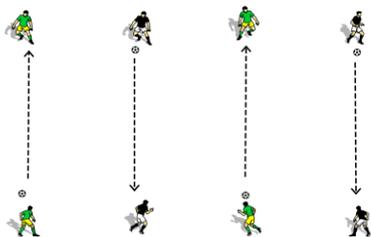
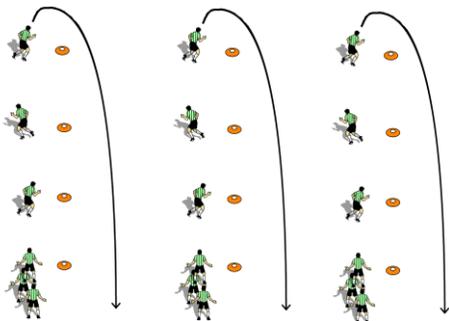


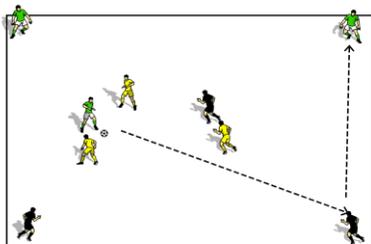


OBJECTIVES- transition - defending to attack

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: 30x30

Duration: 15 Mins

3v3v3 Transition

Three teams of 3 or 4 players

Two teams work together to keep the ball away from the other team.

If the one team wins possession or forces a mistake they join the attacking team. The team that lost it then becomes the defensive team

The defensive team does not switch roles until they have secured possession

COACHING POINTS / KEY CONCEPTS

Defensively stay compact, don't chase

Secure the ball when possession is gained

Move into space quickly

ACTIVITY 2

Grid Size: 40x50

Duration: 15 Mins

3v3 Transition.

Keep the group in teams of 3 or 4

The attacking team starts by dribbling towards the big goal.

If the defending team wins the ball they break quickly to score on either counter goal, the team that gets scored on must defend the big goal.

COACHING POINTS / KEY CONCEPTS

Good defensive shape, "I have ball" & "I have cover"

Stay connected, when your team wins the ball - Break quickly into open space. Know when to dribble or pass

ACTIVITY 3

Grid Size: 50x60

Duration: 20 Mins

5v5 plus a GK to counter goals

Play 2 halves, switching roles after 10 minutes.

COACHING POINTS / KEY CONCEPTS

Defending team should stay compact and connected

break quickly and counter quick. Get back and get organized