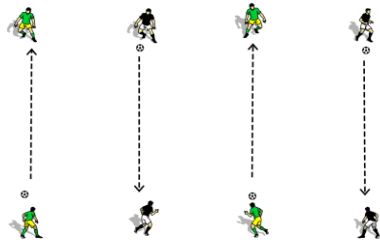
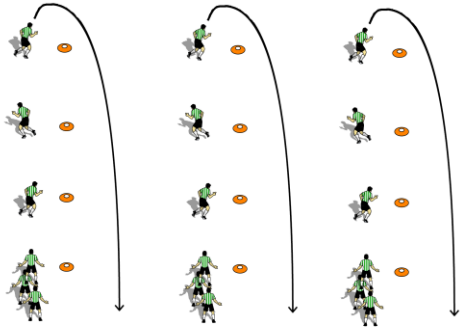


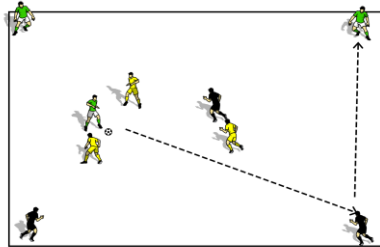


OBJECTIVES- transition - defending to attack

GLEN-ED PRE-TRAINING WARM-UP



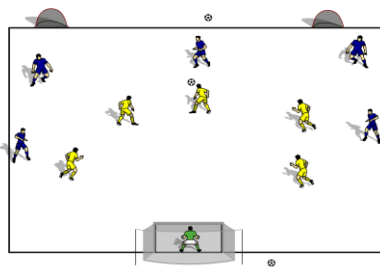
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GLEN-ED WARM-UP

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 switchng 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

ACTIVITY 1

Grid Size: 30x30

Duration: 15 Mins

3v3v3 Transition

- Three teams of 3 or 4 players
- Two teams work together to keep the ball away from the other team.
- If the one team wins possession or forces a mistake they join the attacking team. The team that lost it then becomes the defensive team
- The defensive team does not switch roles until they have secured possession

COACHING POINTS / KEY CONCEPTS

- Defensively stay compact, don't chase
- Secure the ball when possession is gained
- Move into space quickly

ACTIVITY 2

Grid Size: 40x50

Duration: 15 Mins

3v3 Transition.

- Keep the group in teams of 3 or 4
- The attacking team starts by dribbling towards the big goal.
- If the defending team wins the ball they break quickly to score on either counter goal, the team that gets scored on must defend the big goal.

COACHING POINTS / KEY CONCEPTS

- Good defensive shape, "I have ball" & "I have cover"
- Stay connected, when your team wins the ball - Break quickly into open space. Know when to dribble or pass

ACTIVITY 3

Grid Size: 50x60

Duration: 20 Mins

5v5 plus a GK to counter goals

- Play 2 halves, switching roles after 10 minutes.

COACHING POINTS / KEY CONCEPTS

- Defending team should stay compact and connected
- break quickly and counter quick. Get back and get organized