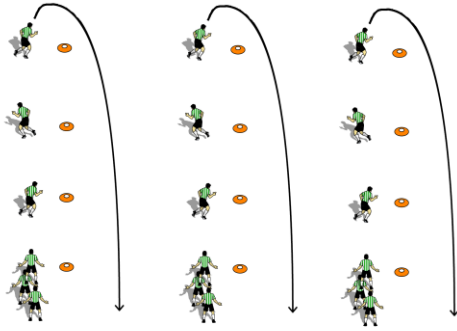




OBJECTIVES- Group Attacking

GLEN-ED PRE-TRAINING WARM-UP



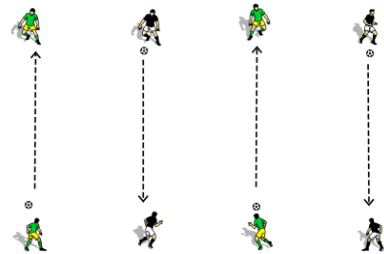
GLEN-ED WARM-UP

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: 10 Mins

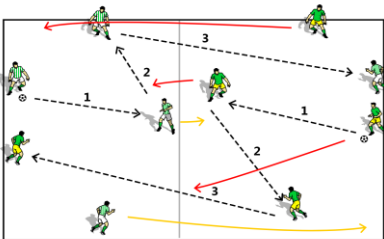
Pasing and Receiving

- 2 players 10-15 yards apart
- Simple passing- 2 touch only inside of feet
- 3 touch- inside outside inside pass
- 3 touch- inside settle, scissor left/right outside touch then inside pass
- 4 touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target  
Go slow perform the moves correctly

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ACTIVITY 1 Group Passing

Grid Size: 20x30

Duration: 15 Mins

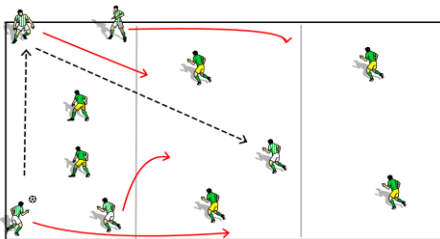
Groups of 5-6 players on a team passing in one half with a deep target player on the other half. Teams must connect 5-6 passes before playing forward to the targets. The teammates must quickly get into the offensive half to help keep possession of the ball.

Limit the players touches so the ball moves quickly.

COACHING POINTS / KEY CONCEPTS

Players must look for open space to get in to. Body Shape- hips open to the entire field for better vision. Have ideas before you get the ball.  
Targets must stay deep.

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ACTIVITY 2 Up the River

Grid Size: 20x45

Duration: 15 Mins

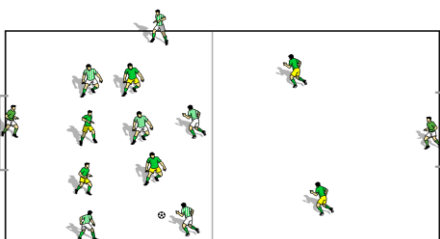
Field is in 3 sections. Each section has same amount of players 2v2/3v3, the defending players must stay in in the designated zone. The offensive players are allowed to move freely within the entire field. The objective is to move the ball from one side of the grid to the other. If the offensive team loses the ball they must go into their designated zones.

Limit touches to keep the ball moving quickly

COACHING POINTS / KEY CONCEPTS

Body Shape- hips open to the entire field for better vision. Have ideas before you get the ball. Look for target players in other zones to play to and quickly move to support to keep possession.

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ACTIVITY 3 7v7/8v8 game

Grid Size: 40x50

Duration: 15 Mins

Play 7v7/8v8 game with GK's.

The targets must stay in offensive half of field. The team in possession should be at least 2 men up.

COACHING POINTS / KEY CONCEPTS

Look quickly for the targets and immediately go help to keep possession.  
Move the ball quickly. Players need Ideas before you get the ball.

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