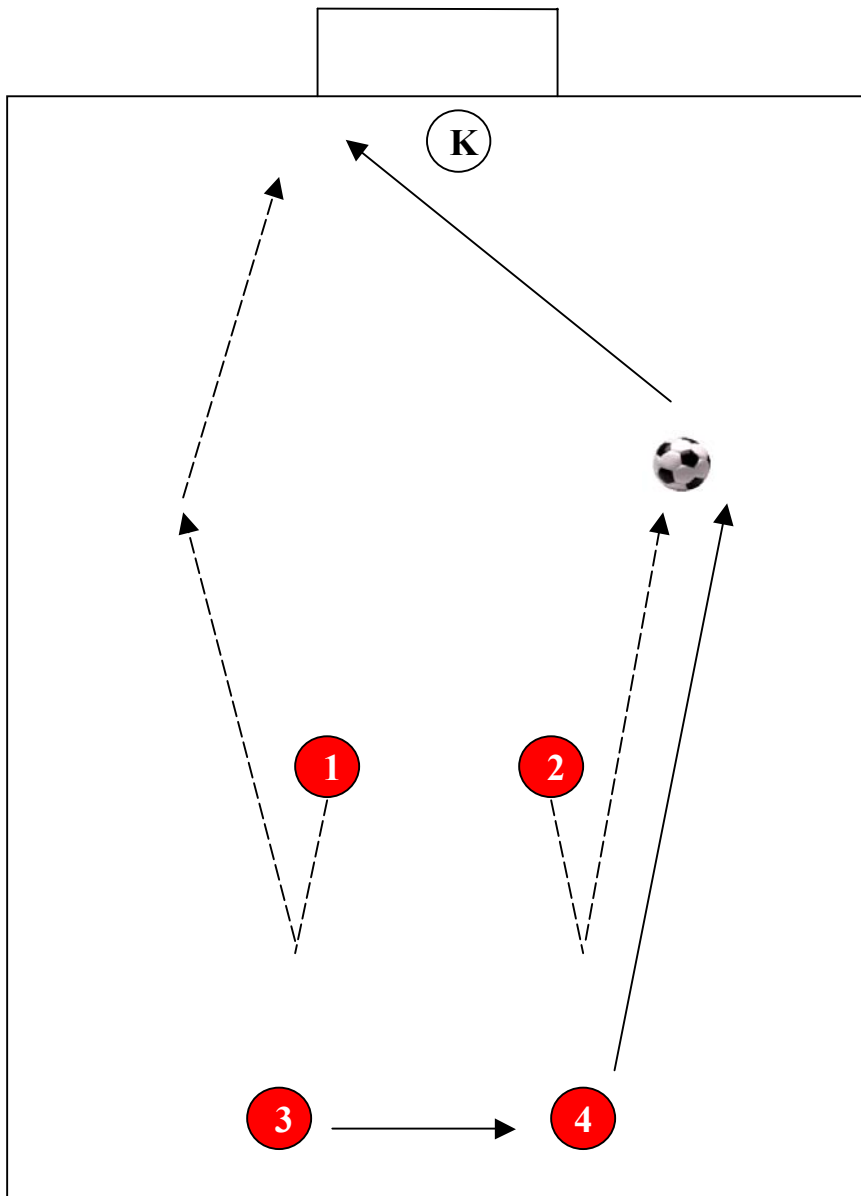


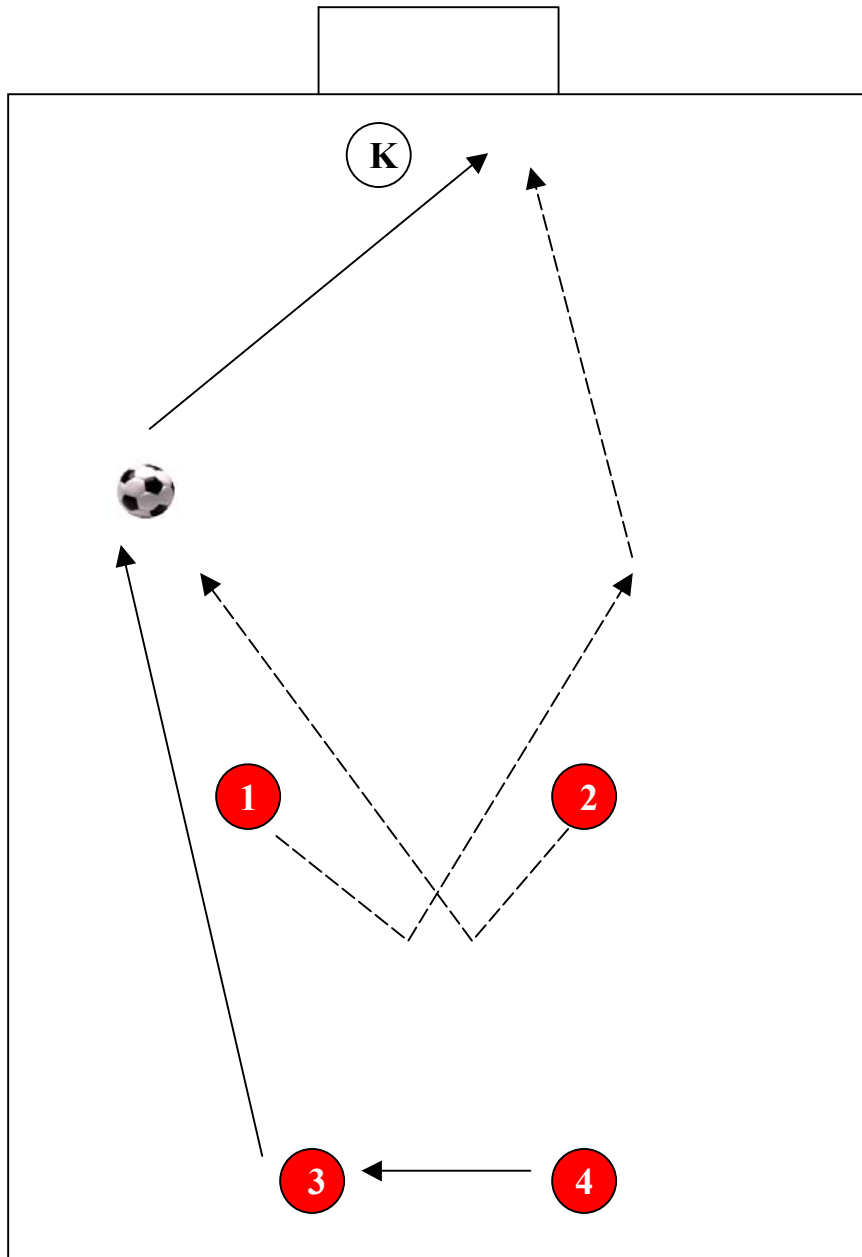
## WORKING WITH THE STRIKERS, RUNS DOWN THE SIDE



1. Passes made as if from central midfield. Do both sides.
2. First player (3) moves the ball away then checks back and passes to other central midfield player (4). This helps prepare the strikers (1) and (2) in the timing of their run. Ensure they don't go too early ( which is normally the case ) or too late. Other striker follow in for rebounds. Turns / spins should be short and sharp.

(Wayne Harrison)

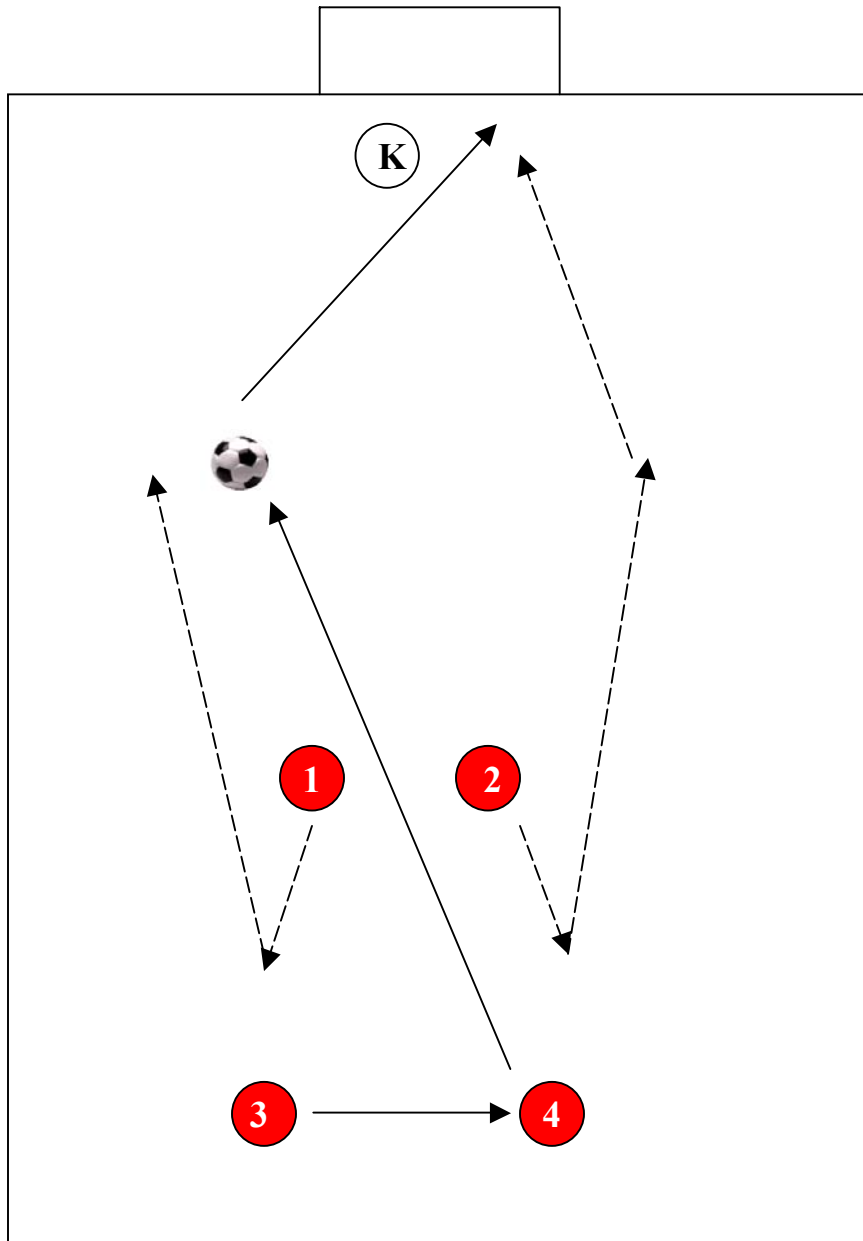
## CROSSOVER RUNS, BALL PASSED DOWN THE SIDE



1. Crossover runs to move defenders and create space for attackers.
2. First run towards the ball is to draw defenders to them. Turn / spin must be short and sharp across the defenders shoulder so their turn to track the run is more difficult.
3. Avoid an arc run which is easier for a defender to recover against.

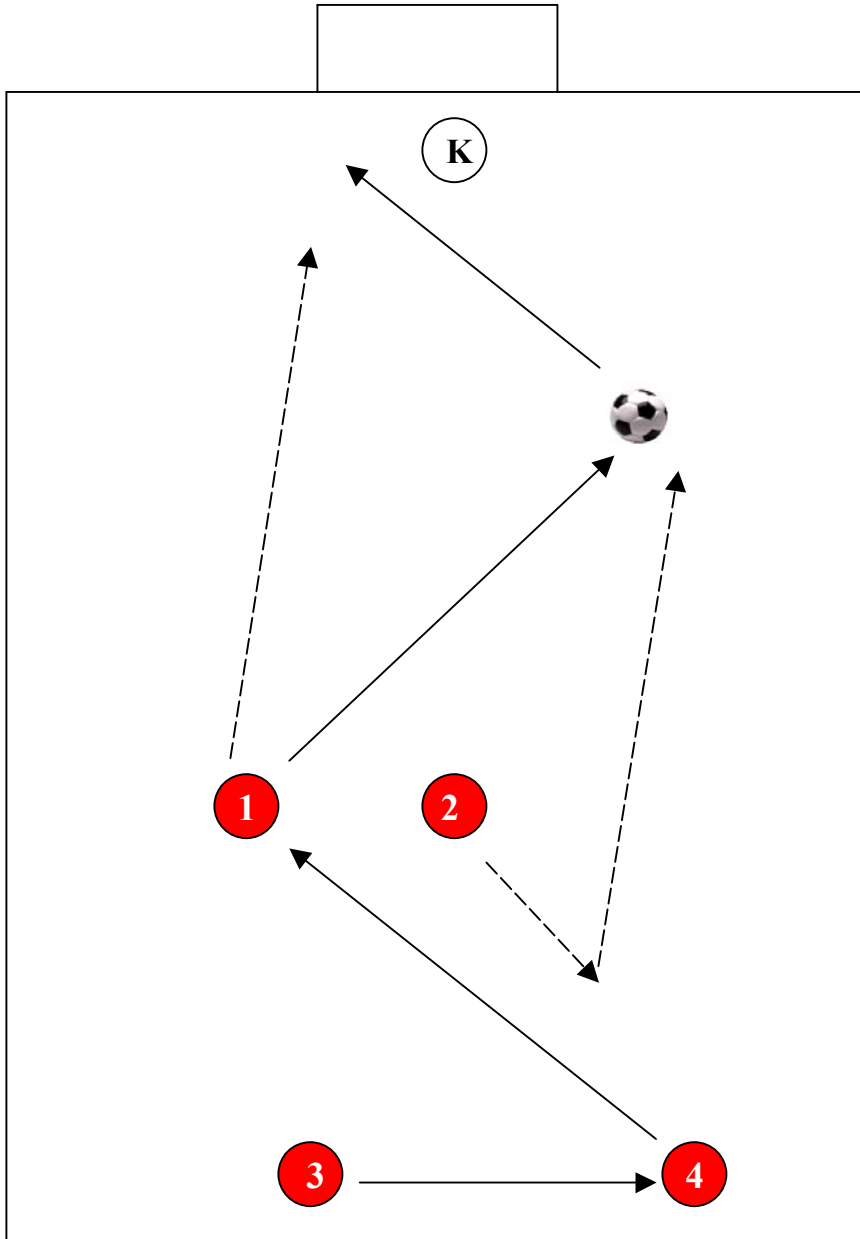
(Wayne Harrison)

## OUTSIDE RUNS, BALL PLAYED THROUGH THE MIDDLE



1. Split runs to create space centrally for the pass. Same split runs by strikers but the ball is played through the middle instead of down the side.
2. Think about the turn / spin movement of the striker do they turn inside (and see the ball all the time) or outside (and momentarily lose sight of the ball). Which is more difficult for the defender to deal with ? (depends which side the ball is delivered from).  
(Wayne Harrison)

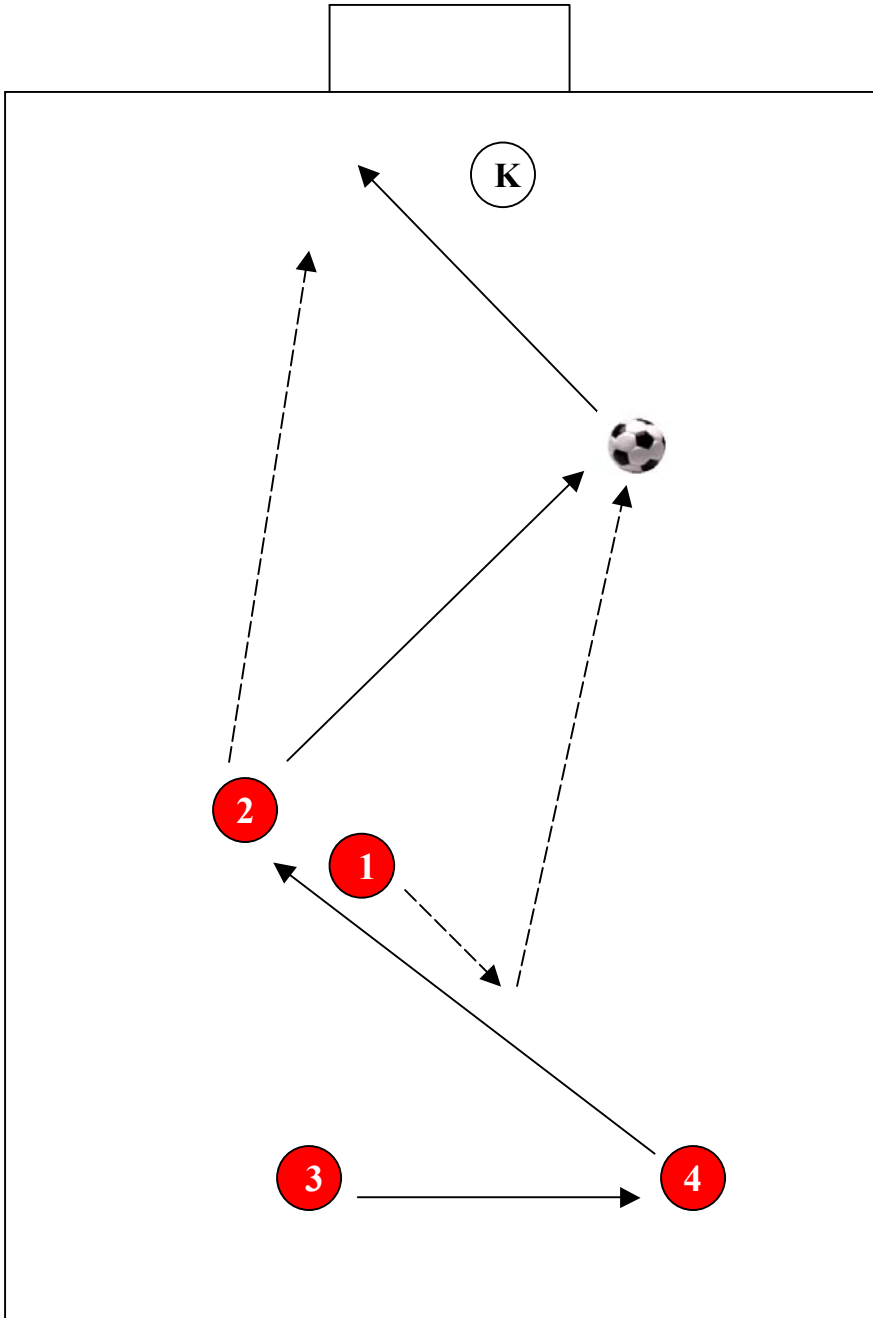
## FIRST STRIKER SHORT, 1 – 2 OFF SECOND STRIKER



1. Striker (2) goes short pulls defender forward and so creating space in behind. (4) plays the ball to striker (1) who plays the ball into the space created by striker (2)'s run . Striker (2) spins sharply and enters that space to receive the pass and shoot. (1) follows in for potential rebounds.

(Wayne Harrison)

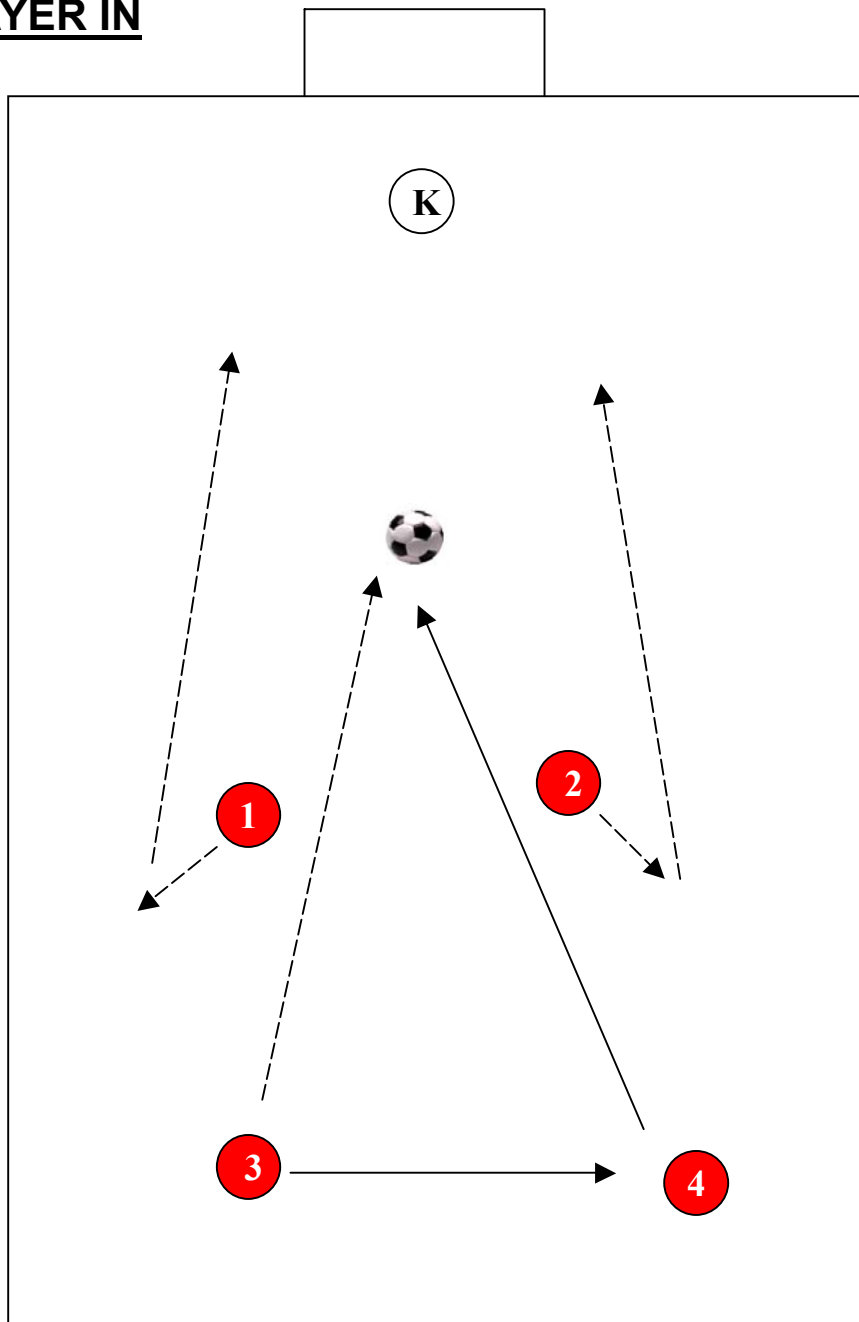
## STEP – OVER WALL PASS



1. First striker (1) comes short to meet the pass, step – over the ball (let it run through legs or past inside of body) and spin towards goal (can spin inside or outside).
2. Second striker (2) receives pass, one touch pass into path of (1) to shoot.

(Wayne Harrison)

## STRIKERS MAKE SPLIT RUNS TO GET MIDFIELD PLAYER IN

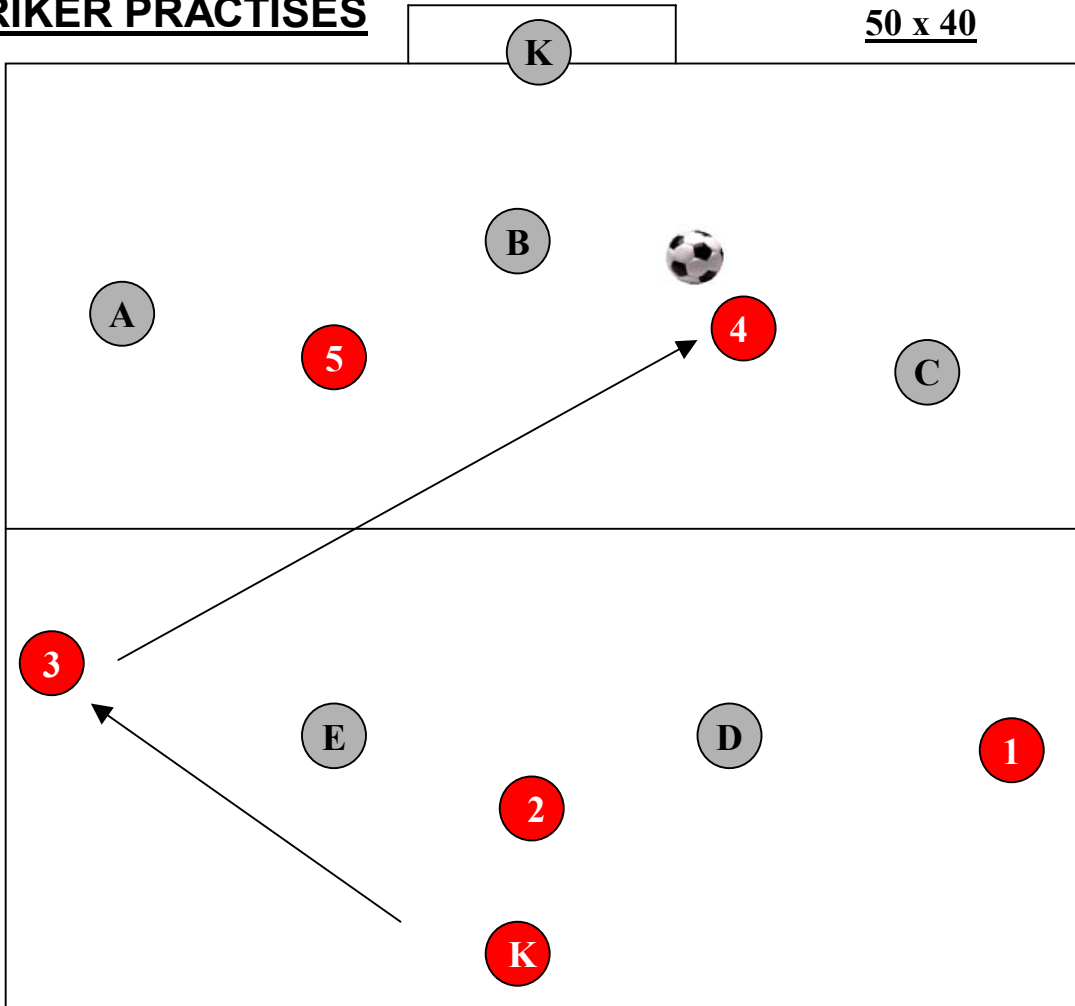


1. (3) passes to (4), (1) and (2) make runs to split and create space through the center for midfielder (3) to receive the pass from (4). Timing of all runs must be co ordinated.

(Wayne Harrison)

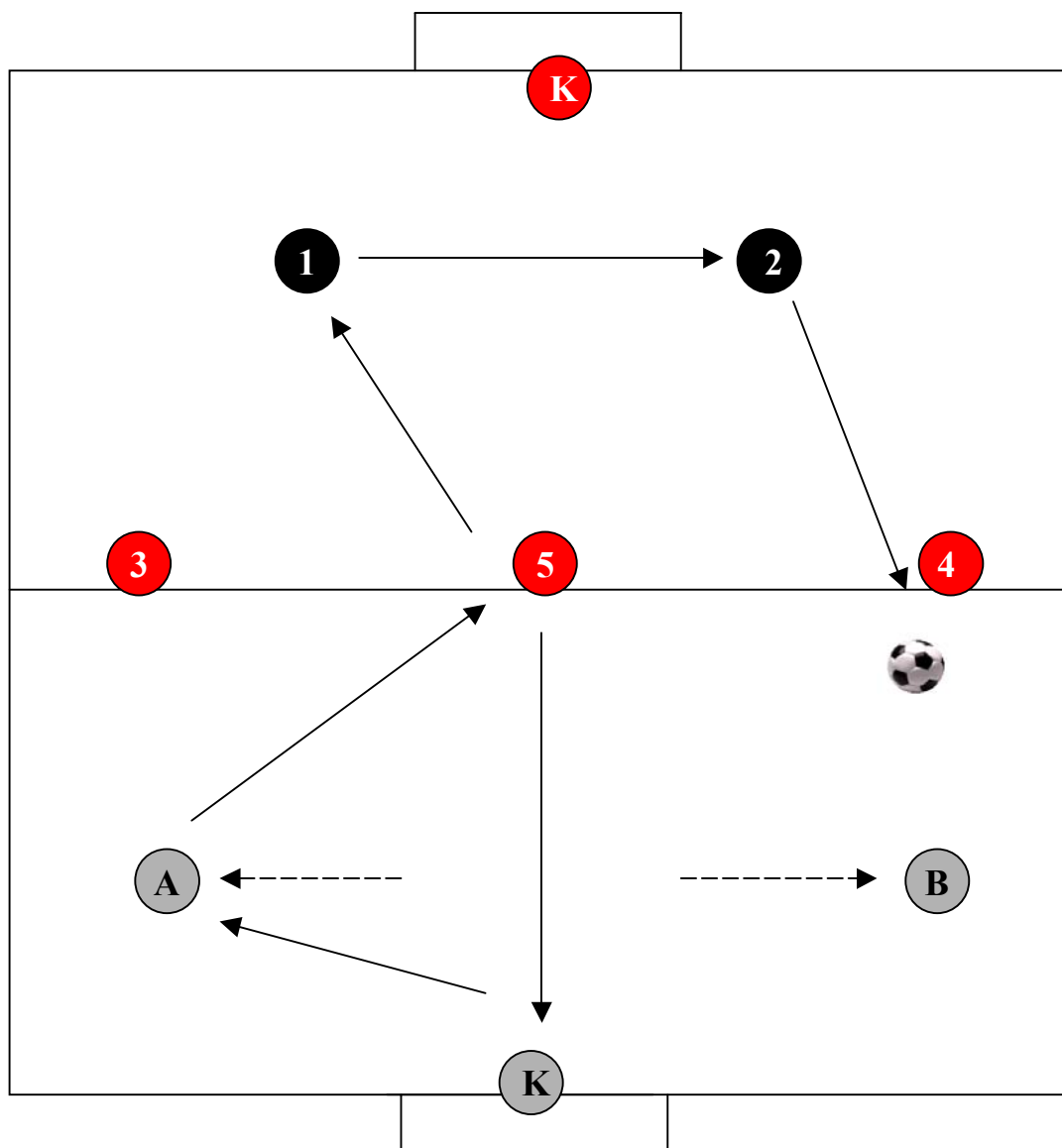
# STRIKER PRACTISES

50 x 40



## 1. Coaching Points

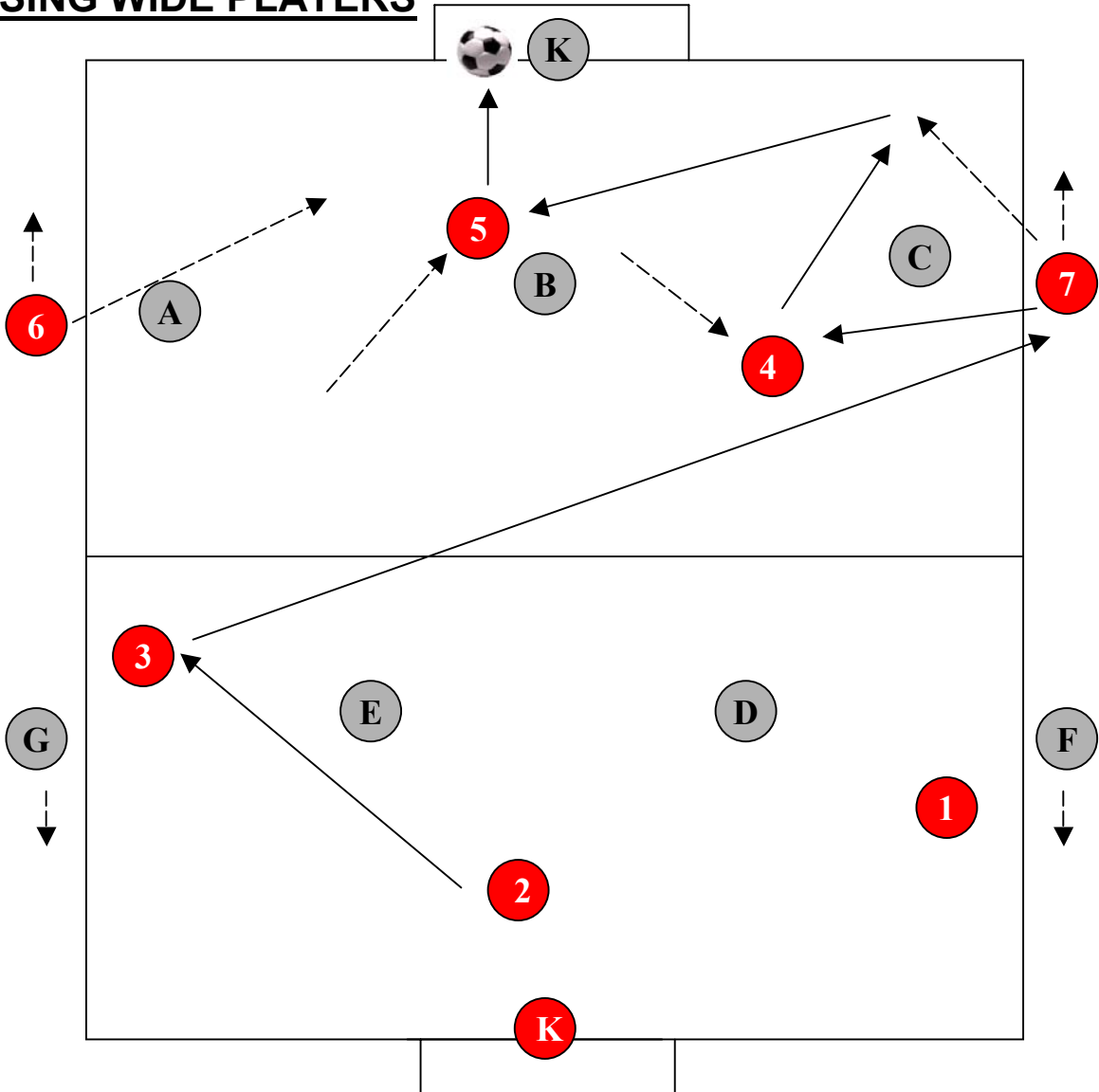
- a) Attitude to Shoot.
  - b) Creating Space to receive.
  - c) Using turns, spins, combination work, 1 – 2's wall passes, diagonal runs etc.
2. Defenders must find a striker when they gain possession of the ball. Coach must encourage the determination of the strikers to shoot when it's on, work for rebounds etc. Defenders get in support positions should the striker not be able to turn to receive the ball back and play the other striker in or even shoot at goal themselves.
  3. **Develop** – Introduce a midfield player for either side both of which can work in both halves of the field and act as link players between the defenders and the strikers.
  4. **Develop** – Have two defenders man mark the strikers and work on strikers losing their markers, receiving under pressure, combining with other players and scoring goals.



1. (5) shoots at goal, as soon as the keeper has the ball (A) and (B) break wide to create space to receive.(A) passes to (5) who passes to (1), then to (2), to (4) and a 5 v 2 is created against (A) and (B) defending.
2. (5) shoots at the other keeper and the set up is the same only we are attacking the opposite way and (1) and (2) get the chance to defend once the ball is passed around to come back.
3. Transitions are taught here where (A) and (B) are part of the attack initially but once the ball has been transferred to (1) and (2), they are now defenders so need to switch from attacking mode to defensive mode quickly physically and mentally.

(Wayne Harrison)

## USING WIDE PLAYERS



1. Introduce **Wingers** (wide midfield players) both sides for both teams. They position themselves to receive the ball outside the area to bring it inside to attack (this ensures we maintain width in attack).
2. Strikers can work moves with the wide players, for example in the above set up the wide player plays a 1 – 2 with the first striker and crosses for the second striker. The opposite wide player comes inside to cover the far post area as an auxiliary striker. Once the play is over the wide players go back to their positions off the field awaiting the next move.
3. This practice is all about quick play and transitions and keeps the players working constantly. Reintroduce the midfield players (one each team) and build the session up to an 11 v 11 practice match (obviously increase the field size as you build up the numbers).