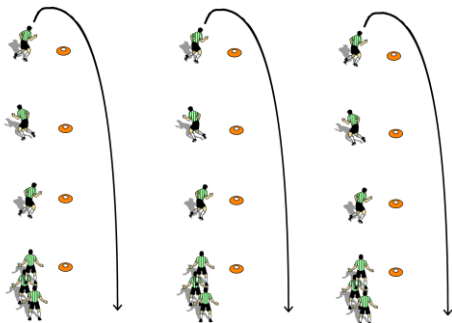


OBJECTIVES- Attacking(2v1, 3v2, 4v3)

GLEN-ED PRE-TRAINING WARM-UP

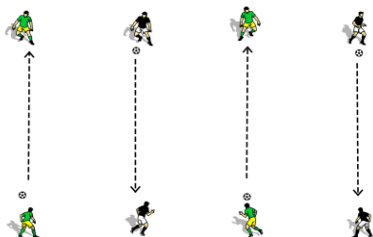


GLEN-ED WARM-UP

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% 90% 100%



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TECHNICAL WARM-UP

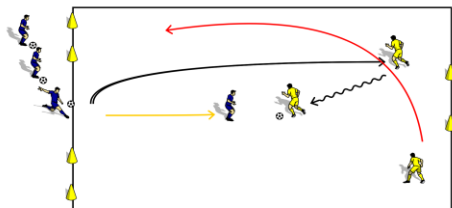
Grid Size: **Duration:** 10 Mins

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



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ACTIVITY 1 2v1 to small goals

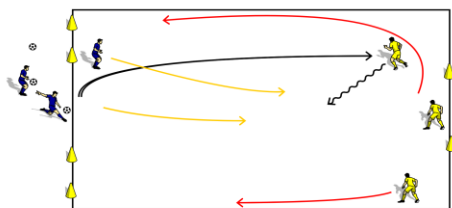
Grid Size: 20x30 **Duration:** 15 Mins

Defenders strike a ball out to the attackers. The attackers should make overlapping runs or stay wide to get behind the defender
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



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ACTIVITY 2

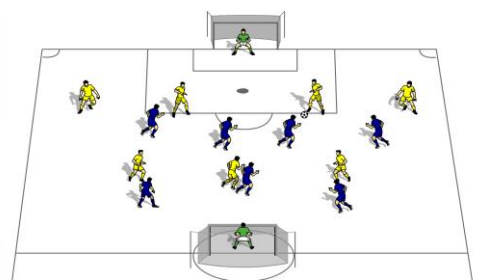
Grid Size: 20x30 **Duration:** 15 Mins

3v2/4v3 to small goals
Same activity as above.
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



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ACTIVITY 3

Grid Size: 50x70 **Duration:** 15 Mins

7v7/8v8 game with GK's.
Goals created from the wings count as 3.
Attacking team should stretch the field and stay as wide as possible. Wingers stay wide and look for 1v1 and 2v1's, 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 touch's for quicker ball movement