

Functional Practice **Striker Movement**

Set up

- Attacking **Xs** GK 3-2-1 & T
- Defending **O**s T&-1 - 3 - 2
- **Coach the Os**

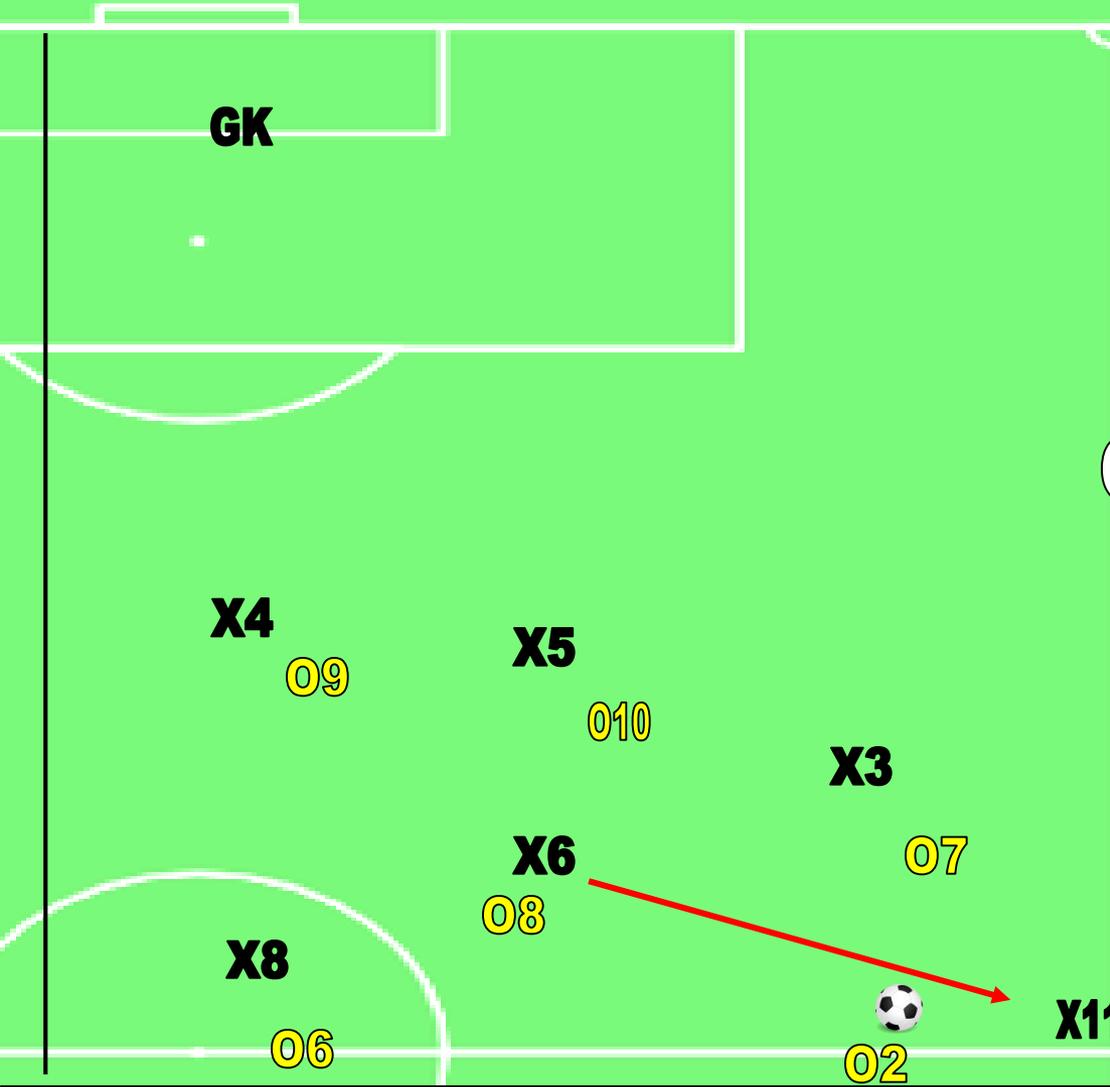
Organisation

- The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the defending team can score by passing to the target player.
- Area coned off 2-3 yards outside far post to eliminate Right Back
- Set up in the middle 1/3 of the pitch
- Coaching position behind **O7**

The Start Point No1

X's are on the attack and moving forward

- **X6** passes to the run of **X11** behind **O2**
- **O2** intercepts and is now in possession pressured by **X1**

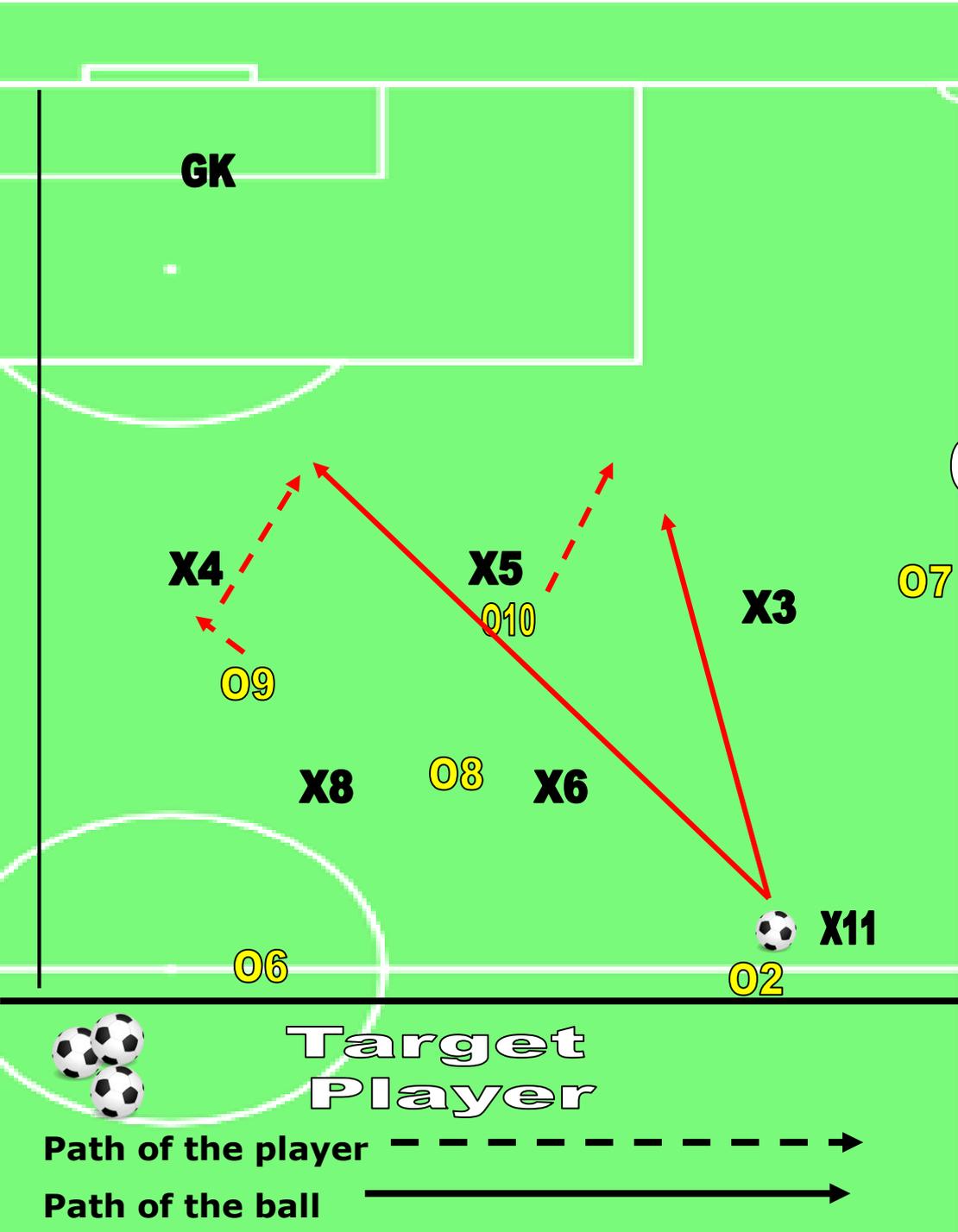


Target Player

Path of the player - - - - - ➤

Path of the ball ————— ➤





Functional Practice Striker Movement

Scenario No1 Exploit in Behind

- **O2** has the ball pressed by **X11**
- Strikers **O9** & **O10** look to exploit space across and in behind their defenders for an early ball.

C Key Coaching Points

Movement of strikers off the shoulder when possession changes hands.

Primary Players

- How **O7** takes X3 away
- O10 exploits the space between X3 and X5
- O9 runs across X4
- Strikers Runs across defenders to receive and achieve and End product

Secondary Players

- ✓ Midfield support from O8 with O1 Holding

Coaches Focus

- ✓ Timing of Runs and execution of the pass from O2

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Scenario No2 in The Pocket Providing 3 or 4 Options

O2 has the ball pressed by **X11**

Key Coaching Points

Primary Player

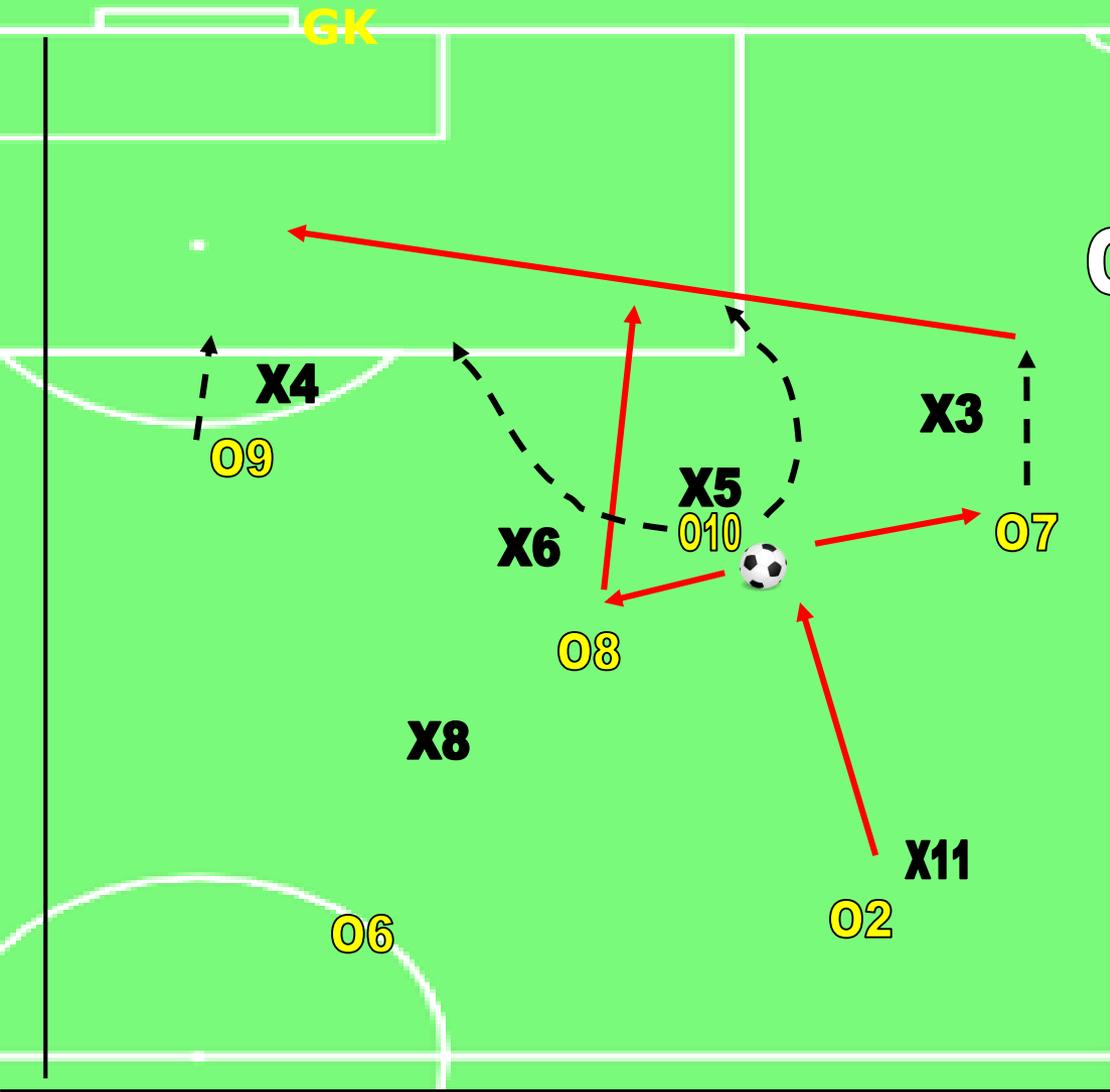
- Movement of **O10** to drop into the pocket when possession changes hands.
- **O10** the receives a pass and combines as he decides with O8 or O7

Secondary Players

- How **O9** takes **X4** away
- Spin of **O10** after releasing the pass
- O6 holding role

Coaches Focus

- Combination play can be developed from here
- Striker movement to drop and protect/hold the ball critical
- Secondary movement vital



**Target
Player**

Path of the player ————→

Path of the ball —————→

Moment of Reflection

Manchester United Academy Coaches practice this session however put a time limit on it after regaining possession to promote options for strikers



Target Player

Path of the player 

Path of the ball 

Confirmation or Learning

Have the players?

- ✓ How players create space quickly on regaining possession.
- ✓ Understood how strikers have variation and options
- ✓ How to time striker runs to stay onside
- ✓ How midfield players support

Have you

- ✓ Provided the right technical information to achieve success in the session?
- ✓ Coached **primary, secondary and fringe players?**
- ✓ Corrected faults??????
- ✓ Planned variation of scenarios?