



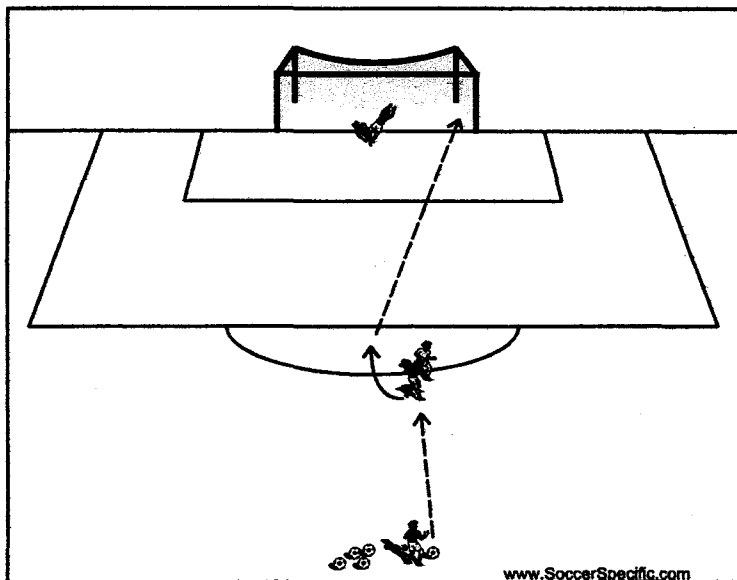
## Strikers Coping With Tight Marking

Exceptionally talented 'strikers' are expected to score at the rate of at least one goal for every two games played. The demands of the modern game require forwards to involve themselves in all phases of team's attacking play, not just goal scoring, and those responsibilities include:

- Scoring goals.
- Be 'assist' players by providing the final passes for a goal scoring teammate.
- Be able to 'link' the play by receiving and holding the ball, where appropriate, before distributing it accurately to teammates.
- Move opponents from good defending positions to allow teammates to benefit from the opening created.
- 'Fixing' defender's or attracting defender's attention and positions to the advantage of teammates.
- Being the first defensive problem for opponents.

Knowing how to function within 30 yards of goal is a key element in any forward's play. As well as goal scoring skills, a striker should be efficient in most of the following when playing in and around the penalty box:

- Receiving and protecting the ball under pressure from a touch-tight marker.
- Turning with the ball.
- Escaping from tight marking.
- Exploiting a touch-tight marker by the use of feints and turns on receiving and in possession of the ball.
- Running intelligently and often quickly over short distances to receive passes with the body between the ball and the opponent.
- Combing with the other teammates in possession (especially fellow strikers) of the ball to produce goal scoring opportunities.
- Knowing where and when to stand still to hold a position.

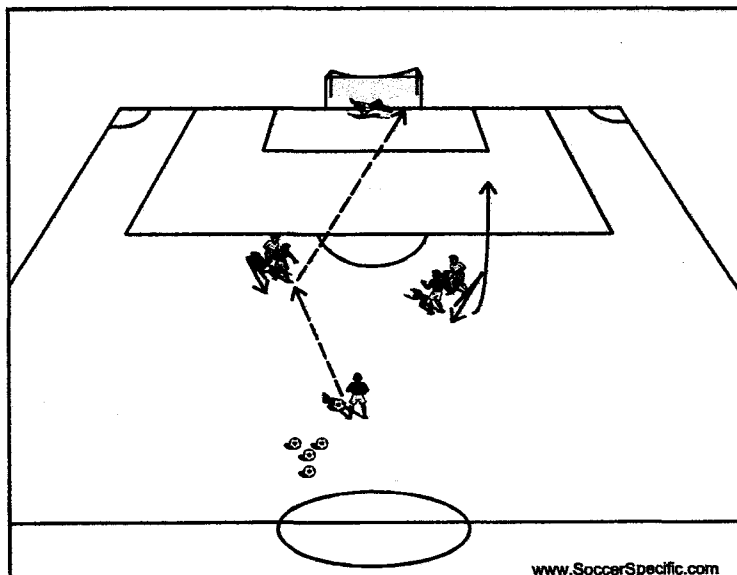


**ACTIVITY #1**

**Set up:** Single Striker Back to Goal. 1 server in midfield with 1 striker outside of a 18 yard box marked by 1 defender and a goalkeeper in goal

**Instructions:** Server plays into striker who receives on half turn to roll the defender for a strike at goal. Defender passive to start. Progress to game intensity

**Coaching Points:** Find/touch defender, message in pass, body position, first touch past defender/pressure, roll defender, eyes on the ball to strike, attitude and accuracy to finish

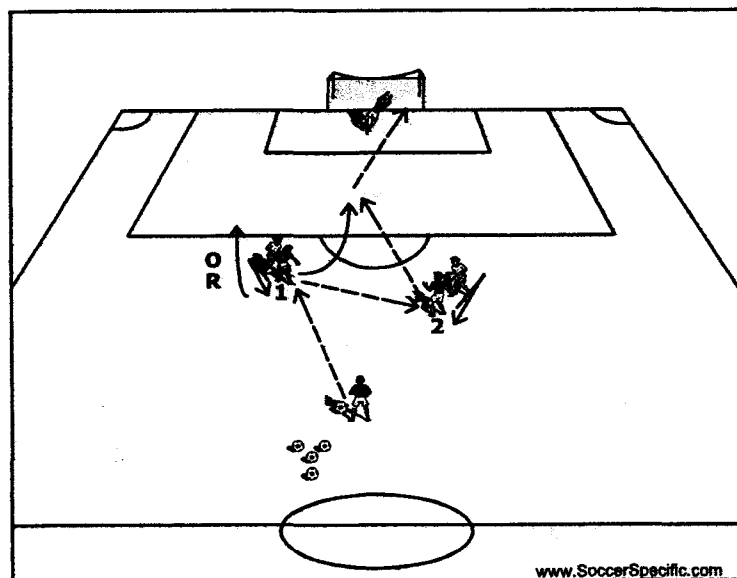


**ACTIVITY #2**

**Set up:** Twin Strikers. 1 Server with balls just past midfield. 2 Strikers setup outside the 18 yard box marked by 2 Defenders with a Goalkeeper in goal

**Instructions:** Server passes to Strikers to shoot and or combine to strike at goal

**Coaching Points:** Attitude and accuracy, Message in pass, Come off defender on an angle (check out/in are very important as the change in direction should be explosive), Body position (receive the ball on half turn), 1st touch control, Timing of runs, Shoot at first opportunity, Eyes on ball to strike, Both strikers go to goal after shooting

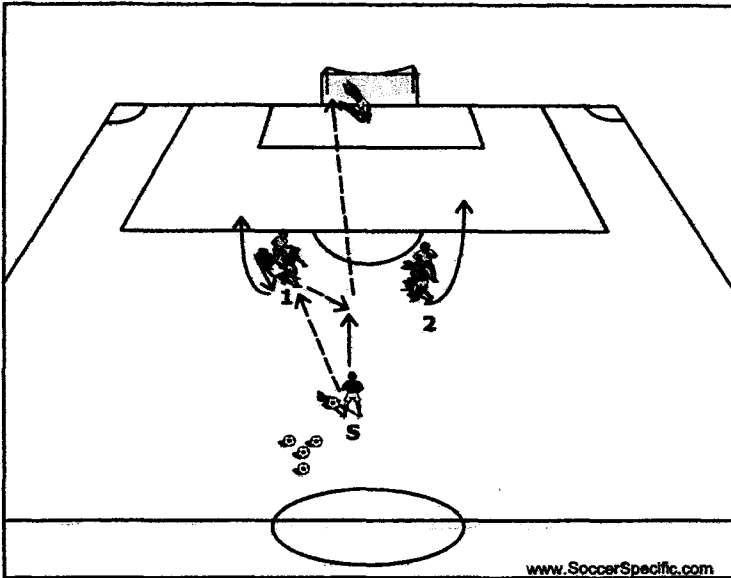


**ACTIVITY #3**

**Set up:** Twin Strikers Progression 1. Setup as before.

**Instructions:** As before. Combine with 2nd striker. 1st striker passes to 2nd striker. After the pass, 1st striker makes a run into the box to receive a return pass from 2nd striker to strike at goal

**Coaching Points:** Attitude and accuracy, Message in pass, Come off defender on an angle (check out/in are very important as the change in direction should be explosive), Body position (receive the ball on half turn), 1st touch control, Timing of runs, Shoot at first opportunity, Eyes on ball to strike, Both strikers go to goal after shooting

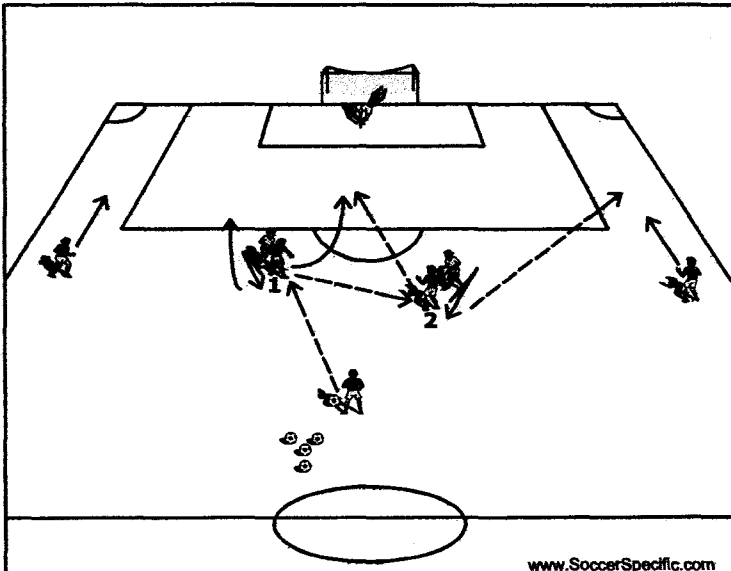


**ACTIVITY #4**

**Set up:** Twin Strikers Progression 2. Setup as before

**Instructions:** As before. 1st striker lays off in front for Server to shoot on goal

**Coaching Points:** Attitude and accuracy, Message in pass, Come off defender on an angle (check out/in are very important as the change in direction should be explosive), Body position (receive the ball on half turn), 1st touch control, Timing of runs, Shoot at first opportunity, Eyes on ball to strike, Both strikers go to goal after shooting

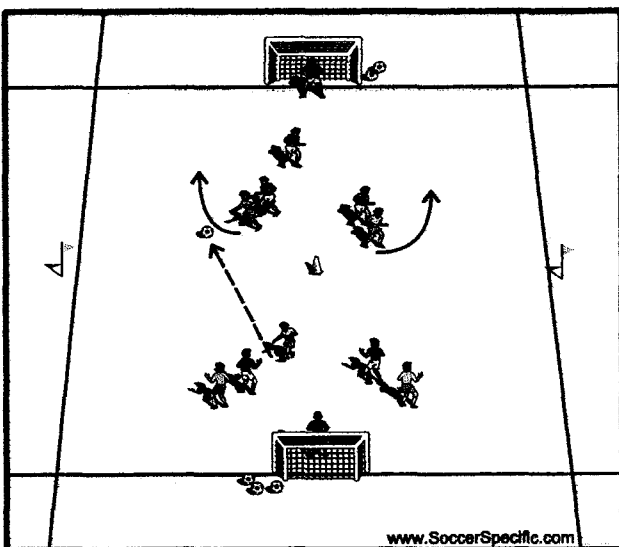


**ACTIVITY #5**

**Set up:** Twin Strikers with Flank Options Progression 3. Setup as before with addition of 2 wide (flank) players

**Instructions:** As before. 2nd striker makes a pass wide to bring in a flank player into play

**Coaching Points:** Attitude and accuracy, Message in pass, Come off defender on an angle (check out/in are very important as the change in direction should be explosive), Body position (receive the ball on half turn), 1st touch control, Timing of runs, Shoot at first opportunity, Eyes on ball to strike, Both strikers go to goal after shooting



**ACTIVITY #6**

**Set up:** Twin Strikers SSG. A field 40 x 30 yards is split in half with goals at each end and teams play 6v6.

**Instructions:** Each team positions 2 strikers at opponents half. Players can not cross into other half. Team in possession of ball plays into a striker to turn and shoot or combine with second striker to score.

**Progression:**

- a) player passing to striker can now join the strikers in other half
- b) two players join the strikers on the outside (flanks) as the ball travels into other half
- c) all players join the strikers to overload

**Coaching Points:** Awareness of space and other players, 1st touch, create space, decision (selection of turn, selection of shot), shooting attitude, verbal and non-verbal communication, timing/angle of run, timing/pace of pass

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