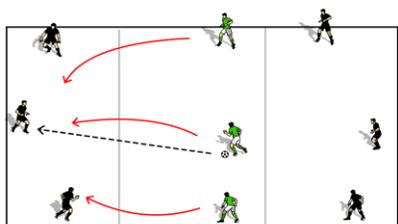
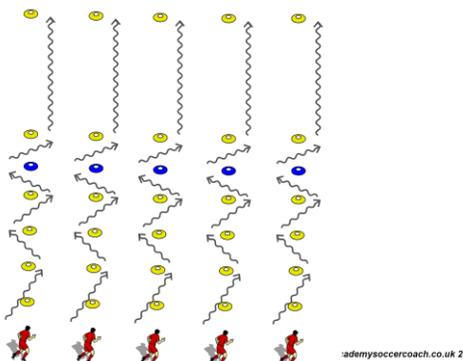
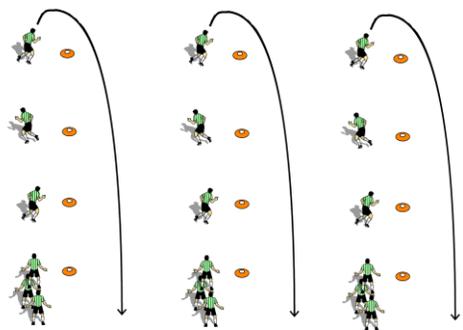


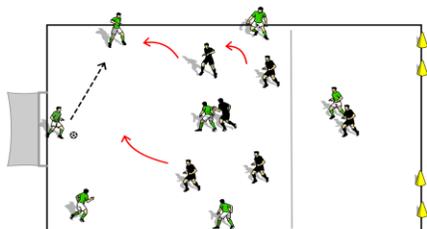


OBJECTIVES- Pressing in the front third

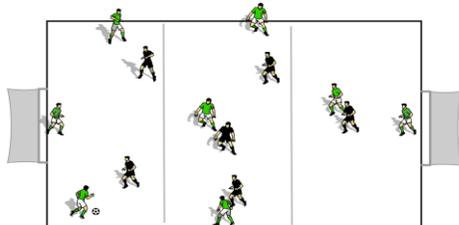
GLEN-ED PRE-TRAINING WARM-UP



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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:** 20x40 **Duration:** 15 Mins

Divide the group into three's, placing each threesome into a third of the grid. The middle team starts by playing the ball to one of the end teams. One player from the middle breaks out to try and win the ball back. The end team can play the ball through the other side.
If the Def wins it, they break out and the team that lost possession goes in the middle.

COACHING POINTS / KEY CONCEPTS
Body Position
Force the play into support
Communication

ACTIVITY 2 **Grid Size:** 40x60 **Duration:** 15 Mins

7 Attackers versus 6 Defenders
Ball starts with Gk, Attacking team is trying to score in the two counter goals. If Defensive team wins it they score in the big goal.
1 attacker must stay in the front 1/3 of the field at all times.

COACHING POINTS / KEY CONCEPTS
Read the cues to press. Player is under pressure, head down, bad 1st touch.
Compactness- Stay connected

ACTIVITY 3 **Grid Size:** 50x70 **Duration:** 15 Mins

7 V 7 including GK's.
Divide the field into thirds
If a team wins possession back in the Attacking third and score it equals 3 goals. If a team wins possession back in the Middle third and score it equals 2 goals. If a team wins possession back in the Defensive third and score it equals 1 goal.
Lift restriction after 10 minutes of play

COACHING POINTS / KEY CONCEPTS
Read the cues to press. Player is under pressure, head down, bad 1st touch.
Communication, Quick Transition,
Decision Making- When to go and when to stay(not press)