



TRAINING CENTRAL & TWIN STRIKERS – Roy Hillier

There are basically two types of strikers:

1. Target Striker
2. Withdrawn or support striker

Every team should ideally have both.

TWO TYPES OF STRIKERS

1. TARGET STRIKER:
 - Assertive
 - Physical (strength, power & preferably height)
 - Good Header
 - Can Finish
2. WITHDRAWN/SUPPORT STRIKER
 - Good Dribbler
 - Good 1v1 Skills
 - Creative
 - Good Speed

Roles/Abilities of a Striker:

- Play with back to goal
- Cope with tight marking while maintaining possession of the ball
- Good passer & able to recognize when to pass and when to dribble
- Able to hold the ball while looking for opportunities to beat opponents
- Great first touch
- Recognize and play combinations
- Courage and confidence to take on opponents
- Knowing when to let ball run by them & opponents rather than play it in tight marking situations
- Good finisher

Training Strikers:

- The ONLY way to train strikers is to constantly place them in situations that simulate game situations that will train them to make decisions that will enable them to successfully cope with the challenges they will face in actual games.

FUNCTIONAL TRAINING - 2 V 1 ON GOAL LINE



Set-up

10 X15 Yd grids

Groups of Strikers, Servers & Defenders

Sequence

Striker checks away from defender

Server plays ball to striker

Server & Striker play 2 v 1 against defender to the endline

Players switch roles

Variation

Server & Striker play 2 v 2 against 2 defenders to endline

Coaching Focus

- Getting away from defenders (countermovement)
- Making decisions.
- Turn and take ball past defender?
- Pass ball back to server?
- Or let the ball run past the defender

FUNCTIONAL TRAINING - 2 STRIKERS v 1 DEFENDER



Set-up

20 x 30 yd field with a centre line

Teams of 2 strikers and 1 Defender

Sequence

One server serves the ball to the strikers in the other half of the field. Teams play 2 v 1

Goals scored in (e.g. 1 minute)

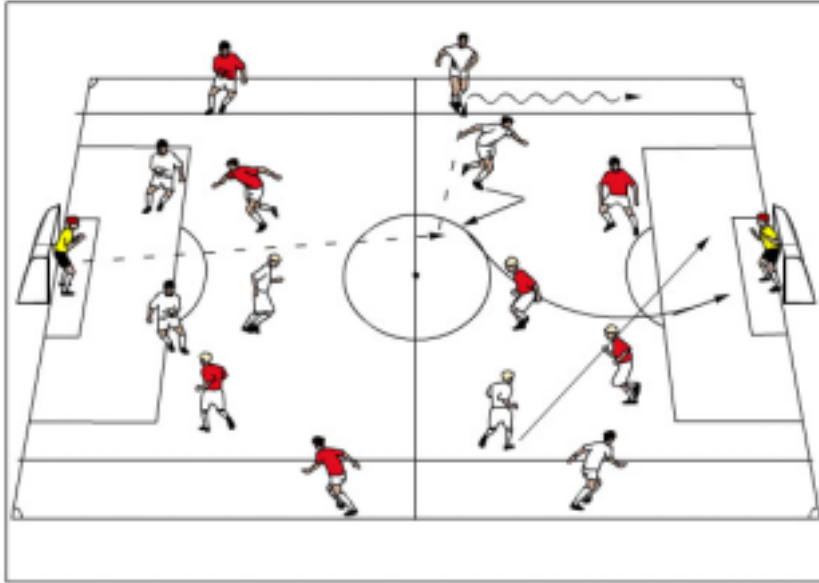
Variation

Teams play 2 v 2, 3 v 3, 3 v 3 etc.

Coaching Focus

- Getting away from defenders
- Making decisions
- Maintaining good ball control
- Playing fast combinations

FUNCTIONAL TRAINING - 4 + 4 v 3 + 4 PLUS GOALKEEPERS



Set-up

Half field divided by a center line with a goal at each end

2 teams of 8 (2 strikers, 3 defenders and 2 flank players and a goalkeeper)

Everyone stays in their half of the field

Sequence

Goalkeeper plays the ball to a striker in the opposite half

Teams play 4 v 3 until a goal is scored

Attackers may not be attacked in the wing lanes

If defenders win the ball they play to their attackers in the other half

Variation

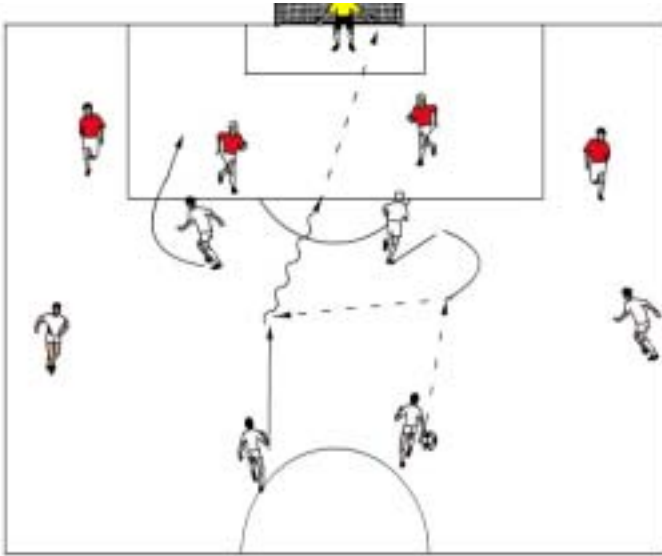
One defender is allowed to enter the attacking half creating a 5 v 3 situation

All shots must be set up on the wings

Coaching Focus

- Strikers make Intelligent runs with and without the ball (inside & outside)
- Creating space for other teammates joining the attack
- Playing off the other central striker
- Linking with wide players
- Framing the goal when flank players serve the ball in
 - Rule of Thumb - “Arrive Late – Finish Early”

FUNCTIONAL TRAINING – 6 v 4 ON ONE GOAL WITH COUNTER ATTACK BY DEFENDERS



Setup

Half field with one goal on endline
6 attackers (2 central strikers, 2 flank players and 2 midfield players) against 4 defenders

Sequence

Teams play 6 v 4
If defending team wins the ball they attack the opposite endline

Coaching Focus

- Getting away from defenders
- Creating space for midfield players joining the attack
- Link with wide players
- Heading
- Shooting
- Good decisions Good combinations