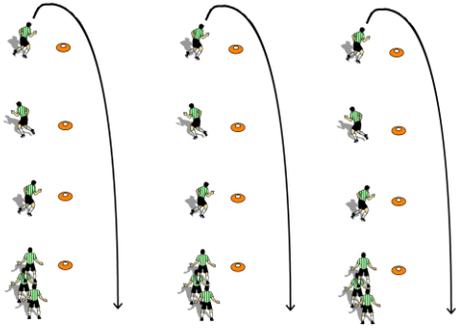
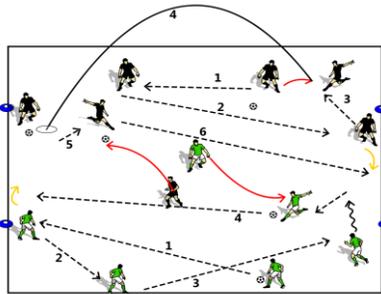


**OBJECTIVES-** Changing the point of attack

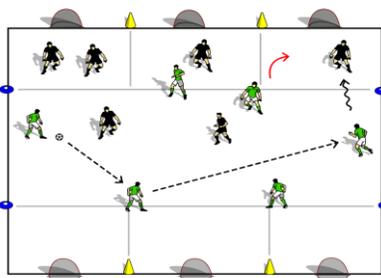
**GLEN-ED PRE-TRAINING WARM-UP**



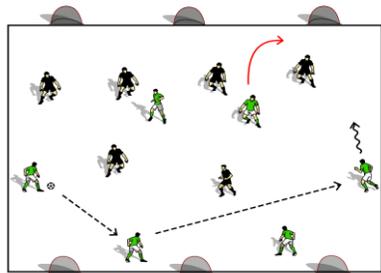
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**GLEN-ED WARM-UP**

**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 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

**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:** 60 X 40

**Duration:** 15 Mins

**Passing without defenders**

Groups of 5/6 players playing as a back four with 1 or 2 mids and a group playing as a midfield four with a offensive mid playing with them. Simple ball movement to simulate gamelike situations to switch the field of play.

**COACHING POINTS / KEY CONCEPTS**

- Wingers must stay wide, quick ball movement
- Limit touches for quicker ball movement- 2/3 touches
- Switching the play quickly, play to the correct foot to allow 1st touch in the direction you want to go. Have an idea before you get the ball.

**ACTIVITY 2** 6v6 to 6 goals

**Grid Size:** 40 x 50

**Duration:** 15 Mins

Game is played with the field divided into sections. Blue cones are the defending lines where the back 4 must stay behind, unless they are in possession of the ball. The 2 mids can not go behind this blue line. The yellow cones are a vertical line going to the blue defensive line. The midfielders are not allowed in this area. The team in possession must find one of the defensive areas where only 1 defender is and attack that goal. If there are 2 defenders in a defensive area a goal cannot be scored in that goal. Object is to switch the fields quickly to find the zone with 1 defender

**COACHING POINTS / KEY CONCEPTS**

Quick ball movement, attack open areas, look for 1v1's & 2v1's

**ACTIVITY 3**

**Grid Size:** 50x70

**Duration:** 15 Mins

6v6/7v7 game to 6 goals  
No restrictions.  
Coaches can restrict to 2-3 touch max if needed

Goals created from switching the ball and scoring on the wings count as 3. Attacking team should stretch the field and stay as wide as possible. Quick ball movement

**COACHING POINTS / KEY CONCEPTS**

- Switch the field quickly to create chances on the wings.
- Play to correct foot, correct pace and in the right space