GLEN-ED SOCCER - TRAINING PLAN   2010-2012

OBJECTIVES- Ball Striking/Mastery
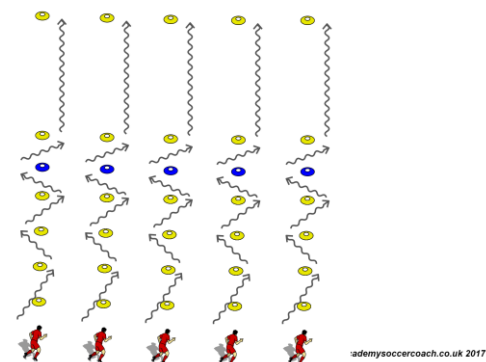
| **TECHNICAL WARM-UP** | **Grid Size:** | 20x30 | **Duration:** | 15 | Mins |

French Dribbling
Groups of 3-5 players max in each line, cones 1 yd apart
Player A dribbles thru cones using differnent parts of feet.
When Player A gets to blue cone Player B can proceed
Once past the last cones he should speed dribble and perform a turn and
return to the end of the line.
Progression: After turn he can pass to the player at the back of the line
COACHING POINTS / KEY CONCEPTS
Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.
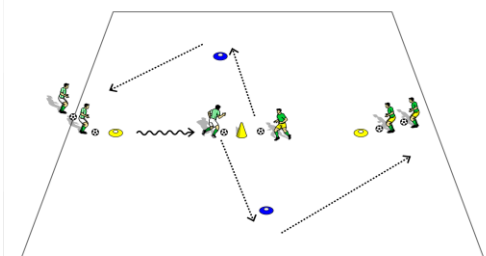
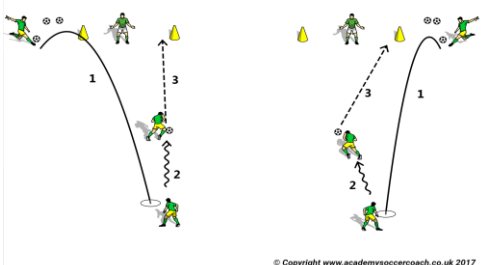| **ACTIVITY 1** | **Grid Size:** | 10x20 | **Duration:** | 15 | Mins |

1v1 skill moves
Players from opposite sides dribble at each other towards the cone in the
middle of the grid. Players perform the same move and accelerate right or
left around the outside cone.
Moves to perform- Scissors, Step Over, Stop n Start, Inside Outside

COACHING POINTS / KEY CONCEPTS
Make sure players are going at the same time and performing the same
move. Go slow - perform the move correctly and then accelerate away

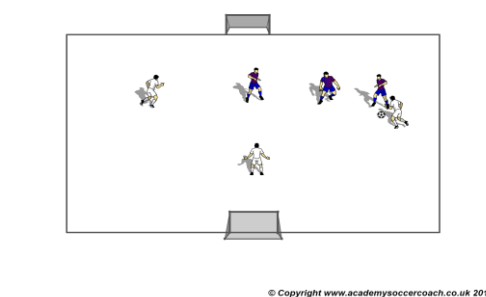| **ACTIVITY 1** | **Grid Size:** | 20x30 | **Duration:** | 20 | Mins |

Ball Striking/Shooting
Players work in groups of 3, one serving the other shooting and one in goal
Server plays the ball in for the attacker to take the shot on goal
The striker should take a touch and then shoot
Vary the services from different sides of the goal

Change positions after 5 shots on goal
COACHING POINTS / KEY CONCEPTS
Good first touch, the second touch sets up the shot.
Strike through the ball using the laces, Toe down-ankle locked
Head and Shoulders over the ball, land on shooting foot

| **ACTIVITY 3** 3v3/4v4 game | **Grid Size:** | 20x30 | **Duration:** | 15 | Mins |

3v3 games
Players should look for open teammates or know when the space is open
to dribble forward. Teammates should spread out and use the 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
Good 1st touches, Head up to look for open teammates
Team must make 2-3 passes before they can score.