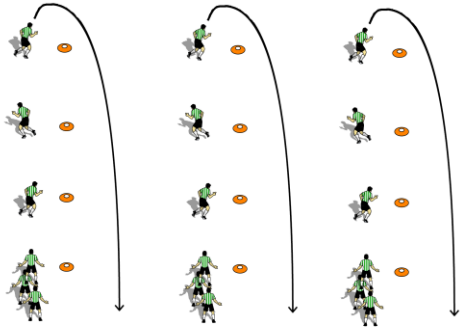




OBJECTIVES- Transition - from attack to defending

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: 10 Mins

Pasing and Receiving

2 players 10-15 yards apart

Simple passing- 2 touch only inside of feet

3 touch- inside outside inside pass

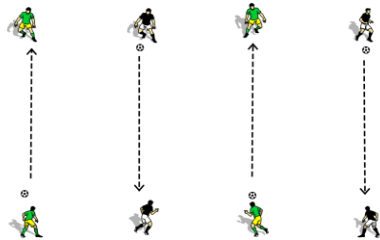
3 touch- inside settle, scissor left/right outside touch then inside pass

4 touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target

Go slow perform the moves correctly



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ACTIVITY 1

Grid Size: 20x30

Duration: 15 Mins

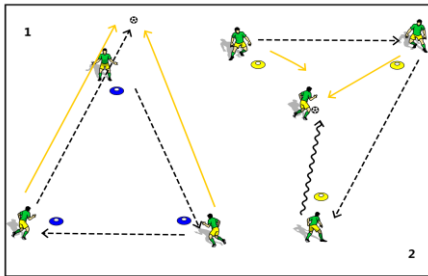
Groups of 3 passing in a triangle

1- One of the players lets the ball go thru his legs the other 2 players must sprint to the ball. The 1st is the attacker and the 2nd is the defender, they try to play it back to the 3rd player.

2-players pass the ball in a triangle til one player decides to take off and dribble thru the other 2 players, the two defenders say "I have ball" and "I have cover"

COACHING POINTS / KEY CONCEPTS

Recognition of offense to defense. Body shape while defending- surfer style', communication, on your toes & move your feet



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ACTIVITY 2

Grid Size: 20x30

Duration: 15 Mins

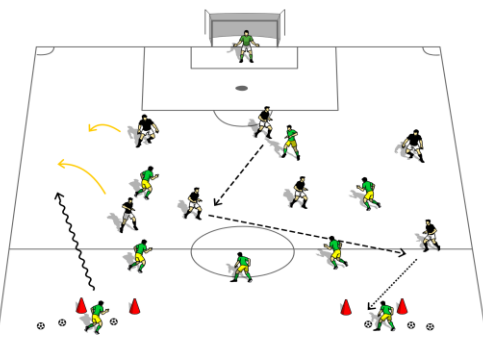
Def team starts with the ball & attacks two counter goals. When a goal is scored or the ball goes out in the offensive half the players on the other side then dribbles out to start the attack to the big goal.

Defenders should angle run to deny penetration until teammates all get behind the ball

COACHING POINTS / KEY CONCEPTS

Deny direct penetration, Delay the play to get numbers back behind the ball, lock the play on one side with body shape and angles of support. then destroy the attack.

The three Ds of Defense - Deny, Delay & Destroy



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ACTIVITY 3

Grid Size: 20x30

Duration: 15 Mins

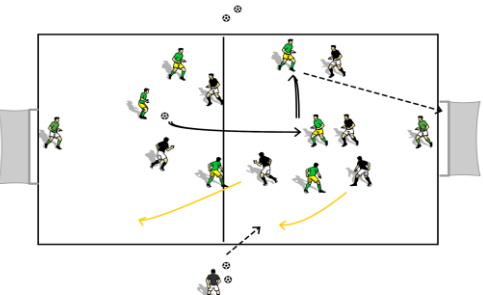
6v6/7v7 game

When the ball goes over the end line, the ball starts with defending team at the midfield line. The coach designates which side, Usually the opposite side from where the attack just was.

Players should always be aware of the moment of transition.

COACHING POINTS / KEY CONCEPTS

Help players and team to recognize when to transition back into the defensive half and deny the opponents the opportunity to penetrate



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