



STRIKER CURRICULUM Winter Season



@247UKSoccer

www.24-7uksocceracademy.com

CONTENTS

Week	Topic
Week 1	Basic Striking Technique
Week 2	Finishing in the box
Week 3	Power Striking
Week 4	Mastering the Volley & Half Volley
Week 5	1 on 1' s
Week 6	Combinations to Goal
Week 7	Creating Space to Shoot
Week 8	Attacking From a Cross
Week 9	Finishing with Back to Goal
Week 10	Overloads to Goal

INTRODUCTION

Training Overview

The striker program is designed to improve and develop players ability to perform various techniques and skills required in front of goal. Emphasis should be placed on repetition and technique as well as an introduction to tactical elements and attacking principles of play. The topics covered will expose players to realistic scenarios in order to create an environment in which players can relate to.

Resource Links

[Finishing Activities](#)

[Striker Guide 1](#)

[Striker Guide 2](#)

[Finishing Sessions](#)

[24-7 Curriculum](#)



Organisation/Explanation:

1. Warm Up

-Split players into groups. Have ball per group. Work on striking ball with different parts of the foot.
Inside, Outside, Laces.
Incorporate dynamic stretches.

2. Striking with inside/outside of the foot

- 2 lines, dribble ball into channel and finish.

3. Striking with laces

-Player passes into partner who takes 2 touch max to set up shot. Shoot from behind coned line

4. Give an Go

-Forward checks to one side, receives on the half turn plays ball into path of player who made initial pass.
-Look for a 1st time finish

5. Forward spins

-Ball played into forward who spins with one touch and finishes with 2nd touch.

For all of these:

- Have 2 cones just away from post to act as targets to score.
- Add GK if needed

6. 1v1 to goal

-One attacking and one defending line.
-On attackers 1st touch, defender can put pressure on.

- Look to get shot off.
- 1 point for hitting target
- 2 points for scoring

Coaching Points/Progressions:

- Striking with the correct part of the foot.
- Preparation touch before taking shot
- Stepping into the ball and following through on contact

Notes:



Organisation/Explanation:

Warm Up (10 minutes) - Players will be put into three different groups all wearing different color pennies and must dribble around the 20x20 area. When the coach calls a color they must leave their own ball and finish someone else ball in one of the goals around the square whilst the other color continue dribbling in the area

Main Session (40 mins)

1. Shooting in a crowded box - Player starts on edge of the box and plays a give and go before shooting through a crowded area provided by mannequins or players
2. Finishing the rebound - Player A drives at goal and shoots directly at the goalkeeper who looks to parry the ball back in play for Player B and C to follow up and try and finish first time, (Players rotate roles each time)
3. Finishing from a cross - Player A plays out wide to Player B who crosses the ball in to the box with player A and C looking to cross runs before attacking the ball in the box. (Players rotate roles each time)
4. 2v1 with back to goal - Player A passes into Player B who has his back to goal and Player C defending him. Both Player A and player B then have 5 seconds to get a shot off before the play ends. (Players rotate roles each time)



Opposed Practice (10 mins) - Game situation with 30 x 20 area and two goals either end. The first goal scored for each player counts as double



Coaching Points/Progressions:

- Look for early shots, Awareness of surroundings, Decision making (when to take a touch and when to shoot first time), Timing of runs, Use of different shooting techniques in different situations

Notes:



Organisation/Explanation:

-Warm Up- Players are dribbling within the area looking to find space to strike at one of the goals. Players can also flick the ball up to strike with a volley.

1- Dribble to Shoot-Players to dribble towards the mannequins, beat them and strike as soon as possible. Focus on using their laces, shifting the ball to shoot.

2- Receiving with back to goal- Player to receive the ball backing up the defender, attacker to turn the defender to get a shot off. Attacker to focus on turning the defender to create space to shoot.

3- Receiving to set & shoot- Furthest attacker to receive the ball and set for the oncoming attacker. The attacker setting the ball can keep on the ground or in the air for a volley.

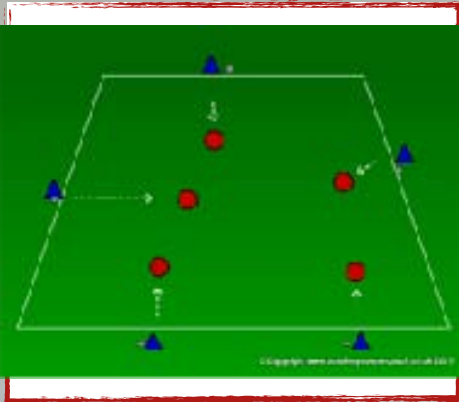
4- Receiving from Wide to Strike- Two servers are crossing the ball to the oncoming attacker to strike from distance. Players to alternate from a lofted cross and a cutback pass.

Opposed Practice- 2v2 with the attacking unit looking to score from a relative distance. 1 point for a goal 2 points if it hits the back of the net without bouncing as players look for powerful strikes.

Coaching Points/Progressions:

- Angle of the attackers run when striking, knee coming over the ball and eyes on the ball until after impact. Follow through of the attackers strike as the player lands on that foot as we focus on the hitting the ball hard but under control. Footwork of the attacker to shift the ball into space for him to strike as soon as they can. Movement of the players hips when hitting the volley to keep the ball down.

Notes:



Organisation/Explanation:

1. Warm up

-Half players in the middle, half on the outside. Serve balls under arm, for players to play inside foot & laces volleys - 1 touch.

Progression:

-Servers to serve ball as a throw in

2. Control and volley

-Groups of 3. One serves ball, player controls ball and returns to other player. Repeat in other direction.

-Focus on inside the foot, laces volleys. Work on full volleys and volleys after a bounce. Challenge players to return volleys at different heights to servers.

3. Set and Volley

-Players start around edge of area with a ball. Look to juggle a few times then execute half and full volleys. Have 2 groups going at the same time

Progression - add GK

4. Volleys in pairs.

-10x10 grid. 4 goals. Players in pairs. -Serve ball to partner or has 1 touch to volley or 2 touches to control of volley. Can score on either of the 2 opposition goals.

5. Score from a cross.

-Players dribble down and cross ball trying to hit the target area. Attackers can go individually or in pairs for crossers to hit.

- Score off a bounce or off a volley.

6. Serve Volley end game

-2 teams playing to a goal. Players must serve, half volley or volley and catch. Ball can bounce between serve and volley depending on ability of players. If cycle is broken then other team gains possession.

Coaching Points/Progressions:

- Technique of the volley
- Body over the ball.
- Position of the ball, when to attempt volley

Notes:

Theme/Objectives:

STRIKER CLINIC (1V1 to Goal)



Organisation/Explanation:

Warm up (10 minutes) - Each Player has a ball and moves around the square performing different ball manipulation exercises.

Main Session (40 minutes) - Rotate players between 4 exercises spending 8-10 minutes per exercise

1. 1V1 vs GK - Player acting as GK plays to attacker who drives at the GK and looks to score using a number of different techniques (chip, side foot, laces, dribble round the GK, early strike)
2. Receiving with back to goal - Player starts at cone/mannequin and must check in to receive ball in front of line before turning and finishing in the corners of the goal
3. 1V1 with interference - Two groups of players play 1v1 to 3 goals. The attackers start by dribbling over the line with the defenders then defending against their opposite player
4. Give & Go to Goal - Attacker starts by driving towards a cone/mannequin and playing a give & go before trying to score in the corners of the goal

Opposed Practice (10 minutes) - Defending player passes into the attacking player who attacks 1v1 against defender and GK

Coaching Points/Progressions:

- Movement to check in at angle to receive ball, Footwork and body movement to create space for a shot on goal, use of different types of shooting techniques (chip, side foot, laces, dribble round the GK, early strike), Improvisation and creativity in front of GK

Notes:



Organisation/Explanation:

- 1) **Warm-Up:**
 - 2 teams each with a ball
 - Each team looks to play combinations in between windows created by opposing players to score points
 - Gas act as neutrals and can play with both feet and hands
 - Encourage wall passes, third man runs, take-aways etc.
- 2) **Set and Go:**
 - 2 groups working simultaneously towards 2x goals with GKs
 - Forward checks off of mannequin to receive pass from midfielder
 - Forwards set back to supporting midfielder
 - Midfielder returns pass inside second mannequin into space for forward to run on to and shoot across goal
 - Midfielder becomes forward for next turn and forward recovers to end of next line
 - Award points for shots on target and goals
 - Progress to add defenders to create 2v1 to goal where either midfielder or forward can score (groups work one at a time)
- 3) **Three-Way Finish:**
 - P1 dribbles at mannequin, performs move and shoots at goal
 - P1 then recovers to combine with P2 so that P2 can get a first-time shot off
 - P2 then applies passive pressure to P3 whom is dribbling to then shoot at goal
 - P1 recovers to end of P2 line, P2 recovers to end of P3 line and P3 recovers to end of P1 line
- 4) **Three-Combo Build-Up Play:**
 - P1 with a midfield run drives at mannequin and shoots from distance
 - P2 then drives in-field and combines with P1 whom has checked to receive, to combine to play around mannequin back to P2, who then plays a square pass for P3 to strike after having timed their run so not to be offside
 - After P1's combination with P2, he will have carried his run on around wide mannequin to play a cross into the box from server (S) for P2 and P3 whom will have checked their runs to attack the cross
 - Progress to introduce defenders to pressure first and second strikes and defend cross
 - P1 becomes server, P2 recovers to P3 line, P3 recovers to P1 line and server recovers to P2 line
- 5) **3-Ball Finish:**
 - 40x25 area with goal and GK
 - 2x defenders and 2x attackers + one wide attacker at mannequin and one other wide player on other side
 - 4v1 in small grid passing and moving
 - On coaches call 1 of 4 attackers in small grid plays in to target 9 for a 3v2 to goal
 - Second ball then played to 7 to beat mannequin and cross
 - Ball 3 then comes in from 11 and first wide player can join in
 - Progress to have defender from grid to recover to help defend
- 6) **SSG Mini-Game:**
 - 40x25 area divided in half with goal and GK at each end
 - Two teams of 4 with 3v1 in each half plus a neutral player
 - Neutral player can play anywhere on the field for whichever team is in possession
 - Teams look to combine from GK to 3v1 + N to shoot within own half
 - Player in attacking half follows in for rebounds

Coaching Points/Progressions:

- Creative movements off of the ball
- Timing of runs to receive
- Variety and timing of runs to attack crosses
- Weight and quality of passes for combination play
- Type and accuracy of shots

Notes:



Organisation/Explanation:

- 1) **Warm up** - 20 x 20 Area. Team split into two groups.
- Passing and moving sequence working on different passes, receives.
- Also focusing on getting the ball out of your feet to create half a yard of space.
- Points system brought in when working on receives with points for limiting touches and different types of receives.
- 2) **1 v 1** - 15 x 20 area. Team split evenly into attackers & defenders.
- Working on 1v1's to try and work on players moves to try create a yard of space to shoot.
- Progress into 2v2
- Progressions:
 - Add recovery defender to chilling attacker to go at speed
- 3) **Turning Defender**
- 2 Balls going at once.
- Players pass diagonally across into player standing in front of mannequin.
- Players are focusing on turning the defender, getting the ball out their feet and passing it diagonally across to the next player.
- Player must receive on safe side
- Progressions: Limit Touches, introduce 2 scans before receive ball,
- 4) **Shifting ball for Power**
- Players are working the ball from CM into ST.
- When striker receives they are looking to shift ball out their feet as quick as possible to have a shot at goal
- Players follow their passes to rotate around
- Wide player must check high before coming short to receive and link with striker
- Progressions: Striker has 2 touch limit, add points system
- 5) **Pattern of Play for striker to Create Space to Shoot**
- GK passes into RB,
- Rb opens up and plays a combination with CM who then plays into Wide Player
- Wide player then plays into ST
- ST has to try and create space in order to get a shot at goal.
- Add in different patters of working into striker.
- Progression
 - Add in active defender behind striker to challenge him
- 6) **Flying Changes 1v1 & 2v2**
- Players split into two groups.
- Attackers will attack the goal and try and create space to shoot.
- Once they have had a shot they will instantly become a defender to an opposing player who will be an attacker
- Attackers must go at pace in order to create space to shoot
- Progressions: Time limit to score, points system

Coaching Points/Progressions:

- Triggers for Player Movement
- Timing of runs to Create Space
- Limited touches where possible
- Awareness of Space

Notes:



Organisation/Explanation:

-Warm Up- Players are receiving the ball in the square as the servers cross the ball. Attackers are to judge the flight of the cross and the best to control the ball.

1-Attacking from the far post- Play begins from the central area to a wide position. The central attacker to attack the far post & the wide player to attack the near post pending on the delivery.

2- Attacking the cut back- Attacker is coming onto a cut back with passive pressure from a defender, angle of the run and type of strike can vary.

3- Attacking Variety- The "9" is to receive multiple crossing options in this circuit, pending on the delivery the decision on how to attack it must be addressed. On the ground, volley or header to be used.

4- Attacking the flick on-Server to cross to the near post, the first attacker attempts a flick on as the second attacker reads this to get on the end of the redirect to follow up and score.

Opposed Practice- 4v3 players to scrimmage. A regular goal is worth one point, scoring from a cross is worth 5. Players can only enter the red zone from a pass. Touch restriction will apply to speed the play up.

Coaching Points/Progressions:

- Angle of the attackers run when attacking the cross, redirecting your header goal wards and getting above the ball to try keep it low. Attacking the ball from a wide area. Timing of your run to stay outside. Movement off the ball to find space in 18 yard box. Different types of runs from the attackers as we look to create a number of goalscoring chances.

Notes:



Organisation/Explanation:

- 1) Passing and Moving Warm up
 - 30 x 30 area
 - Players Split into Two groups.
 - Both teams pass and move within passing area
 - Focusing on both receiving techniques and also shooting techniques when passing the ball
- Progressions - Limit to 2 touch
- 2) Passing and Receiving ST Drill
 - x2 of this drill going at once
 - Split team evenly
 - Player A plays the ball into the ST who has back to a mannequin working on receiving the ball around the mannequin.
 - ST plays the ball to opposite start line and goes wrong the opposite way
 - Players follow there pass.
- Progressions: Swap starting cones to opposite side to work on receiving technique the other way.
- 3) Finishing with back to goal Drill 1
 - 30 x 50 area
 - 2 Way drill attacking both goals
 - Player A plays the ball into the ST who has to receive and finish around the mannequin.
 - Players will follow their pass and ST will join the line next to the goal and will then attack the opposite way.
 - Progressions: Limit touches, Add active defender, points system
- 4) Pattern of Play
 - Pattern of play from GK which will end up being played into ST who will have to receive with back to goal and look to get a finish at goal.
 - GK - RB - CM - RM - ST
 - Players follow their passes
- Progressions:
 - Add combinations in the pattern of play
 - Limit ST touches,
 - Time limit for ST to score,
 - Outside of the foot receive
- 5) 3 Zone Game
 - 60 x 40 area
 - 3v3 in middle zone
 - 1 ST and 1 DEF in each of the outside zones
 - Players in the middle zone have to make 3 passes before they play pass into the ST who has to turn the defender and go to goal
- Progressions;
 - Limit time to 5 seconds to get a goal as soon as ST receives
 - Points System
- 6) 7 V 7 Game

Coaching Points/Progressions:

- Scan to look for what way to turn defender is better by look at space in behind
- Good First touch out your feet to create half a yard of space
- Be calm and relaxed when turning and finishing at goal
- If ball is on ground when you turn, use placement shot into corners
- If ball bobbles in the air when turn, use laces and shoot across goal
- Body over the Ball

Notes:



Organisation/Explanation:

- 1) **Warm-Up:**
 - 40x30 area divided into thirds
 - Set up with 2v1 in end thirds and 2v2 in middle third
 - Handball game: in possession - players can move freely between zones to create attacking overloads, out of possession - players must stay within zones
 - Play always start from GK
 - Goals can be scored with a header or volley
- 2) **3rd Man Shoot & Defend 2v1:**
 - 30x30 area set up as shown
 - Starting player (Red) plays pass into 2 forward and makes a 3rd man run - forwards combine and play to starting player to shoot and then recovers to defend
 - Coach immediately plays ball into 2 forwards to play 2v1 against Red defender
 - Teams swap roles after set period of time and scores kept
- 3) **3rd Man Shoot & Defend 2v1 Cross:**
 - Same set up as activity 2) above
 - Starting player (Red) plays pass into two forwards and then makes penetrating run, forwards combine and play through ball for starting player to shoot
 - Immediately coach calls 'left' or 'right' for corresponding channel player to dribble and cross - two forward aim to finish cross 2v1, losing Red player whom is now defending
- 4) **Continuous Overload:**
 - 40x30 area as shown
 - Starting player (Red) has three touches to drive towards goal and shoot
 - Immediately he then becomes defender and 2 attackers (Blue) play 2v1 to goal
 - As soon as ball is dead, 2 more Red players enter area with ball to play 3v2, and then two more Blues, to create 4v3
 - For next game, rotate team that starts
- 5) **2v1/3v2 Transition Game:**
 - 40x30 area set up as shown
 - Starting player (Red) dribbles in from side of playing area and passes to one of two blues whom then play 2v1 to goal
 - As soon as play is dead, two red players enter playing area with new ball to create a 3v2 to other goal
 - If defenders win possession, they go to goal
 - Rotate player positions so that both teams have opportunities to play 2v1 and 3v2 to goal
- 6) **Conditioned Overload SSG:**
 - Set up area in three zones (same as warm-up game in 1))
 - Team in possession - players can move freely between zones to create attacking overloads, out of possession - players must stay within zones

Coaching Points/Progressions:

- Creative movement off of the ball
- Timing of runs to receive
- Decision making - choice of pass and timing of pass
- Getting shots off quickly in order to exploit the overload
- Transition upon winning the ball

Notes:

NOTES

