

CHICAGO FIRE JUNIORS FORWARDS



Defending

- Make recovery runs to get behind the ball
- Steering opposition to wide areas
- Press the opposition
- Delay the opposition attack
- Don't dive into challenges when 1-on-1

Attacking

- Making positive forward runs
- Dribble to penetrate and possess
- Mobility without the ball to disrupt the defenders and create space
- Combination play with players behind and in-front of the ball
- Timing runs (awareness of offside)
- Crossing and finishing.

Wide Areas

- Offer width in the attack
- Beat the opponent before crossing
- Deliver early crosses
- Dribbling to penetrate and possess
- Offer support in advanced positions
- Off the ball movement off the ball to disrupt opposition back line.
- Finishing from wide angles, distance and close range

Key Techniques

- Receiving and turning under pressure
- Laying balls off to teammates
- Dribbling for penetrate and possess
- Attacking headers
- Tackling
- Crossing from varying angles
- Receiving lofted and driven balls
- Shooting, both from distance and close range
- First time shots (volleys)
- Accurate passing

[Video Highlights](#)