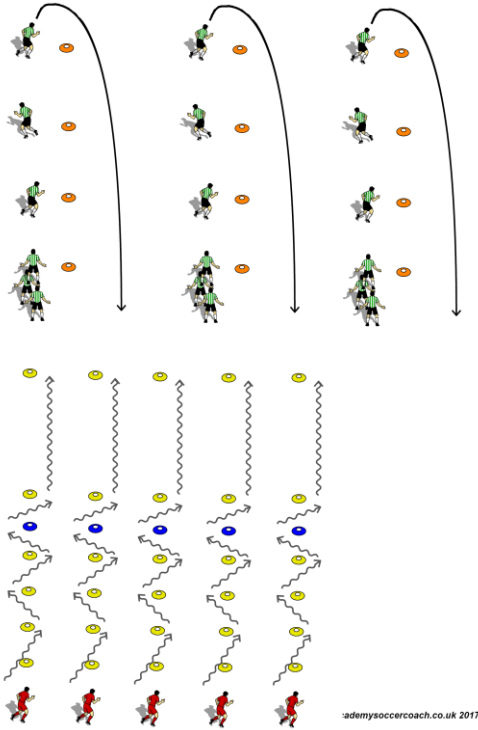


**OBJECTIVES-** Group Attacking

**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

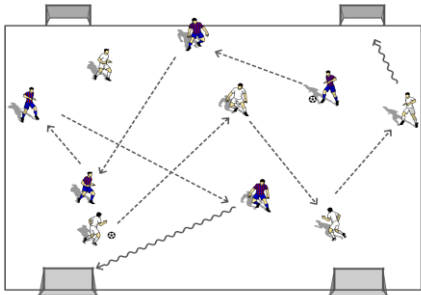
**French Dribbling**

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.



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**ACTIVITY 1** Group Passing

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

Groups of 5-7 players passing amongst themselves.

Groups try to score as many goals as they can in either side after completing the following tasks 1: Score after completing 2 split passes

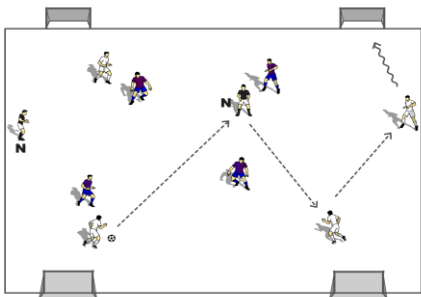
2: Score after completing one wall pass on the flanks

3: Score a goal after an overlapping run and a first time finish.

Limit touches to make players think quicker.

**COACHING POINTS / KEY CONCEPTS**

Movement off the ball, Body shape - hips open always facing inside the field. Ideas ahead of time. Good first touch that sets up the pass.



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**ACTIVITY 2** 4v4 + 2 neutrals

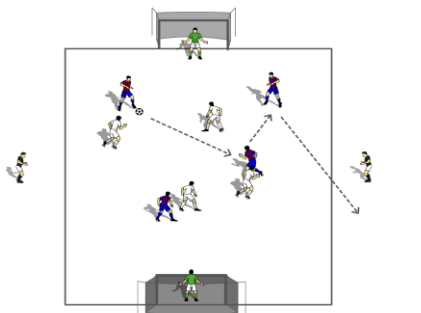
**Grid Size:** 20x30 **Duration:** 15 Mins

4v4 + 2 neutrals. Team in possession should find different ways to score in either goal. Neutrals not allowed to score.

Goals scored after an overlapping run/after a wall pass count double

**COACHING POINTS / KEY CONCEPTS**

Use the entire field when in possession. Move the ball quickly.  
Play to the correct foot with the right pace of pass. Know when to dribble and when to pass.



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**ACTIVITY 3** 4v4 + 2 wide

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

4v4 + 2 neutrals on wings. Team in possession should find different ways to score. Neutrals not allowed to score.

Goals scored after a wall pass or cross from wide neutral count double.

**COACHING POINTS / KEY CONCEPTS**

Try to find wide players to keep possession or cross balls in front of goal to score. Movement from wide players to give good passing lanes/angles