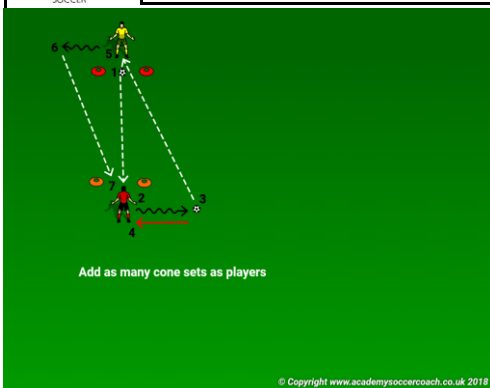




GLEN-ED SOCCER - TRAINING PLAN

2010-2012

OBJECTIVES- Buildout Line Instruct players how to build out from the back when playing 7v7 with a build out line and instruct players on rules of buildout line.



TECHNICAL WARM-UP

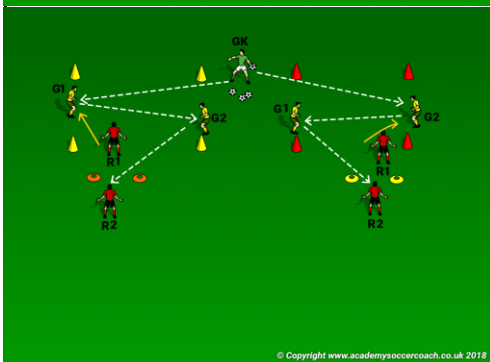
Grid Size: 10 yds apart **Duration:** 10 Mins

Passing/Receiving while moving

-four cones two players and a ball
-1-Gold passes through gate to Red. 2-1st touch around the gate.3-Red passes to Gold through the gate. 4-Red returns between gate. 5-Gold 1st touch around gate. 6-Gold passes to red through the gate and activity continues Progression: Make sure players using both feet and go to each side. -1st Touch with inside of foot, then 1st touch with outside of foot

COACHING POINTS / KEY CONCEPTS

1st touch around gate. Turn hip prior to receipt of ball to move
Pass back with inside of foot (2 touch)
quality pass on the ground until possession



ACTIVITY 1

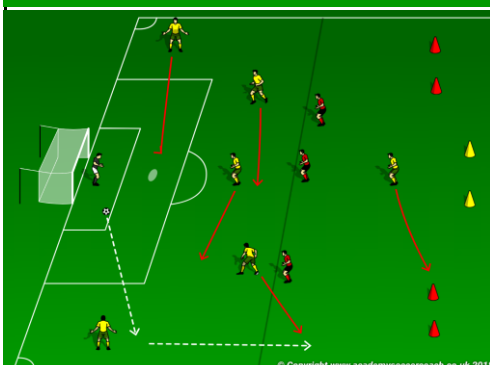
Grid Size: 2 grids 15x15 **Duration:** 15 Mins

2v1 Plus GK

-GK rolls or passes ball into G1. He has 2 touch to play to G2 to keep possession G2 plays to R2 in 2 touches. R1 pressures G1 the moment the ball is passed/rolled. -A2 plays to B2 through the gate for point. -If R1 intercepts or R2 receives ball, R2 and R1 switch and G1 and G2 switch. -Two Grids with GK rotating from grid to grid. Switch G's and R's as necessary.

COACHING POINTS / KEY CONCEPTS

G1 and G2 takes two touch with 1st touch away from defender
G2 moves to space to receive pass so as not to be "hidden" behind defender
GK plays the ball in front of G1 to help possession and 1st touch



ACTIVITY 2

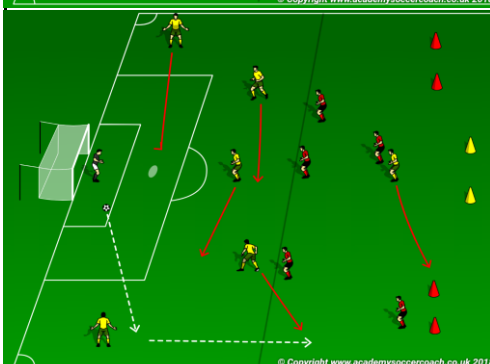
Grid Size: Half Field **Duration:** 15 Mins

Build out Line Instruction

Team (gold) sets up for a goal kick or goalkeeper possession -GK rolls, throws or passes the in front of the defender to allow for good receiving. Receiver has 4 options: 1-pass up the line to the midfielder, 2-pass to the middle to the center back, 3-kick it up for the forward or 4-back to GK. Progression-1-show without defender pressure 2- let defender pressure.

COACHING POINTS / KEY CONCEPTS

Be Ready: defense moves when GK passes, rolls or throws
1st Touch: Forward if possible and 2nd touch is pass to midfielder
Movement: Opposite side players pinch in and strong side players move to receive Instruct rules of Buildout line



ACTIVITY 3

Grid Size: Half Field **Duration:** 20 Mins

Game Play

-Play 7 v 5 if possible (6v3 remove 1 midfielder)
-Teams play full. Gold trying to score on cone goals and others on goal

COACHING POINTS / KEY CONCEPTS

-When either team scores, game restarts with a goal kick. Otherwise, game plays as normal (Throw-ins, fouls, etc..)
-Focus on points from plan.