

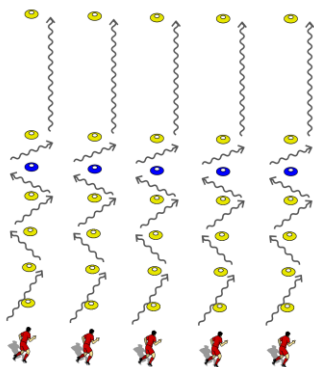


GLEN-ED SOCCER - TRAINING PLAN

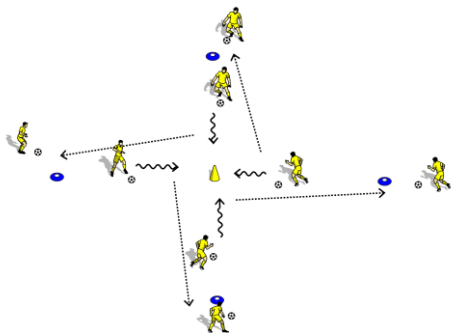
U9 and below (2011-13)

OBJECTIVES- Ball Mastery

4 Stations - 1) French Dribbling ; 2) Attacking moves; 3) 1v1 with 2 targets; 4) 3v3/4v4 games



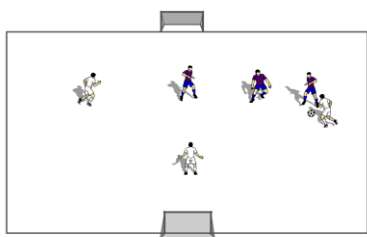
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TECHNICAL WARM-UP

Grid Size:

Duration: 15 Mins

French Dribbling

Groups of 3-5 players max in each line, cones 1 yd apart
Player A dribbles thru cones using different 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

Attacking moves

Blue cones approx 10-12 yards away from Big Yellow Cone

Players from 4 corners dribble at each other towards the cone in the middle of the grid. Players perform the same move and then accelerate to the right/left to the next line.

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 1v1 with 2 neutrals

Grid Size: 10x20

Duration: 15 Mins

The attacking player in the middle checks back in his own half of the field (the defender can not go in the front half, he must defend in his own half). The player receives the pass on the turn and attempts to beat the defender and pass to the neutral at the end line. If successful, The attacking player continues to receive a pass from the other neutral and try to play back to the other side.

If the defender wins the ball he becomes the attacker.

COACHING POINTS / KEY CONCEPTS

Hips are open to the entire field, try to turn on the first touch. Check your shoulder to see open space. Passer should let player know he has time and can 'Turn'

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.