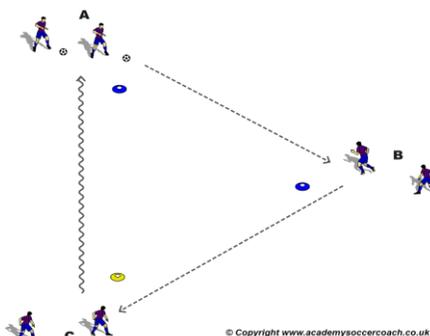
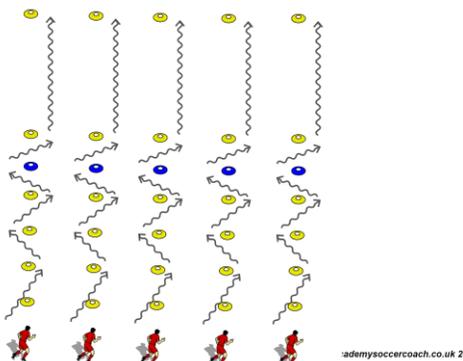
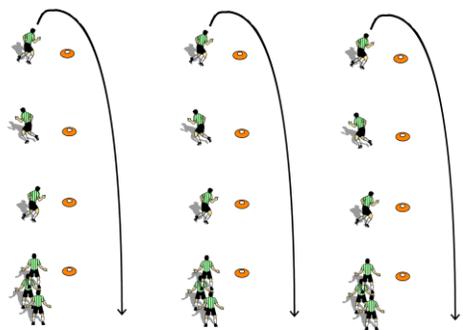




OBJECTIVES- Attacking out wide with crosses

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, * Diagonal pass

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 2v1 attacking wide

Grid Size: 20x30

Duration: 15 Mins

build 2 wide channels and a middle channel to attack in.
 2v1 in the wide channels and 3v1 down the middle. The wide channels try to get past the the defender and cross to one of the forwards in the box
 Players in the middle channel can shoot or try and dribble around the GK.

Limit touches to make it more difficult, 2-3 touch.

COACHING POINTS / KEY CONCEPTS

Pass to the correct foot
 Use the space, play quick
 Head up and pick out a forward to cross to

ACTIVITY 3 7v7 half field

Grid Size: 20x30

Duration: 15 Mins

Play 7v7 with the emphasis on attacking over the wings with crosses
 Goals from wing play count as 2, all other are 1.

Limit touches to make it more difficult, 2-3 touch.

COACHING POINTS / KEY CONCEPTS

Use the width, wide mids need to stay wide on attack.
 Get numbers in the box to score goals

