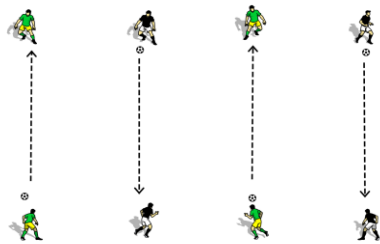
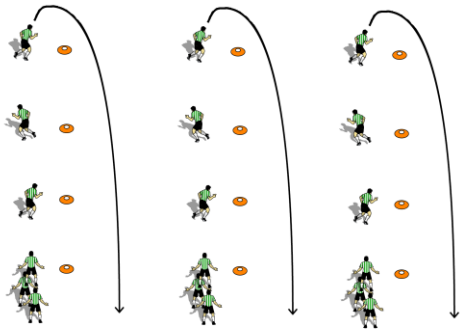
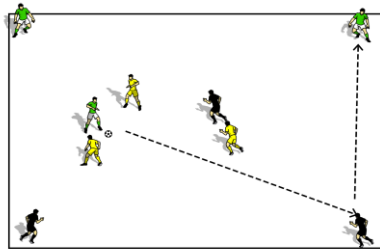


**OBJECTIVES-** transition - defending to attack

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



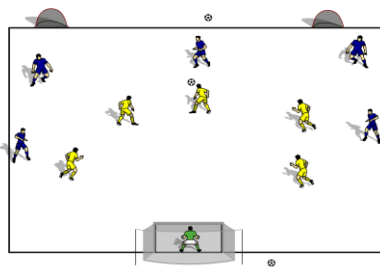
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**GLEN-ED WARM-UP**

**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