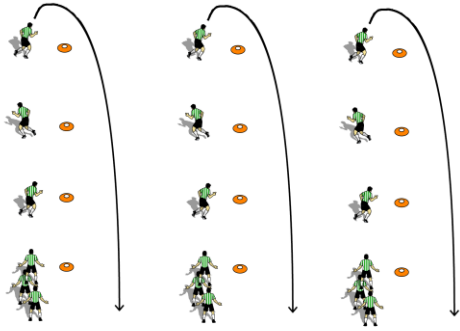




OBJECTIVES- Wide play and wing service

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:

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

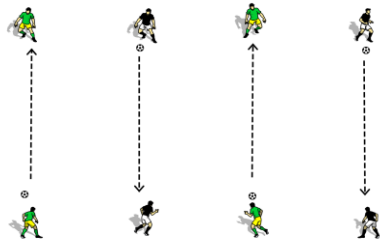
3 touch- inside settle, scissor left/right outside touch then inside pass

4touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

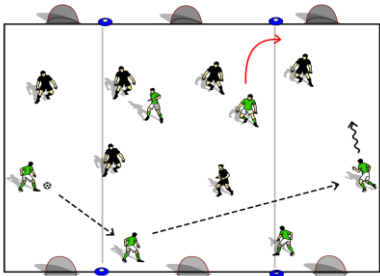
COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target

Go slow perform the moves correctly



© Copyright www.academysoccercoach.co.uk 2017



© Copyright www.academysoccercoach.co.uk 2017

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.

Only 1 defender is allowed in the Outside channels

3 points for scoring in one of the goals on the outside and

1 point for scoring in the center goal.

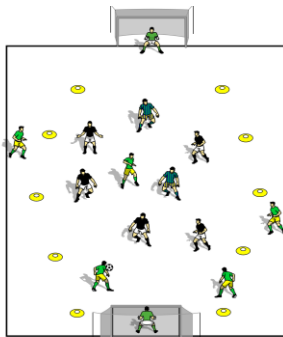
Ball always starts in the middle channel

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



© Copyright www.academysoccercoach.co.uk 2017

ACTIVITY 2

Grid Size: 40 x 50

Duration: 15 Mins

4v4/5v5 plus 2 to goal

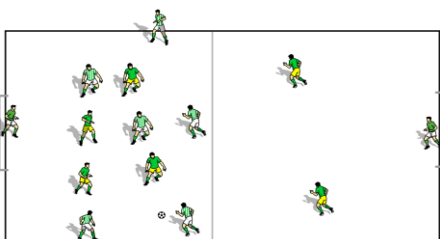
Game is played with arced channels to the field which allows wide mids/back to play freely in those outside areas.

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.



© Copyright www.academysoccercoach.co.uk 2017

ACTIVITY 3

Grid Size: 50x70

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