

CHELSEA vs. Inter Milan

Pre-Game Warm-Up

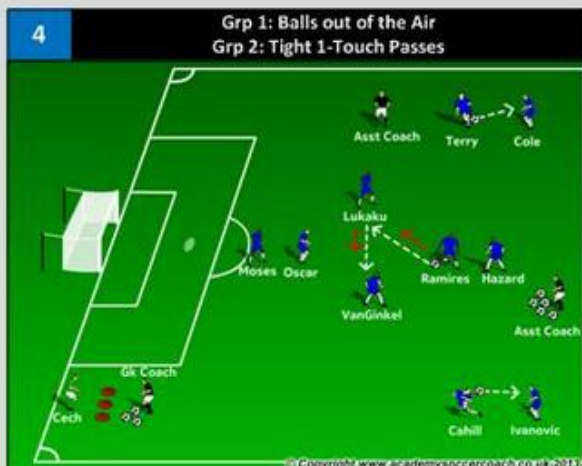
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Date: Thu, Aug 1, 2013

Event: International Champions Cup

Venue: Lucas Oil Stadium, Indianapolis, Indiana, USA

By James Field



Time: 5mins
Dimensions: n/a

Organization:

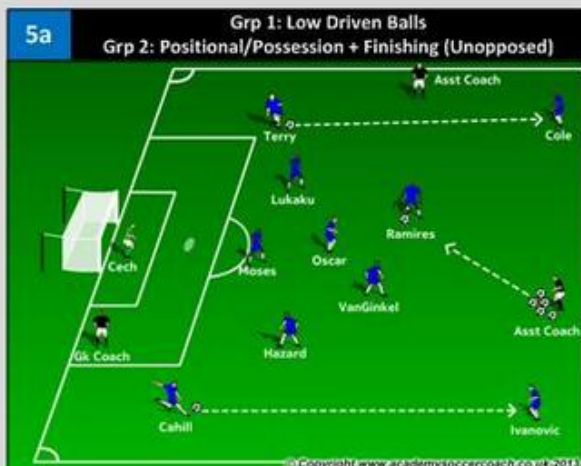
Group 1 (minus - VanGinkel) paired up. Terry with Cole and Cahill with Ivanovic:

- 1.) Players approx 7-10 yards apart and serve each other 1-touch volleys using both feet.
- 2.) Players approx 7-10 yards apart and serve each other 1-touch headers.

Group 2 (plus - VanGinkel)

Players set-up in a diamond formation and passed the ball 1-touch, with which appeared to be with NO "set-pattern". Players followed their pass. The Assistant coach had a supply of balls to maintain intensity and continued to motivate the players to increase the tempo. (Ramires, VanGinkel, Moses, Oscar, Hazard, Lukaku).

*Goalkeeper (Cech) warmed up separate with GK coach



Time: 5mins
Dimensions: n/a

Organization:

Group 1

Terry/Cole: Low Driven Balls (35-40yards)
Cahill/Ivanovic: Low Driven Balls (35-40yards)

Group 2

Ramires, VanGinkel, Moses, Oscar, Hazard, Lukaku, Cech: Players were set-up in their positions (4-2-3-1) slightly smaller than the width of the penalty area and 20-25yards out from the top of the penalty area. The assistant coach began the exercise by passing to either of the 3-midfield players. *Goalkeeper (Cech) joined the session.

Technical:

- 1.) 1-2 touch
- 2.) Quick Combinations
- 3.) Positional Rotation
- 4.) Shot on goal

The exercise always finished with a shot from outside the penalty area, from a central attack. After the shot, players recovered back to their starting positions to begin the exercise again.

Decision-making appeared to be left to the players and it appeared that the coach did not provide a set passing pattern.



Time: 5mins
Dimensions: n/a

Organization:

Group 1

Terry/Cole & Cahill/Ivanovic: Lofted Balls (50-60yards)
Players received the ball out of the air with 1-touch to their partner

Group 2 (continued)

Ramires, VanGinkel, Moses, Oscar, Hazard, Lukaku, Cech: Players were set-up in their positions (4-2-3-1) slightly smaller than the width of the penalty area and 20-25yards out from the top of the penalty area. The assistant coach began the exercise by passing to either of the 3-midfield players.

Technical:

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