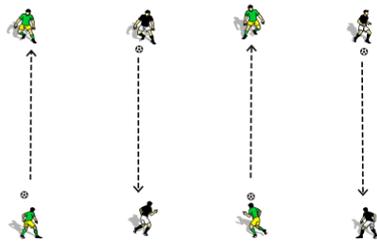
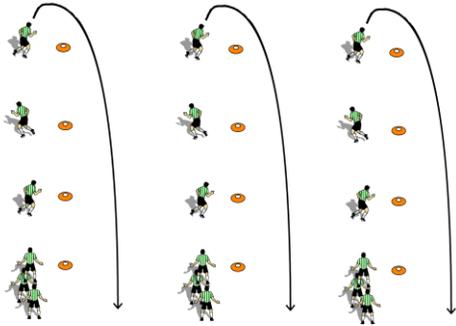
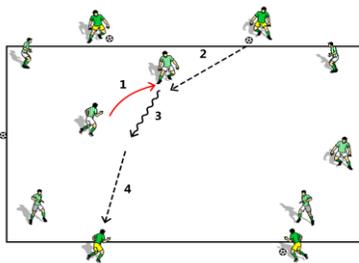


**OBJECTIVES-** Passing and Receiving going forward

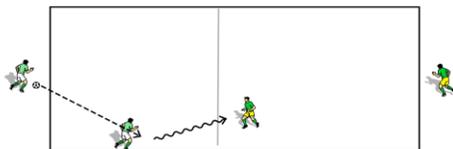
**GLEN-ED PRE-TRAINING WARM-UP**



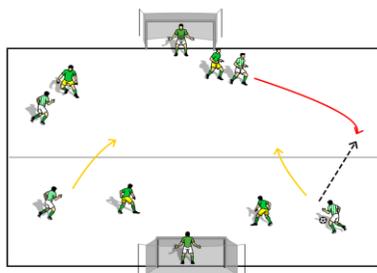
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**GLEN-ED WARM-UP**

**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:**

**Duration:** 10 Mins

**Passing 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

**ACTIVITY 1** Passing and turning

**Grid Size:** 20x30

**Duration:** 15 Mins

Half the team in the grid and the other half on the outside of the grid.

everyone on the inside with a ball and everyone except 2 with a ball on the

outside with a ball. Players in the middle check to receive passes then

turns with the ball and passes to a player on the outside without a ball.

Then checks to another player on the outside.

Passers should pass to front foot so they can go forward with 1st touch.

**COACHING POINTS / KEY CONCEPTS**

Hips are open to the entire field, try to turn on the first touch. Check your

shoulder to see open space/open man outside. Passer should let player

know he has time and can "Turn"

**ACTIVITY 2** 1v1 with 2 neutrals

**Grid Size:** 10x20

**Duration:** 15 Mins

The attacking player in the middle checks back in his own half of the

field (the defender can not go in the front half, he must defend in his own

half). The player receives the pass on the turn and attempts to beat the

defender and pass to the neutral at the end line. If successful,

The attacking player continues to receive a pass from the other neutral

and try to play back to the other side.

If the defender wins the ball he becomes the attacker.

**COACHING POINTS / KEY CONCEPTS**

Hips are open to the entire field, try to turn on the first touch. Check your

shoulder to see open space. Passer should let player

know he has time and can "Turn"

**ACTIVITY 3** 4v4 game

**Grid Size:** 40x50

**Duration:** 15 Mins

**4v4 with goalkeepers.**

Offensive players are restricted to stay in own half. The 2 defenders can

join attack after ball is played across the midfield line, making it a

4v2 situation.

**COACHING POINTS / KEY CONCEPTS**

Go away to create room to "check" back into to receive ball.

Communication between players. "man on", "Turn"