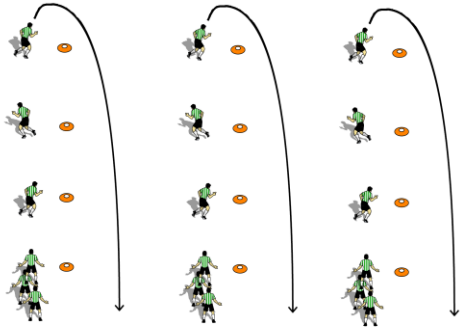




OBJECTIVES- wide play and wing service

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

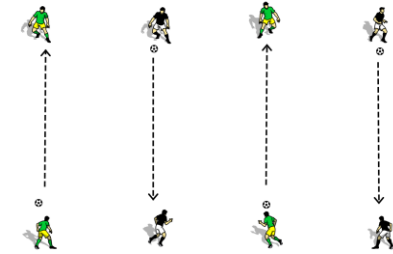
Duration: 10 Mins

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: 30 x 40

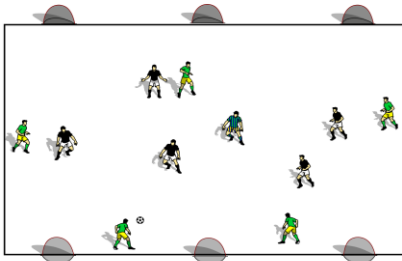
Duration: 15 Mins

4v4/5v5 plus 1 to 6 goals

- Teams defend 3 goals and attack 3 goals.
- Teams score by dribbling through one of the goals
- 3 points for dribbling through one of the goals on the outside and
- 1 point for dribbling through the center goal.

COACHING POINTS / KEY CONCEPTS

- Wingers must stay wide, quick ball movement
- Limit touches for quicker ball movement- 2/3 touches
- Switching the play quickly, play to the correct foot to allow 1st touch in the direction you want to go



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ACTIVITY 2

Grid Size: 40 x 50

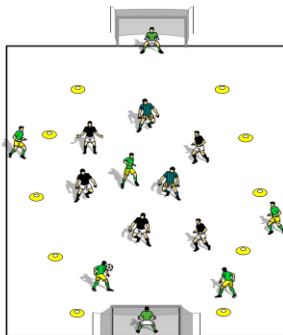
Duration: 15 Mins

4v4/5v5 plus 2 to goal

- Game is played with arced channels to the field which allows wide mids/backs to play freely in those outside areas.
- If a goal is scored directly from a service out of the arched it counts for 3.
- The outside channels have no restrictions and defenders can not go defend in that area.

COACHING POINTS / KEY CONCEPTS

- Wide players stay outside, head up and look for runners in the box.



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ACTIVITY 3

Grid Size: 20x30

Duration: 15 Mins

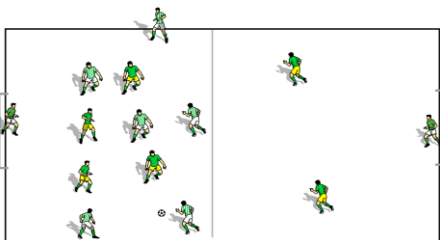
7v7/8v8 game with GK's.

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

- Goals created from the wings count as 3.
- Attacking team should stretch the field and stay as wide as possible.
- Wingers must stay wide, quick ball movement

COACHING POINTS / KEY CONCEPTS

- Switch the field quickly to create chances on the wings.
- Head up and look for runners in the box.
- Limit touches for quicker ball movement



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