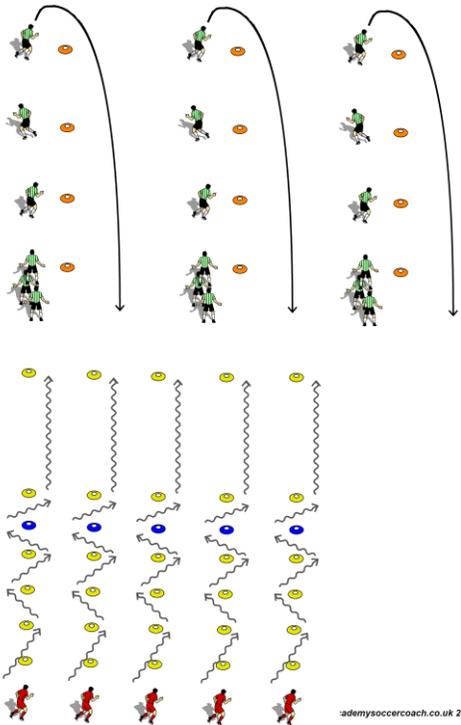


**OBJECTIVES-** Zonal Defending

**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:** 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:** 10x15x10 **Duration:** 15 Mins

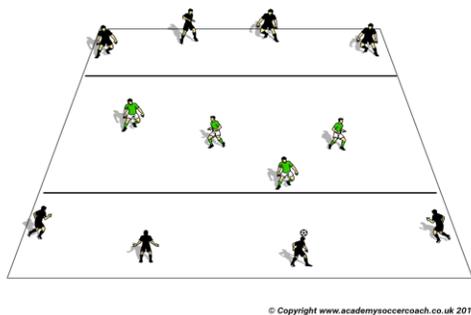
**3v3v3/4v4v4**

Zonal Defending game

3 teams where the team in the middle tries to deny the ball being play to the other team behind them. If ball gets thru the game continues. If the team in the middle cuts out the ball the team that lost it is in the middle. Defending team can not go across the line to defend, must stay in the block to defend. All balls must be played on the ground

**COACHING POINTS / KEY CONCEPTS**

Roles of the 1st, 2nd and 3rd defenders. Pressure-Cover-Balance  
Do not ball chase!



**ACTIVITY 2**

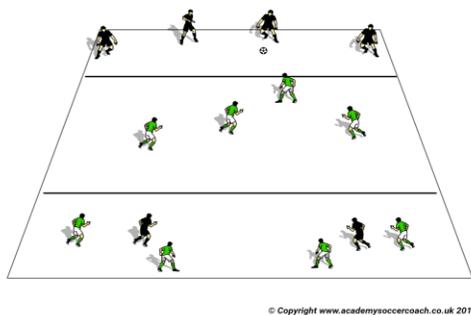
**Grid Size:** 20x30 **Duration:** 15 Mins

Same set up as above, but now two lines of four are defending a midfield four and two front runners. The four backs must stay behind the 2 front runners.

Progression- 1-Once ball gets thru midfield four can no longer defend and the opposing midfielders can join and try to dribble across the endline.  
2- Once the ball gets thru midfield players can 'tackle down' and win ball

**COACHING POINTS / KEY CONCEPTS**

Communication- 1st defender "I have ball" -2nd defender "I have cover"  
3rd defender gives balance  
One defender steps, others drop and tucks in to avoid a thru pass



**ACTIVITY 3**

**Grid Size:** 20x30 **Duration:** 15 Mins

**8v10 to counter goals**

Team of 8 plays in 2 blocks of four.

**COACHING POINTS / KEY CONCEPTS**

Stay in your lines of 4, one steps the others give cover and balance  
Do not ball chase  
Communication

