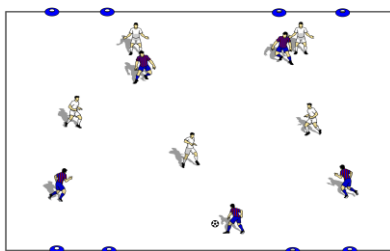
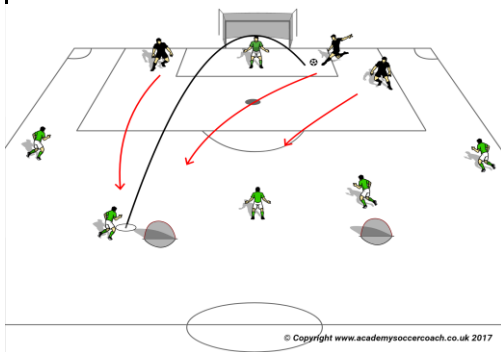
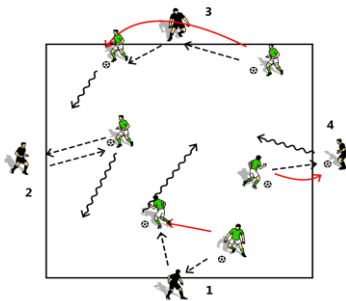
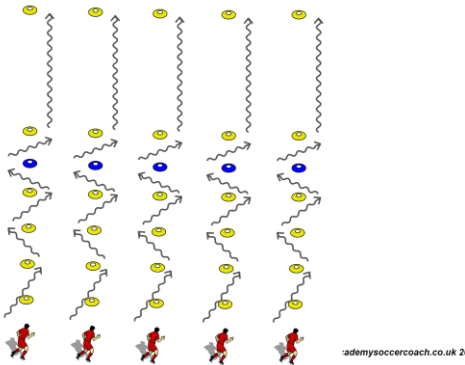
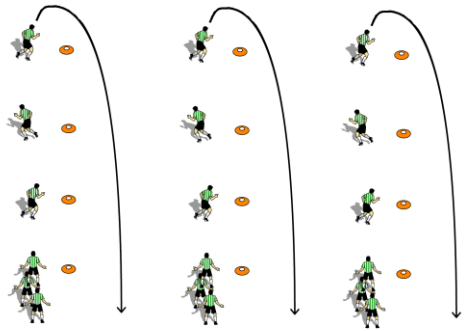


OBJECTIVES- Combination Play

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

Grid Size: 30x30

Duration: 15 Mins

Half the players are inside the square with the ball and other half outside without the ball.

Players in the middle are to perform the following:

- 1-Give and Go
- 2- Wall Pass
- 3- Overlapping run
- 4- Switch

COACHING POINTS / KEY CONCEPTS

Good quality of Passes - Toe up and ankle locked. Body shape of players.
Pass to the correct foot. Visual cues and communication

ACTIVITY 2

Grid Size: 40x50

Duration: 15 Mins

5v3 / 6v4 to goal

Defenders strike a ball out to the attackers. The attackers should look for 2v1 situations to get around the defenders.

If the defenders win the ball they can score on the counter goals

COACHING POINTS / KEY CONCEPTS

Speed of play- move the ball quickly (2-3 touch max)
Pass to the correct foot

ACTIVITY 3

Grid Size: 40x50

Duration: 15 Mins

Small Sided games 5v5/6v6 to 4 goals

Challenge the players with less touches so the ball moves quicker
If combinations are performed before a goal it counts as 2

COACHING POINTS / KEY CONCEPTS

Pass to the correct foot. Visual cues and communication
Speed of play- move the ball quickly (2-3 touch max)