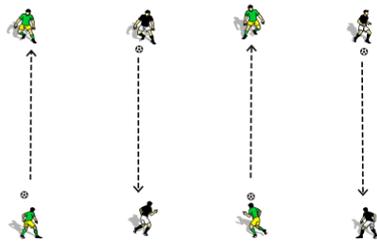
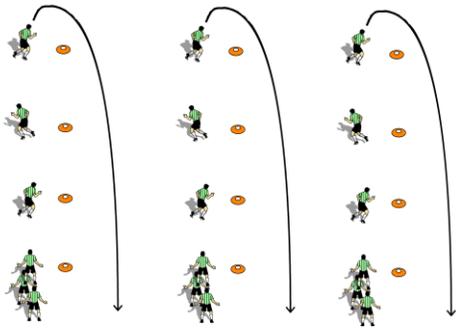
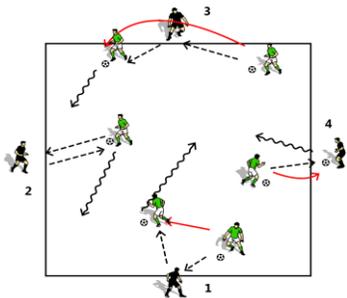


**OBJECTIVES-** combination play (overlaps, wall, up back thru)

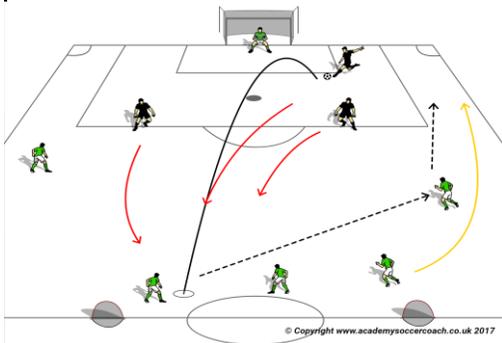
**GLEN-ED PRE-TRAINING WARM-UP**



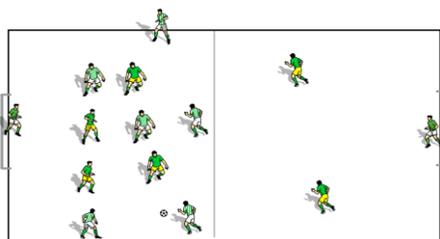
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**GLEN-ED WARM-UP**

**Grid Size:**

**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

**ACTIVITY 1**

**Grid Size:** 25x25

**Duration:** 15 Mins

Half the players are inside the square with the ball and other half outside without the ball.

Players in the middle are to perform the following:

- 1-Give and Go
- 2- Wall Pass
- 3- Overlapping run
- 4- Switch

**COACHING POINTS / KEY CONCEPTS**

- Good quality of Passes - Toe up and ankle locked. Body shape of players.
- Pass to the correct foot.
- Visual cues and Verbal and non-verbal communication
- Verbal: Ask for it/Call their name
- Non-Verbal: receiver point to the correct foot or space to pass it to

**ACTIVITY 2**

**Grid Size:** 40x50

**Duration:** 15 Mins

**5v3 / 6v4 to goal**

Defenders strike a ball out to the attackers. The attackers should look for 2v1 situations to get around the defenders on the wide areas. Attackers should make quick decisions and go with speed

If the defenders win the ball they can score on the counter goals

**COACHING POINTS / KEY CONCEPTS**

- Speed of play- move the ball quickly (2-3 touch max)
- Pass to the correct foot
- Look for 2v1 situations

**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