

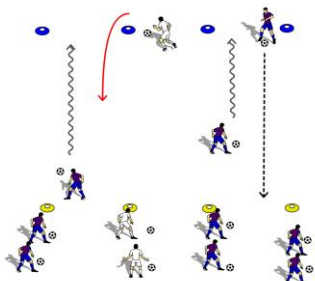


GLEN-ED SOCCER - TRAINING PLAN

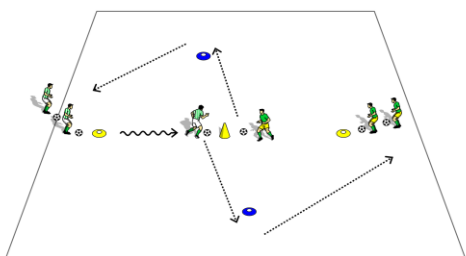
U9 and below (2011-13)

OBJECTIVES- Attacking 1v1 moves

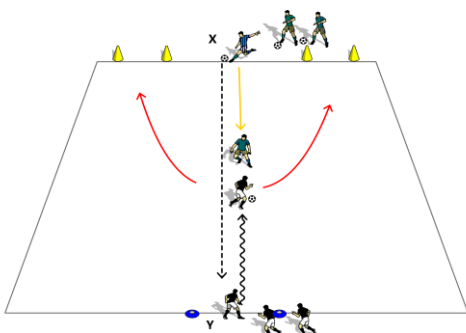
4 Stations - 1) Technical Warmup; 2) 1v1 moves; 3) 1v1 moves to goals; 4) 3v3/4v4 games



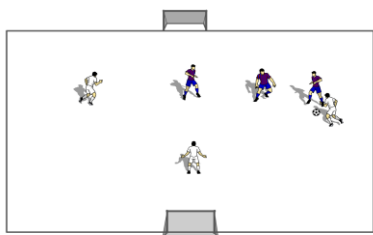
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TECHNICAL WARM-UP

Grid Size: 20x30 **Duration:** 10 Mins

Dribbling

Groups of 2-3 players max in each line, cones 10-15 yd apart
Player A dribbles to blue cone using different parts of feet.
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
When Player A gets back to start Player B can proceed
Progression: After turn he can pass to the player at the back of the line who pops out and calls for the ball

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 attacking 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 2

Grid Size: 10x20 **Duration:** 15 Mins

1v1 to wide gates

The defensive player(X) passes to the offensive player(Y), once the offensive player receives the ball he tries to beat the defender and dribble thru one of the gates.
Players change rolls after 4 turns, Each player count the number of times dribbled thru the gate. 1st one to 5 wins.

COACHING POINTS / KEY CONCEPTS

Good pass from defender-Toe up ankle locked. Good first touch from offensive player, dribble with speed -perform a move and exccellerate past the defender to the gate

ACTIVITY 3 3v3/4v4 game

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

3v3 games

Team must make 2-3 passes before they can score.

To make it more challeging- restrict players to 2 touch.

COACHING POINTS / KEY CONCEPTS

Look for 1v1 situations. Try to perform moves we just learned.