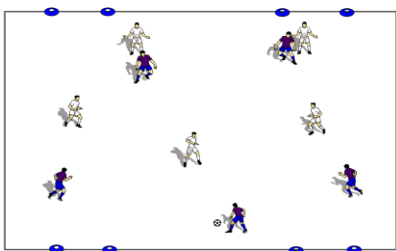
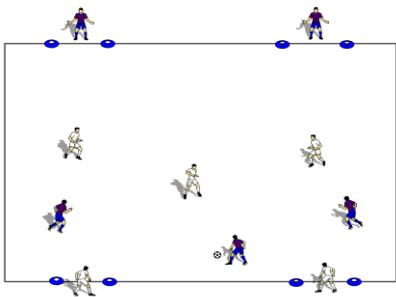
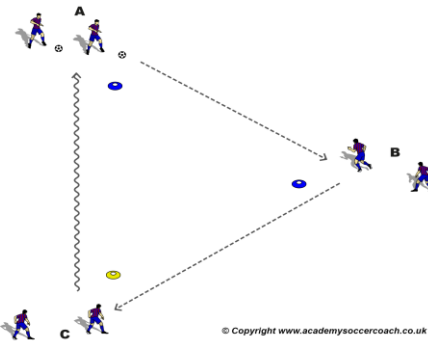
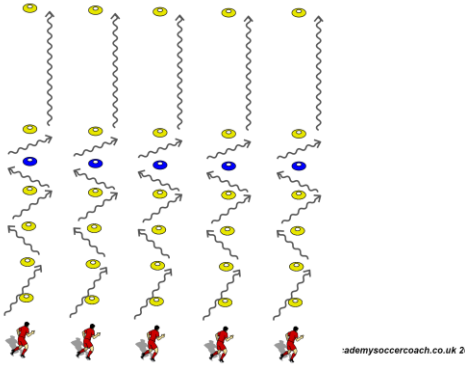
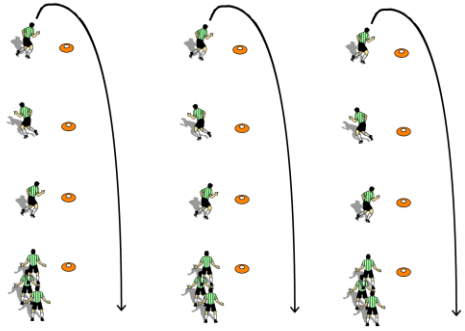




OBJECTIVES- Passing, Receiving and Dribbling

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 Passing Triangle

Grid Size: 20x30

Duration: 15 Mins

Player A plays with the left foot to player B who takes the ball with the inside of the left foot across the body and passes with the left foot to player C. Player C receives with inside of left foot and dribbles with speed to beginning.

- \*Switch directions - Only right foot
- \* Up-back-thru at yellow cone

COACHING POINTS / KEY CONCEPTS

Go away to create space, check shoulder  
 Good 1st touch to pass or dribble on the 2nd touch  
 Good pass- Toe up, Ankle locked

ACTIVITY 2 3v3 + 2

Grid Size: 20x30

Duration: 15 Mins

Teams play 3v3 and try to connect passes thru gates to targets.  
 If targets can play back to team they can keep the ball and try to score again.

- \* Play games to 3 goals or 5 minutes, then switch players
- \* Limit touches to make it more challenging, 2-3 touch
- \* Must connect 3 passes before playing to targets

COACHING POINTS / KEY CONCEPTS

Shape, Width and positioning of players  
 Movement of players

ACTIVITY 3 5v5 to 4 goals

Grid Size: 20x30

Duration: 15 Mins

Team plays 5v5 to 4 goals

- \* Play games to 3 goals or 5 minutes
- \* If team connects 7 passes that counts as 1 goal
- \* Limit touches to make it more challenging, 2-3 touch
- \* One time finishes count as 2 goals

COACHING POINTS / KEY CONCEPTS

Shape, Width and positioning of players  
 Movement of players