game. The team defending must get all players behind the half line or the goal counts as 3.

COACHING POINTS / KEY CONCEPTS

get behind the ball quickly
 Slow ball down to allow more defenders to get back