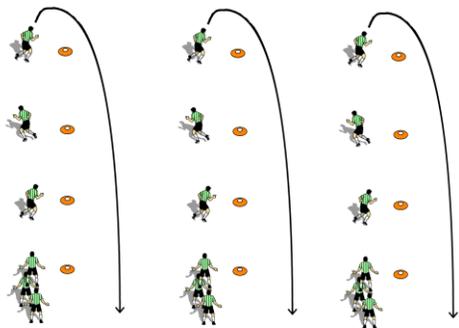




OBJECTIVES- Finishing - Crossing & Finishing

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

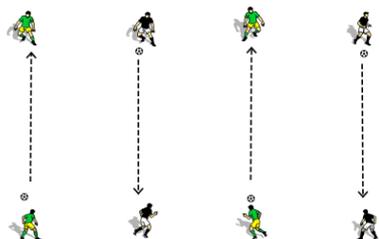
3 touch- inside settle, scissor left/right outside touch then inside pass

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

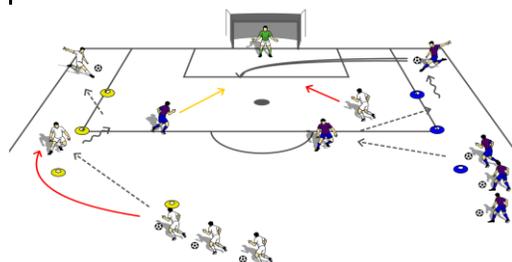
COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target

Go slow perform the moves correctly



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ACTIVITY 1

Grid Size: 20x30

Duration: 15 Mins

3v0 to Goal - The starting point at midfield, 3 players use different combinations in the flanks and playing the ball to the middle for a shot on goal. Patterns: 1- The Winger runs with the ball and crosses, 2- Wall pass and a cross, 3- Overlap and a cross

Rotate positions every time

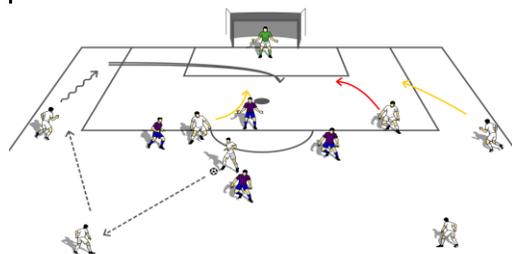
Do each pattern for 3/4 minutes each and switch.

COACHING POINTS / KEY CONCEPTS

Good passes to correct foot, crosses should be in space along 6 yard box

Time runs so you are in the space at the correct time.

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ACTIVITY 2 7v4 with counter goals

Duration: 15 Mins

Attckers should create diferent ways to get crosses from the flanks.

Goals from Wall passes and overlapping runs count double.

Team of 4 can score in counter goals.

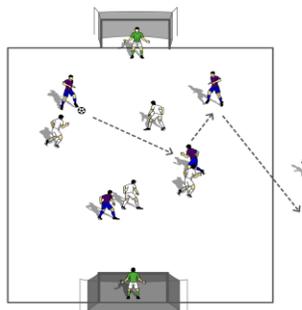
COACHING POINTS / KEY CONCEPTS

Good passes to correct foot, crosses should be in space along 6 yard box

Time runs so you are in the space at the correct time.

Use entire width, swing ball quickly to wide players on opposite side.

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ACTIVITY 3 6v6/7v7 + wide players

Duration: 15 Mins

Attacking with wide players.

6v6/7v7 + 2 wide neutrals. Team in possession should find different ways to score goals. Neutrals not allowed to score.

Goals scored after an overlapping run/after a wall pass count double

COACHING POINTS / KEY CONCEPTS

Use the entire field when in possession. Move the ball quickly.

Play to the correct foot with the right pace of pass. Know when to dribble and when to pass.

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