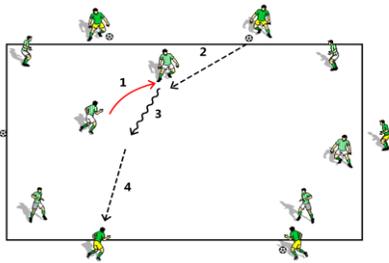
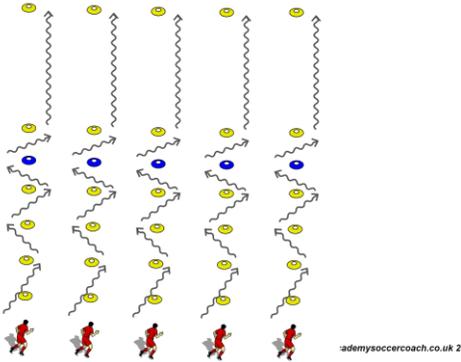
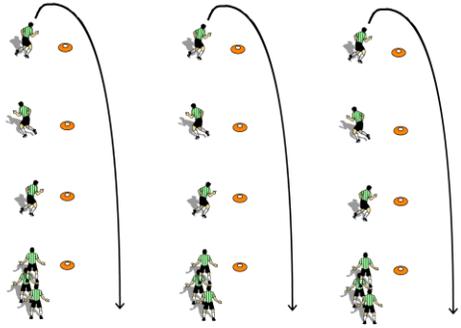


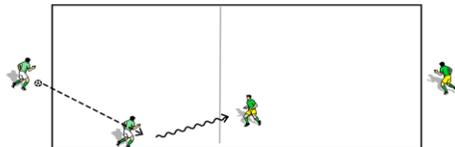


OBJECTIVES- Passing and Receiving going forward

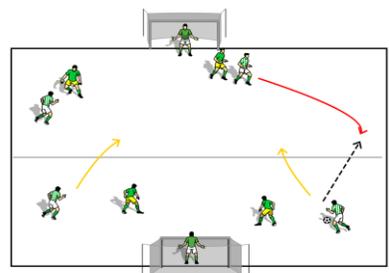
GLEN-ED PRE-TRAINING WARM-UP



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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 and turning

Grid Size: 20x30

Duration: 15 Mins

Half the team in the grid and the other half on the outside of the grid.
 everyone on the inside with a ball and everyone except 2 with a ball on the outside with a ball. Players in the middle check to receive passes then turns with the ball and passes to a player on the outside without a ball.
 Then checks to another player on the outside.
 Passers should pass to front foot so they can go forward with 1st touch.

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/open man outside. Passer should let player know he has time and can "Turn"

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 4v4 game

Grid Size: 40x50

Duration: 15 Mins

4v4 with goalkeepers.

Offensive players are restricted to stay in own half. The 2 defenders can join attack after ball is played across the midfield line, making it a 4v2 situation.

COACHING POINTS / KEY CONCEPTS

Go away to create room to "check" back into to receive ball.
 Communication between players. "man on", "Turn"