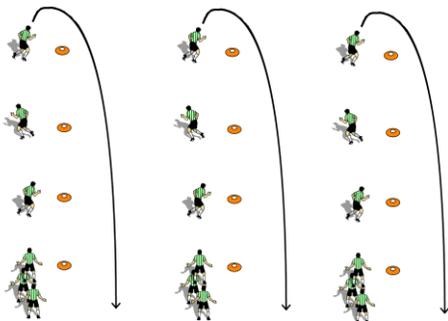
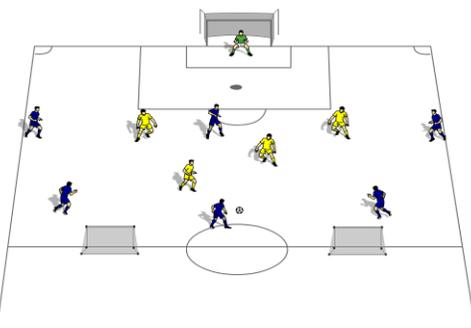


OBJECTIVES- Attacking(6v4+GK, 6v5+GK,)

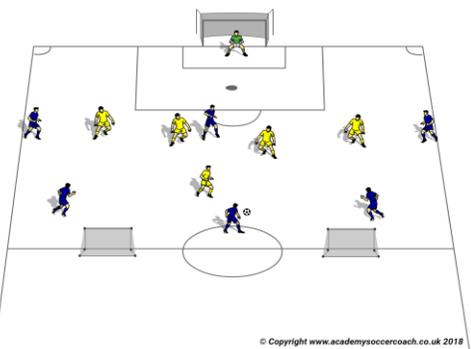
GLEN-ED PRE-TRAINING WARM-UP



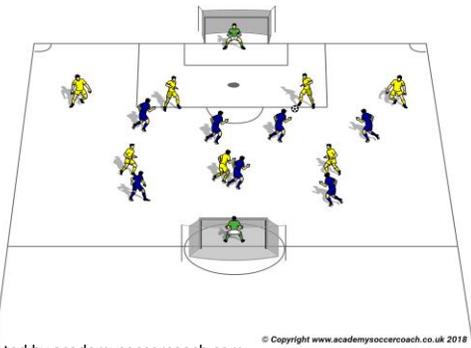
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GLEN-ED WARM-UP

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 6v4+GK

Grid Size: 60 x 80 **Duration:** 25 Mins

Play 6v4 + GK with the 6 attackers going to the Big goal and the 4 defenders countering to the 2 small goals. The ball always starts with the 6 attackers between the 2 counter goals. Attackers should move ball(swing) quickly to create player up situations.

Wait for the right moment to go and attack with numbers up

COACHING POINTS / KEY CONCEPTS

- Swing/Switch ball quickly to get 2v1 3v2 situations.
- Know when to dribble/pass

ACTIVITY 2 6v5 + GK

Grid Size: 60 x 80 **Duration:** 25 Mins

6v5 + GK with 6 attackers going to the Big goal and the 5 defenders countering to the 2 small goals. The ball always starts with the 6 attackers between the 2 counter goals. Attackers should move ball(swing) quickly to create player up situations.

Wait for the right moment to go and attack with numbers up

COACHING POINTS / KEY CONCEPTS

- Swing/Switch ball quickly to get 2v1 3v2 situations.
- Know when to dribble/pass

ACTIVITY 3 8v8/9v9 + GK's

Grid Size: 60 x 80 **Duration:** 30 Mins

Play 8v8 + GK's to goal. Players should look for open teammates or know when the space is open to dribble forward. Teammates should use the entire width of the field to help the player with the ball. Try to create 1v1 and 2v1 moments to go forward and score goals.

COACHING POINTS / KEY CONCEPTS

- Look for attacking moments 1v1/2v1 situations to talk about.
- Swing ball to wide positions and try to get behind defenders