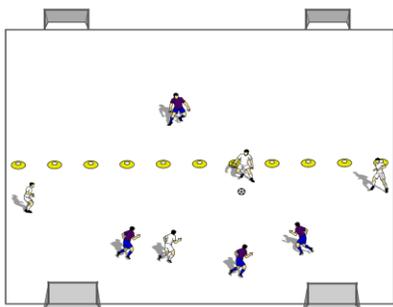
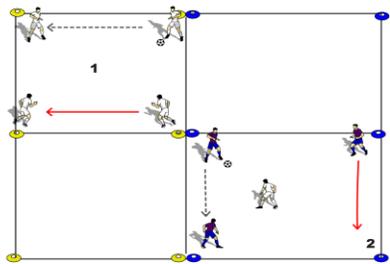
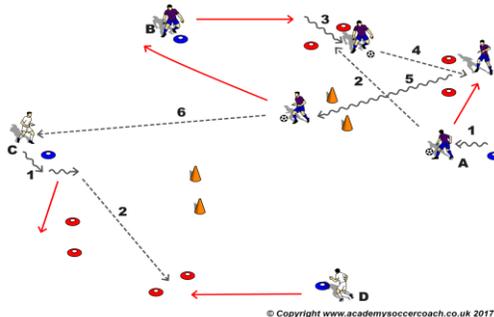
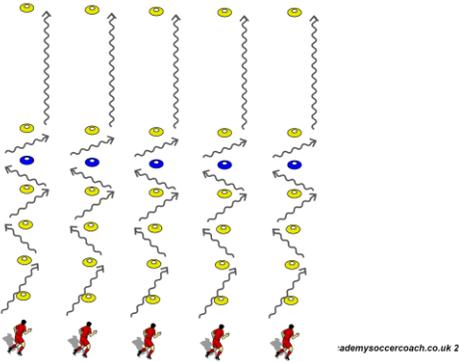
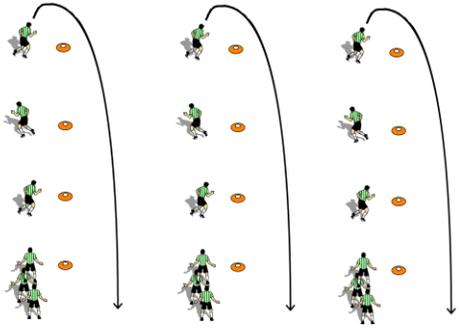




OBJECTIVES- Passing and Receiving

GLEN-ED PRE-TRAINING WARM-UP



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:** 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 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 Passing Pattern **Grid Size:** 30x30 **Duration:** 15 Mins

Player A dribbles and passes thru gate to player B who starts at blue cone. Player B dribbles thru gate and passes the ball back to player A thru other set of gates. Player A receives ball and dribbles with speed thru 2 sets of gates. Player A passes forward to player C. After the forward pass, players switch positions. C plays with D the same pattern as A and B

COACHING POINTS / KEY CONCEPTS
Non-Kicking foot pointed to target, Toe up, ankle locked. Strike thru middle of the ball. Receiving: On your toes, get behind ball. Toe up ankle locked. Eyes on the ball, 1st touch, push the ball where you want to go.

ACTIVITY 2 3v0 to 3v1 **Grid Size:** 20x30 **Duration:** 15 Mins

1st Part: Movement off the ball so that triangles are created and the player in the middle with the ball can play left or right. Hips are open and facing the middle of the grid so the player can see the entire field. 3 touch limit then 2 touch.
2nd Part: 3v1. Restrict touches to keep the ball moving faster. Player with the ball must always have 2 options.

COACHING POINTS / KEY CONCEPTS
Play the ball quick to give teammates time and space with the ball.
Open hips to see all areas of the field.

ACTIVITY 3 4v4 to 4 goals **Grid Size:** 20x30 **Duration:** 15 Mins

4v4 to 4 goals but 4v3 in the offensive half.
Target player stays deep to stretch the field.
Coach should limit touches to speed up play. 2-3 touches.

COACHING POINTS / KEY CONCEPTS
Quick ball movement to find 2v1 situations to score goals.
Good first touch, push the ball where you want to go.
Clean, Hard passes that allows teammates time and space