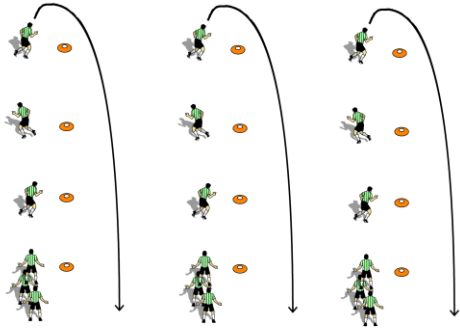




OBJECTIVES- Ball Striking/Shooting

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

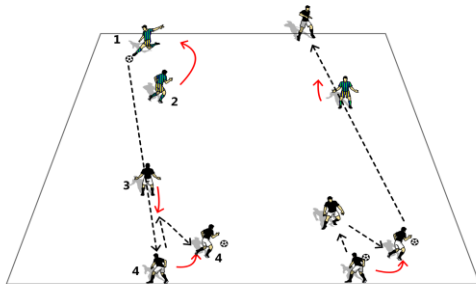
Pasing and Receiving

- 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

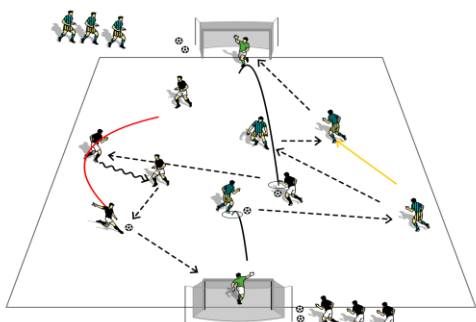
Up-Back-Thru Ball Striking

Groups of 4, 2 on each side. Groups are about 15-20 yards and players on each side are about 5 yards away from one another. Player 1 plays long thru the legs of 3 who then turns to support player 4. Players 3 & 4 play up-back and then 4 strikes a ball between player 2's legs. 3 & 4 switch roles. Players 1 & 2 do the same. **Everything should be on the ground!** Next- Groups should be 25-30 yards apart. Players should play the ball in the air over the head of player 3 to the player 4.

COACHING POINTS / KEY CONCEPTS

- Passers- Good hard passes-Toe up ankle locked and follow thru to target.
- Players receiving-Clean 1st touch then pass to partner. Demand Perfection

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ACTIVITY 2

Grid Size: 40 x 60

Duration: 15 Mins

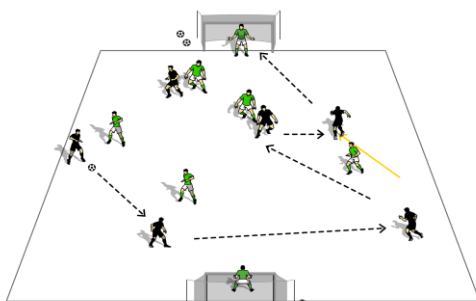
3 v 0 to goal -

The ball always starts with the GK. The attackers must pass and combine starting in their defensive half ending with a finish on goal. After the scoring opportunity the next group enters the field to attack the goal at the far end of the field. Players need to perform the following patterns: Up Back and Thru to Finish, Wall pass to finish, Overlapping run to finish. Change positions each time.

COACHING POINTS / KEY CONCEPTS

- Good passes, play to the correct foot, body angles (open to the field)
- Shooters- Toe down and strike thru the ball with the laces, land on shooting foot. Teammates should Look for rebound goals!

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ACTIVITY 3

Grid Size: 50x70

Duration: 15 Mins

Small Sided game - 5v5/6v6 with GK's

Look for combinations to score, goals scored with combos count as 2 points. All others only 1.

COACHING POINTS / KEY CONCEPTS

- Look to play 2-3 touch and swing balls quickly to opposite side for 1v1 and 2v1 situations.
- Correct pace on passes and timing of the runs are important

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