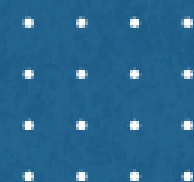


POSITIONAL EXERCISES FOR ATTACKERS



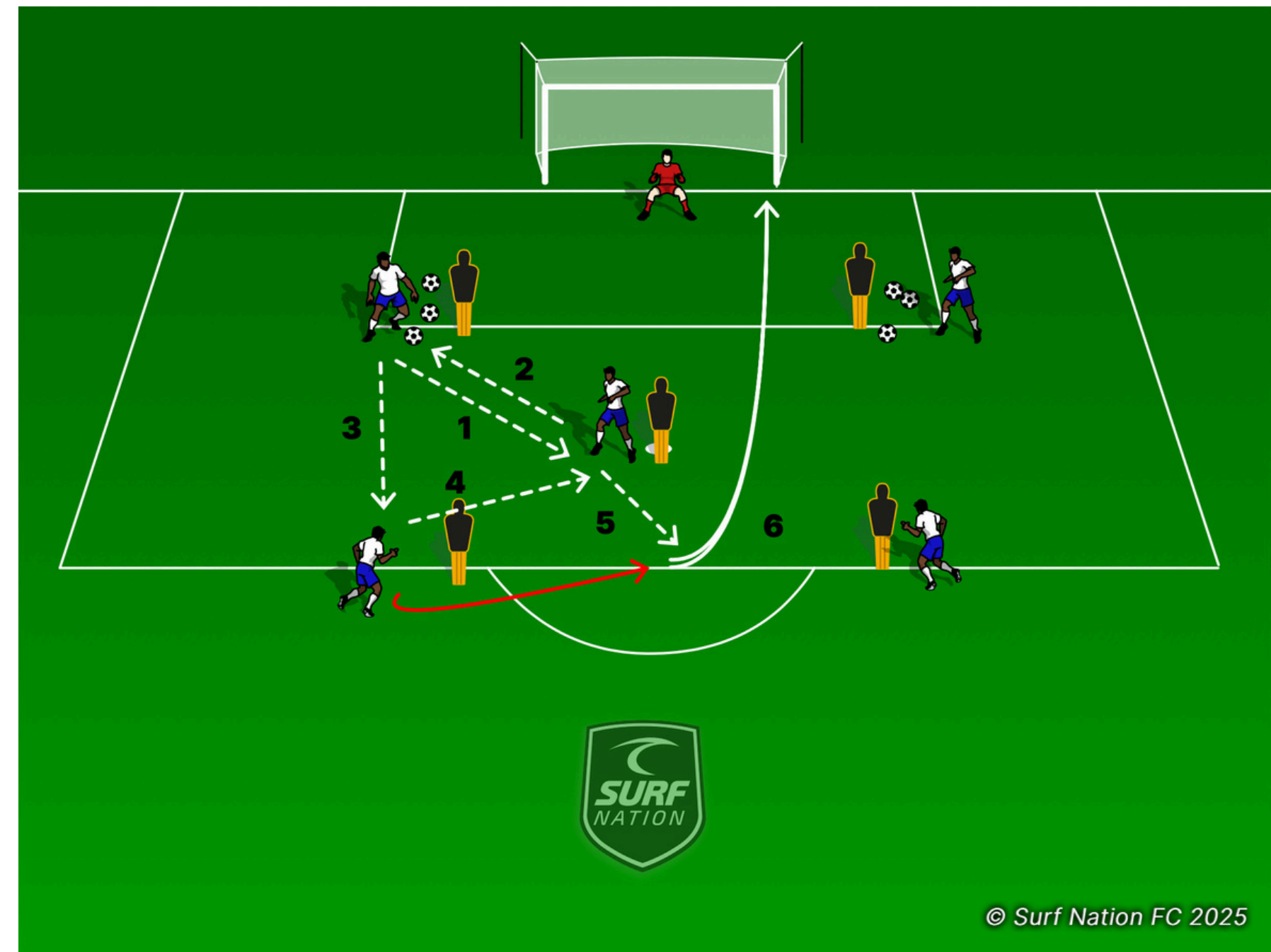
One-Touch Finishing Around the Box

Five mannequins are set-up in the central area in the shape of a square, with one in the middle, and one player starts on each mannequin. A supply of balls start at each lower mannequin as that will be the starting point.

The first pass is played into the player in the middle, who plays it right back to the starting player.

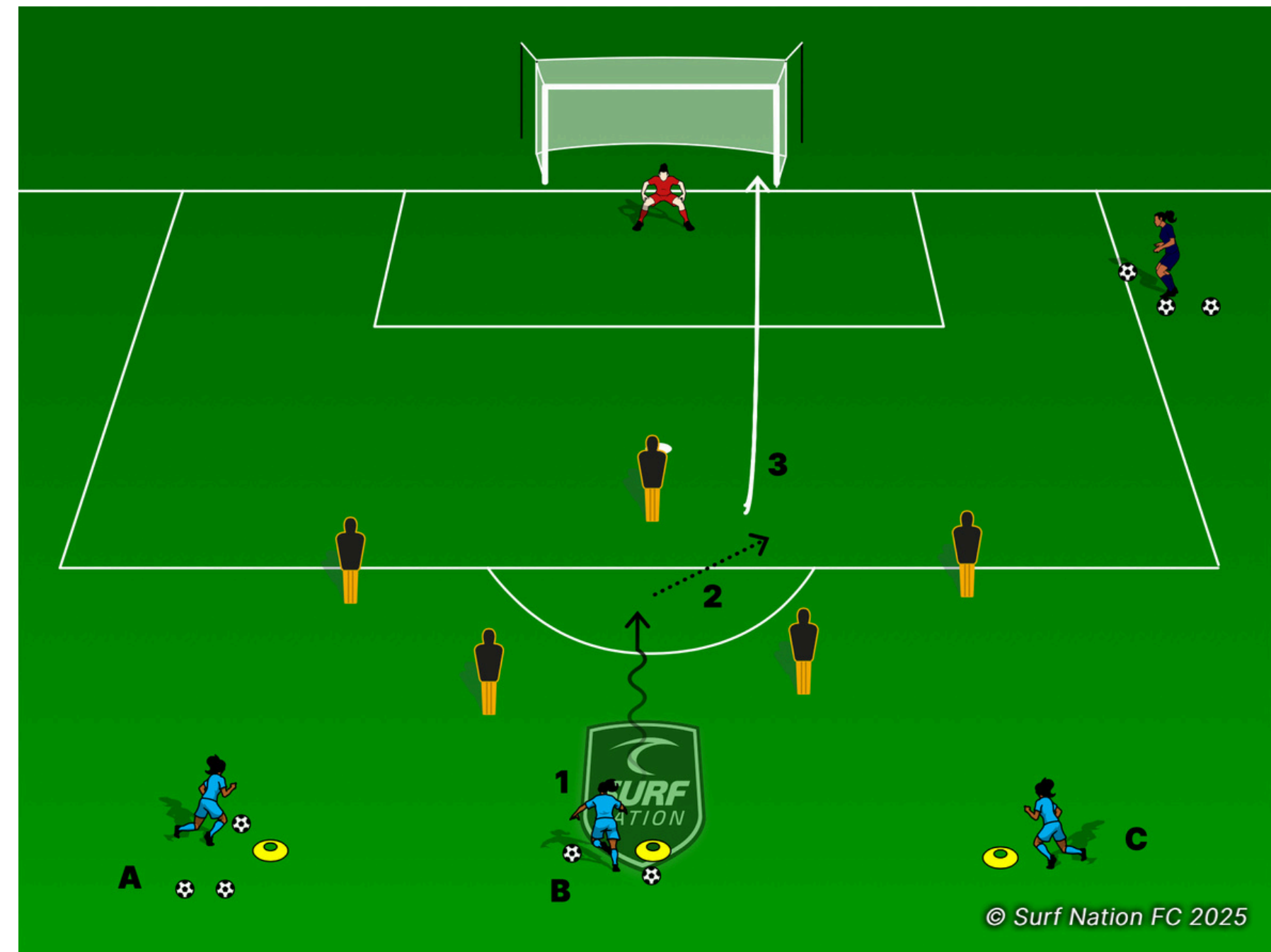
The starting player then plays a pass directly into the higher player, who plays a give-and-go with the middle player and then shoots on goal. The player who shoots then becomes the middle player and the other side works. After the middle player lays the ball off for the shot, they take the place of the first player and the first player moves up.

Ideally, coaches want to get this exercise moving quickly to challenge the players technically, but you may need to start slowly so that players become comfortable with the rotations and the movements.



Front Three (3 Balls) Activity: Part 1

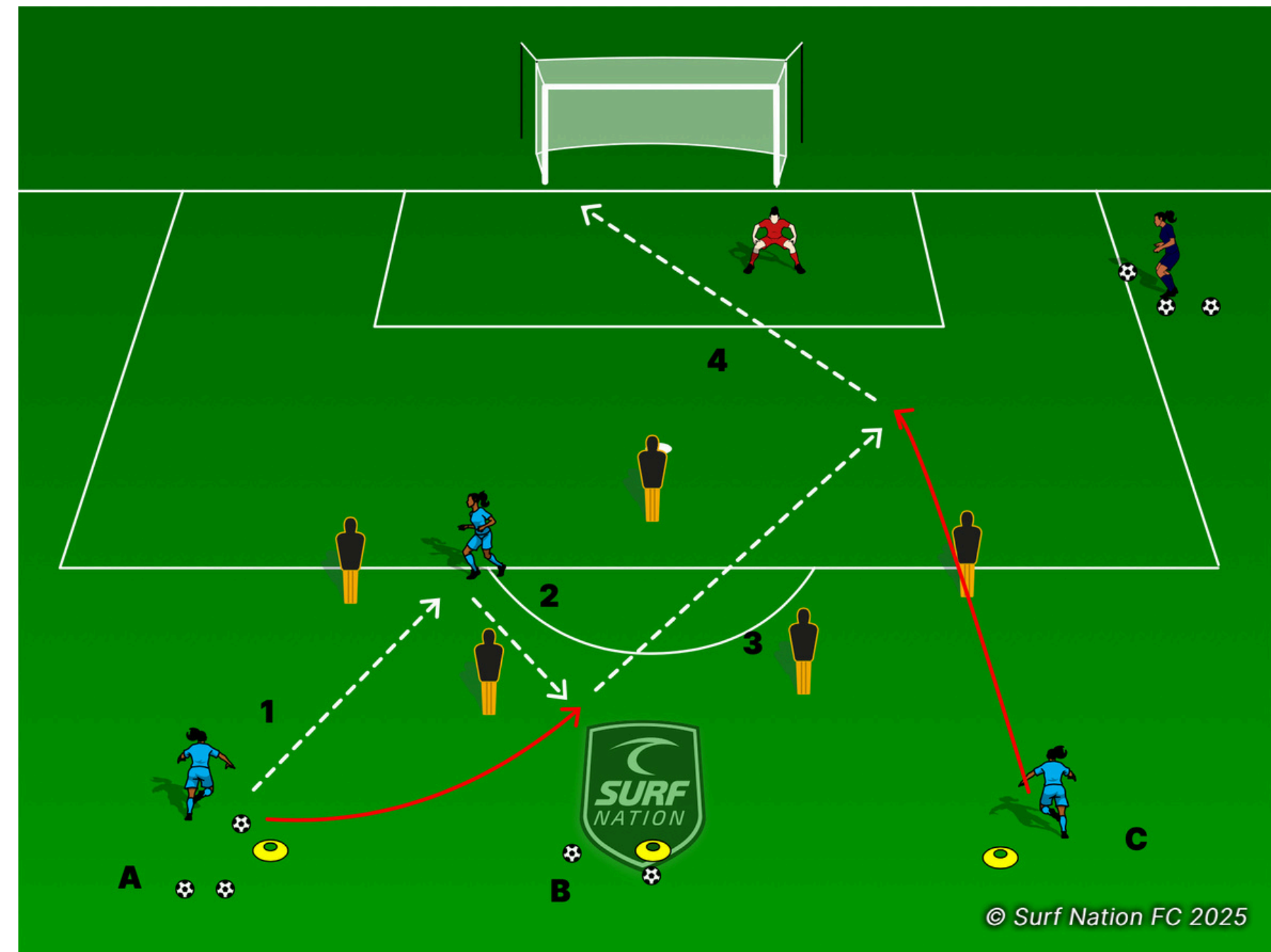
Players are organized into three lines (A, B, and C) outside the box and in front of five mannequins, placed to replicate a compact central defensive unit. The exercise also has a goalkeeper and a wide server, who has a supply of balls. Players A and B also have a supply of balls. Player A begins the exercise by driving at the middle mannequin and then shooting on goal.



Front Three (3 Balls) Activity: Part 2

Immediately following the first shot, Player B now plays a pass into the advanced Player A, who sets it back for Player B to run onto in a central position. Immediately following the pass, Player C begins a run inside the mannequin and is played into a goalscoring position.

After combining with Player B for the second ball, Player A immediately sprints around and receives a pass from the server who crosses into the box. The type of pass from the server is critical as we ideally want to set the ball in front of the run so that the cross can be played first time, the player can run at maximum speed, and the situation replicates an underlapping run with a box cross. Players B and C must time their runs into the center of the penalty box to score from close range.



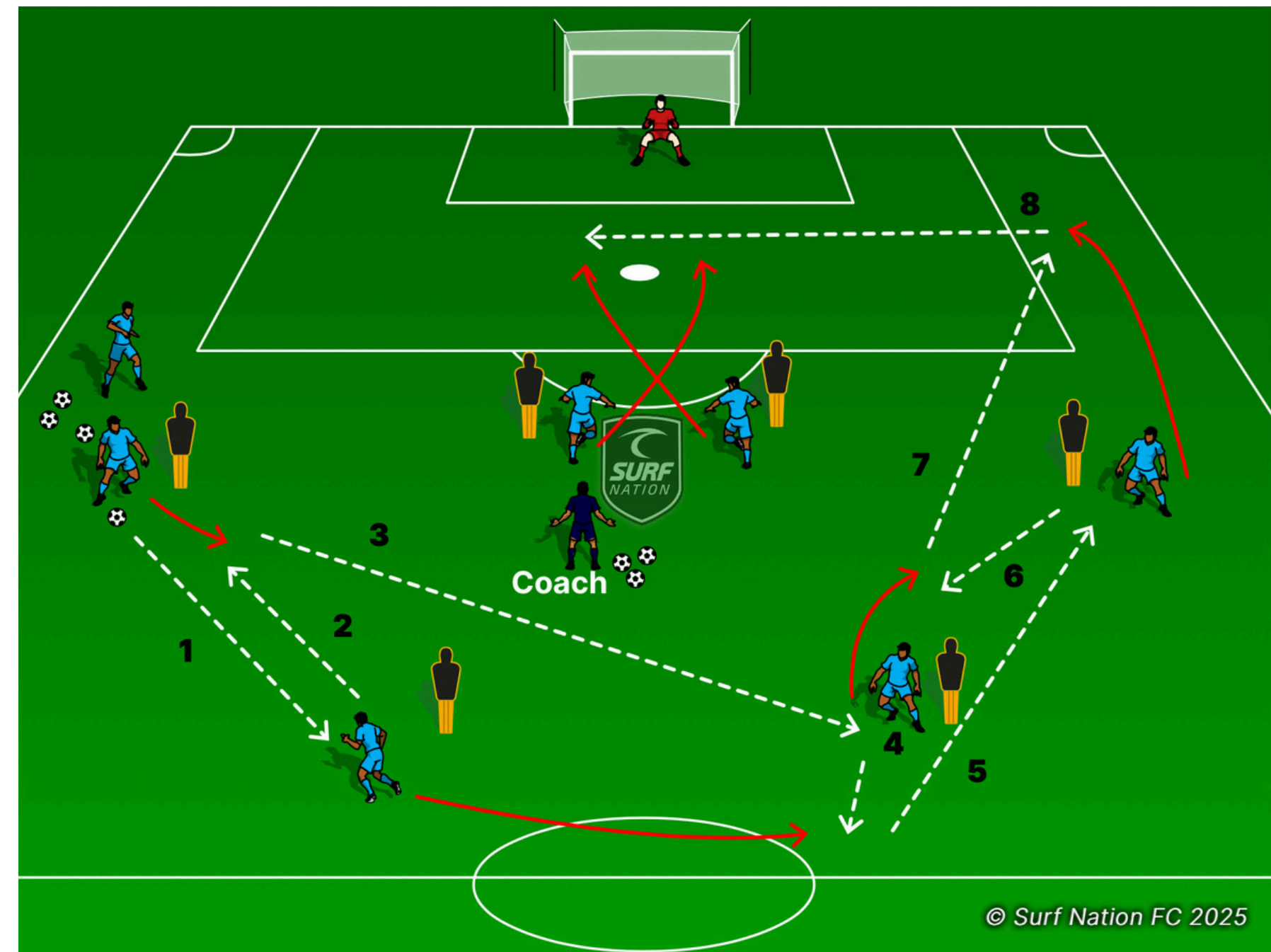
Combination Play & Crosses From Wide

A minimum of seven players with one goalkeeper are incorporated into the exercise, with a coach who also has a supply of balls.

The exercise starts with the first server passing a ball from wide players into central midfielders, and then moves into somewhat of a 'set-pass-spin' routine - where the ball is worked wide to the other side for a cross.

After the cross, the coach plays a pass to either forward to finish a second ball.

Players move up one place, crossing player recovers, and forwards stay.

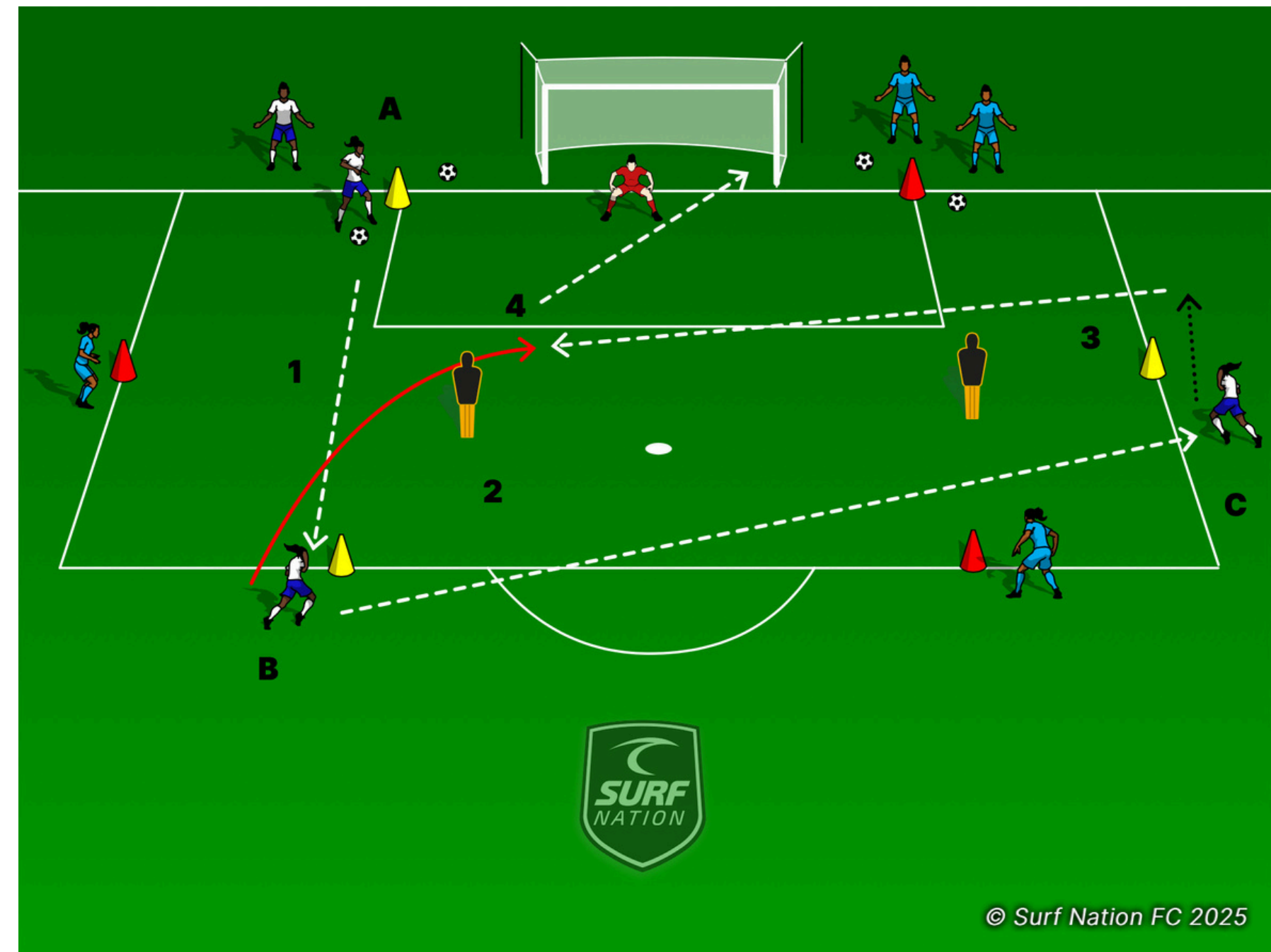


Positional Finishing Exercises

Box Crosses Finishing Competition

Players are organized into two teams of four players, with one goalkeeper. In the example we can see that two players start on the goal-line with a supply of balls and then one player on each team at the edge of the box and then another positioned diagonally opposite them.

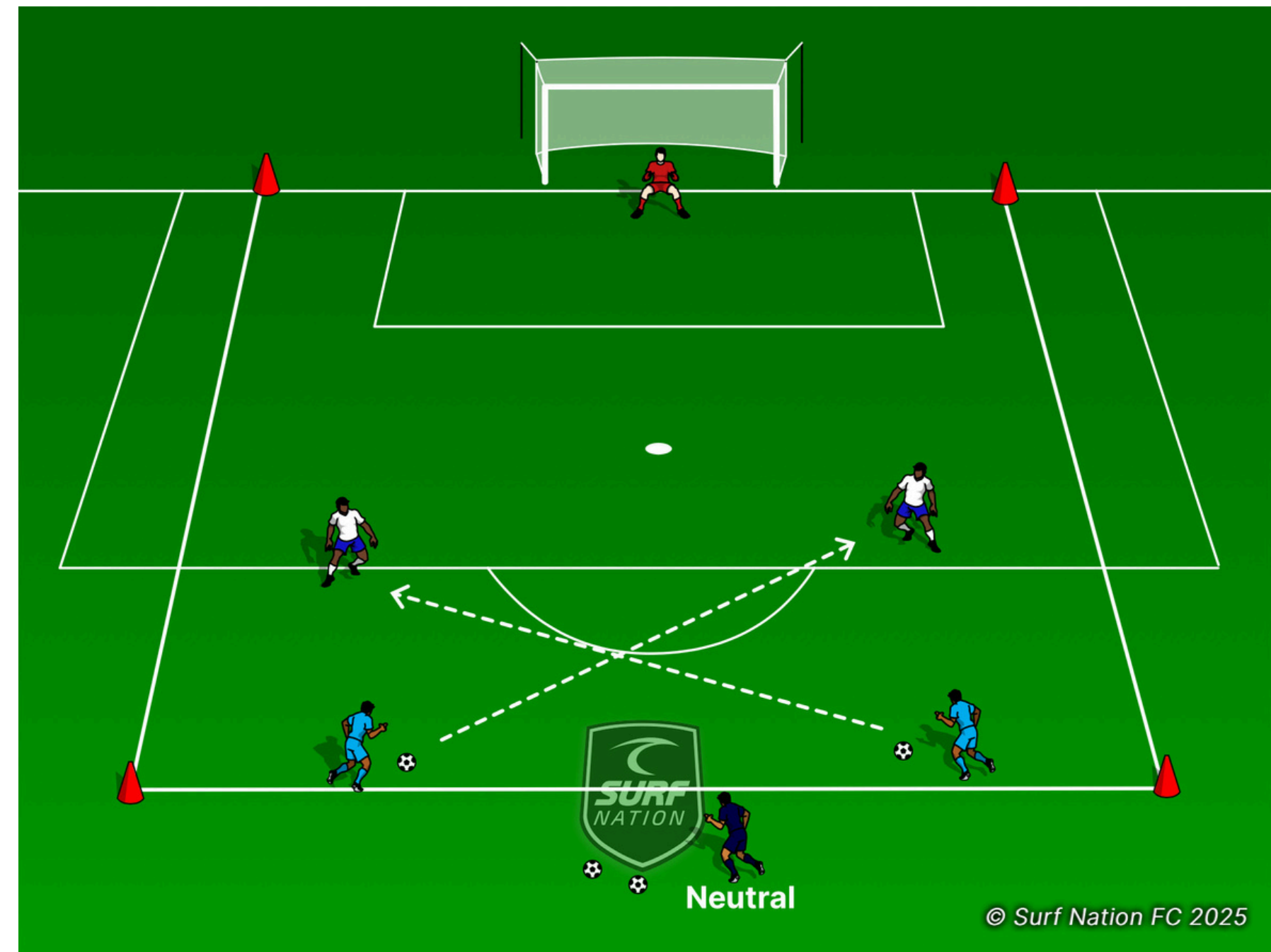
Player A starts the game by playing directly to Player B, who is allowed one touch to control the ball before playing a pass to Player C in the wide area. As soon as Player B passes the ball, they must run outside the mannequin before they can score. Player C is allowed to take one touch before driving the ball across to Player B who must finish first time. After the finish, the other team perform the same pattern while the team who started re-organize their players who bump up one position.



3v2 Multi-Functional Exercise

Two players play a diagonal pass at the same time for two forwards to finish from wider angles. In order to prevent both forwards finishing at the same time, one takes an early shot while the other dribbles and finishes a 1v1 with the goalkeeper. This gives the goalkeeper a chance to save both efforts, which keeps the level of challenge high on the forwards.

Immediately after the second finish, the two servers now play with the help of a neutral in a 3v2 scenario to goal. Finally, the two teams switch roles with the defenders becoming attackers and the attackers becoming defenders. The neutral player remains in the overload. The difference in this exercise is that it is opposed and therefore quite physically demanding, particularly for the initial group of forwards.





THANK YOU



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