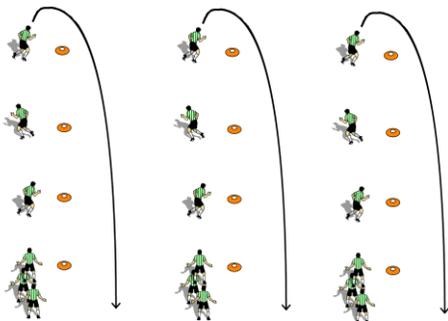
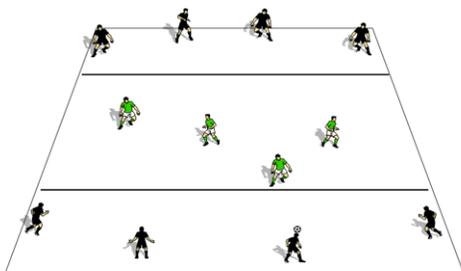


OBJECTIVES- Zonal Defending

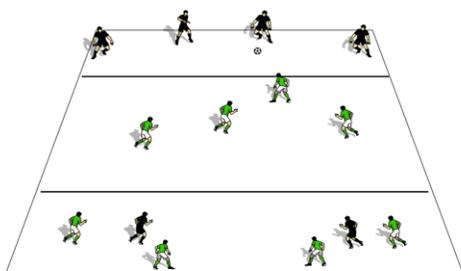
GLEN-ED PRE-TRAINING WARM-UP



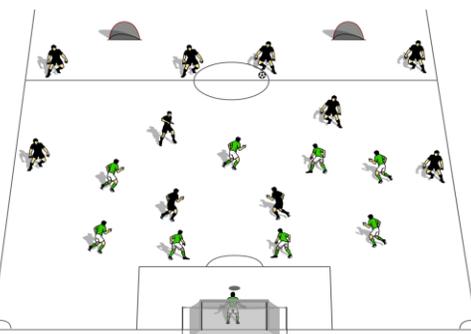
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GLEN-ED WARM-UP

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: 20x30

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

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: 10x15x10

Duration: 15 Mins

3v3v3/4v4v4

Zonal Defending game

3 teams where the team in the middle tries to deny the ball being play to the other team behind them. If ball gets thru the game continues. If the team in the middle cuts out the ball the team that lost it is in the middle.

Defending team can not go across the line to defend, must stay in the block to defend. All balls must be played on the ground

COACHING POINTS / KEY CONCEPTS

Roles of the 1st, 2nd and 3rd defenders. Pressure-Cover-Balance

Do not ball chase!

ACTIVITY 2

Grid Size: 20x30

Duration: 15 Mins

Same set up as above, but now two lines of four are defending

a midfield four and two front runners. The four backs must stay behind the 2 front runners.

Progression- 1-Once ball gets thru midfield four can no longer defend and the opposing midfielders can join and try to dribble across the endline.

2- Once the ball gets thru midfield players can 'tackle down' and win ball

COACHING POINTS / KEY CONCEPTS

Communication- 1st defender "I have ball" -2nd defender "I have cover"

3rd defender gives balance

One defender steps, others drop and tucks in to avoid a thru pass

ACTIVITY 3

Grid Size: 20x30

Duration: 15 Mins

8v10 to counter goals

Team of 8 plays in 2 blocks of four.

COACHING POINTS / KEY CONCEPTS

Stay in your lines of 4, one steps the others give cover and balance

Do not ball chase

Communication