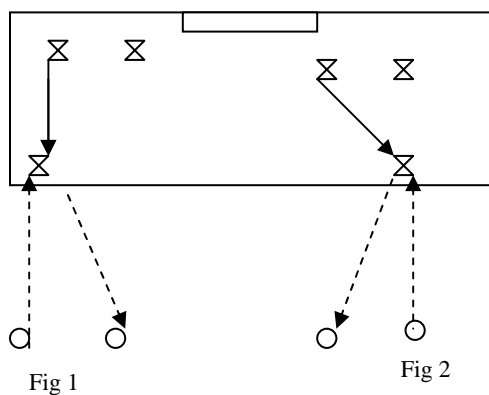


Coaching Two Central Strikers

Warm-up

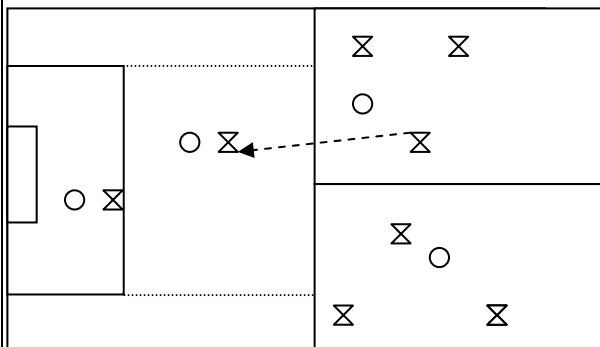


- Fig1) Area in and around the penalty box. Two X striker's two O servers.
- O1 serves to X1 who checks off to receive the ball and pass to O2 diagonally
- O2 then plays into X2 who checks off to receive. Straight run, diagonal pass.
- Fig2) O2 serves into a diagonal run from X1. X1 plays to O1. O1 plays into diagonal run from X2. Bring in defenders to mark strikers.
- Path of player \longrightarrow Path of ball \dashrightarrow

Coaching Points

- Relaxed movement with the ball.
- Players head up, being aware of supporting players
- Getting into the line of flight of the ball.
- Good first touch control of the ball.
- Controlling the ball one touch two touch pass back to server.
- Receiving the ball on the run, pass on the run.
- One player goes short other player stay long

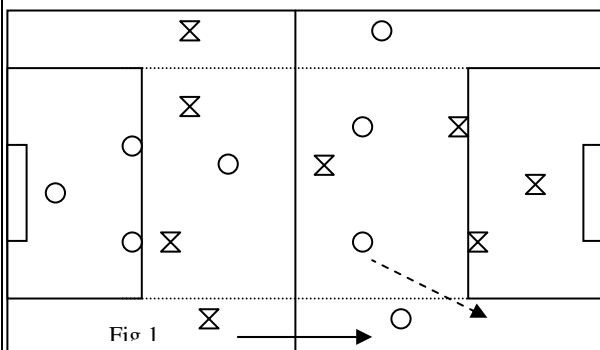
Small Group Practice



- Area of field the width of the penalty area to the halfway line. Two 20 x 20 yard grids on the half way line.
- 3 X players play 3 v 1 keep away in the grid on completion of 5 passes the ball is played into either of the front strikers.
- One striker comes short to receive one stays long X players can play into either striker.
- Progression X player when passing into front strikers can now join in creating 3 v 2 to goal

- Movement towards the ball, getting in line of flight of the ball
- Good first touch control out of the feet
- Holding up the ball/ shielding.
- Angles of runs on and off the ball.
- Awareness of supporting players.
- Turning to take on the defenders.
- Shooting for goal attacking prime target areas diagonal runs
- Creating space for blindside runs from midfield.

Game Related Practice



- Area: age group and numbers appropriate.
- Two teams 6 v 6 or 8 v 8 with keepers
- Two channels 10 yards in from touch line
- Flank players are unopposed while in the channels.
- Flank player X chases flank player O. Fig1

- Observe quality passing and first touch control
- Movement and timing of runs off the ball to receive the pass.
- Disguising intentions/ improvisation of play
- Timing of runs into prime target areas.
- Finishing inside to penalty area, second ball opportunities
- Attacking the back of the defense with and without the ball
- Supporting from midfield using blindside runs