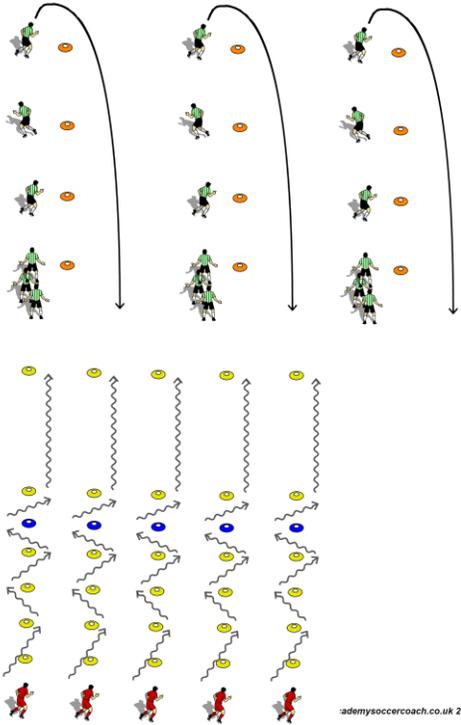




OBJECTIVES- Defending - 1st & 2nd defender

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 1v1 defending

Grid Size: 20x30 Duration: 15 Mins

The defenders make a good pass to the attacker. The defender will press the ball and delay the attacker. The attacker tries dribble the ball past the cones.

If the defender wins the ball they can counter and dribble across defending line

COACHING POINTS / KEY CONCEPTS

Angle of approach - Bend Run and force attacker to sideline  
 Speed of Approach - Slow run down as you close in  
 Body shape - 45° to attacker, knees bent and on toes

ACTIVITY 2 2v1 defending

Grid Size: 20x30 Duration: 15 Mins

2v1 defending: The defenders make a good pass to the attackers. Attacker tries to dribble across endline. When defenders win the ball they can counter and dribble across the endline.

1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"  
 1st defender should force attacker to the 2nd defender.

Switch positions after 5-6 minutes

COACHING POINTS / KEY CONCEPTS

Bend run and force to 2nd defender  
 Slow run down as you approach attacker, don't reach, move feet  
 talk and communicate

ACTIVITY 3 4v3 games

Grid Size: 20x30 Duration: 15 Mins

4v3 games that the coach should focus on the defending moments  
 1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"  
 1st defender should force attacker to the 2nd defender.

Make sure to change teams so each player has a chance to defend with 4 players.

If needed play 3v2/4v3/5v4

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations to talk about.  
 Slow run down as you approach attacker, don't reach, move feet  
 talk and communicate "I have ball" and "I have cover"