



Play in the Striker Before Your Team Can Score

Category: Academy: Attacking transition game

Difficulty: Moderate

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Description

great exercise for playing the ball forward quickly in to the striker to get supporting runs from teammates - game related, and relates to our playing philosophy

Screen 1 (20 mins)

Organization - two even teams plus keepers if available - one striker on each team - one defender to defend against the one striker at all times - good supply of pumped up footballs

Field Set up - field size width of the 18yd box to halfway line - footballs in each goal

Detail - object of the game is to look forward to the striker as early as possible and play the pass to the striker who now looks for supporting runs from midfield breaking lines past defenders - your team cannot score until the pass is played to the striker and the striker has played it to a teammate - if it's not on to pass forward, this exercise teaches us to keep possession until the passing lane opens up to play the pass forward - the defender must allow the ball to be played into the striker, then they can defend as normal as soon as the striker has had their first touch - until this point the defender must play passive

Progressions - the striker is only allowed two touches maximum so the support/teammates must get up quickly

- the passive defender can now try to win the ball before the striker touches it making it more game related

- limit the touches of all players ie 2/3 touches maximum before you release the ball

Competencies - football awareness of when it's on to play forward or start again and come back to retain possession - technique/weight of pass forward to make it easier for the striker to keep their team in possession - timing of runs behind defenders - hitting the goal with each shot

