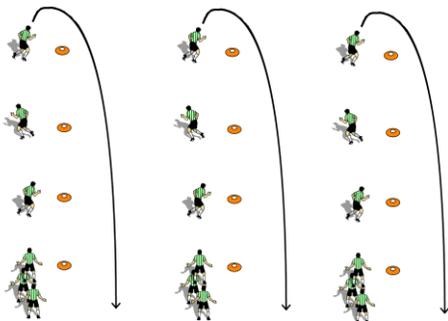


OBJECTIVES- Small Group Defending

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%

TECHNICAL WARM-UP

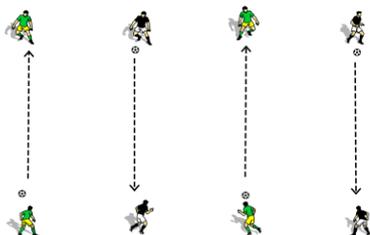
Grid Size: **Duration:** 10 Mins

Passing and Receiving

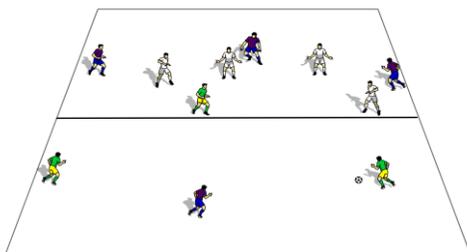
- 2 players 10-15 yards apart
- Simple passing- 2 touch only inside of feet
- 3 touch- inside outside inside pass
- 3 touch- inside settle, scissor left/right outside touch then inside pass
- 4 touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves 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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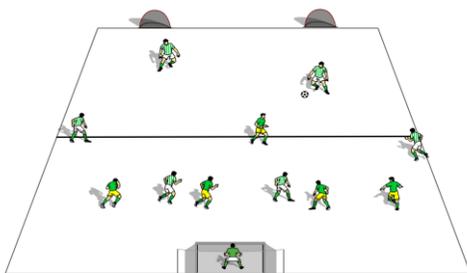
ACTIVITY 1 4v4 + 3 neutrals **Grid Size:** 20x30 **Duration:** 15 Mins

Play 4v4 plus 3 neutrals to end lines. Defending team must defend behind the halfline, not allowed to defend in the offensive half. Offensive team tries to find the gap between defenders to penetrate to the endline. Defenders objective is to put pressure on ball in own half and force the ball backwards to other half.

When team loses possession they must sprint behind halfline and get ORGANIZED!!!

COACHING POINTS / KEY CONCEPTS

1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"
1st defender should force attacker to the 2nd defender.



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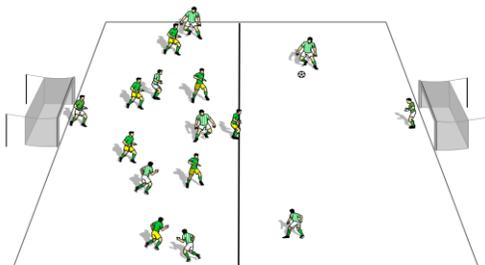
ACTIVITY 2 6v5 to counter goals **Grid Size:** 20x30 **Duration:** 15 Mins

6v5 to 2 counter goals, defending team should absorb pressure and wait for moments to defend (when the ball gets to the wings or the forwards). When defenders win the ball the transition must be fast, look to go quick to counter goals and score, then immediately back to defending.

Wait for the right moment to go and win ball- Bad pass or bad first touch

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations to talk about.
Slow run down as you approach attacker, don't reach, move feet
Get players head up and make him go backwards.



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ACTIVITY 3 8v8/9v9 **Grid Size:** 20x30 **Duration:** 15 Mins

Play 8v8 to goal.
Defending team should look to get behind ball and defend in a group. Maintain defensive positioning when the ball is moved. Force ball to one side then look to steal ball or play backwards.

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations to talk about.
Force ball to the outsides and try and win ball