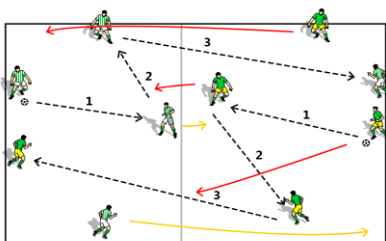
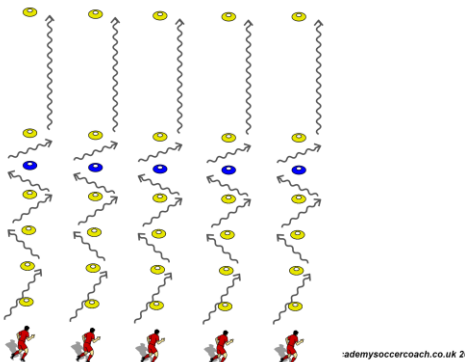
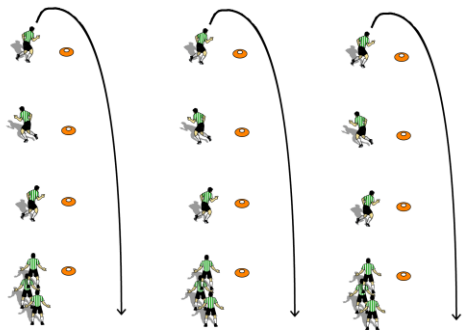


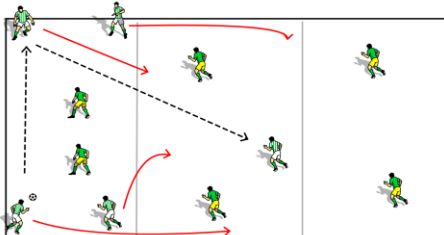


OBJECTIVES- Group Attacking

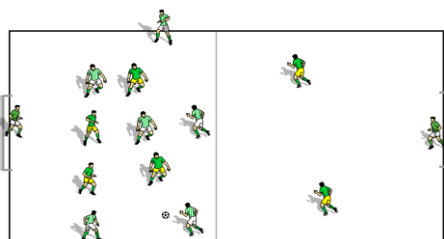
GLEN-ED PRE-TRAINING WARM-UP



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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.

ACTIVITY 1 Group Passing **Grid Size:** 20x30 **Duration:** 15 Mins

Groups of 5-6 players on a team passing in one half with a deep target player on the other half. Teams must connect 5-6 passes before playing forward to the targets. The teammates must quickly get into the offensive half to help keep possession of the ball.
Limit the players touches so the ball moves quickly.

COACHING POINTS / KEY CONCEPTS
Players must look for open space to get in to. Body Shape- hips open to the entire field for better vision. Have ideas before you get the ball.
Targets must stay deep.

ACTIVITY 2 Up the River **Grid Size:** 20x45 **Duration:** 15 Mins

Field is in 3 sections. Each section has same amount of players 2v2/3v3, the defending players must stay in in the designated zone. The offensive players are allowed to move freely within the entire field. The objective is to move the ball from one side of the grid to the other. If the offensive team loses the ball they must go into their designated zones.

Limit touches to keep the ball moving quickly

COACHING POINTS / KEY CONCEPTS
Body Shape- hips open to the entire field for better vision. Have ideas before you get the ball. Look for target players in other zones to play to and quickly move to support to keep possession.

ACTIVITY 3 7v7/8v8 game **Grid Size:** 40x50 **Duration:** 15 Mins

Play 7v7/8v8 game with GK's.

The targets must stay in offensive half of field. The team in possession should be at least 2 men up.

COACHING POINTS / KEY CONCEPTS
Look quickly for the targets and immediately go help to keep possession.
Move the ball quickly. Ideas before you get the ball.