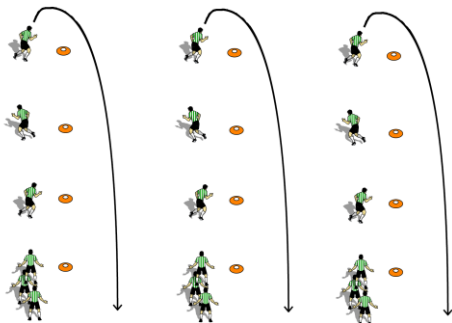
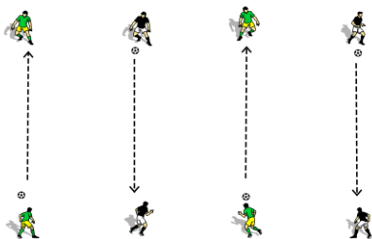


OBJECTIVES- combination play (overlaps, wall, up back thru)

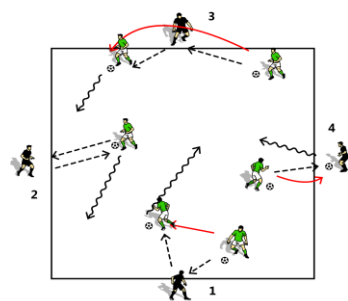
GLEN-ED PRE-TRAINING WARM-UP



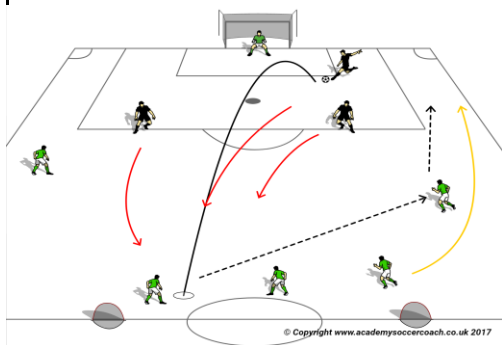
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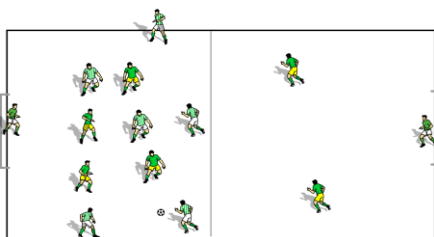
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GLEN-ED WARM-UP

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

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: 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: 25 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: 25 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