



Strikers Alley

Category: Functional: Striker
Difficulty: Advanced

Am-Club: Omaha FC
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Screen 1 (20 mins)

Two teams, Red v Blue.

Coach passes the ball then calls either the number 1 or 2, group 1 is on the coaches side, group 2 is on the far side (example shows group 2 playing)

Red: Must score on the Blue teams Goalkeepers

Blue: Must score on the Reds teams Goalkeepers

Start with a 1v1 game, move to 2v2, and so on

CPs:

- 1) 1v1 Demands
- 2) Ball Mastery
- 3) Change of pace & direction
- 4) Shielding & Turning
- 5) Shooting & Finishing
- 6) Keeper role including distribution
- 7) Fitness
- 8) Team work
- 9) Transition
- 10) Communication, support, balance



Screen 2 (25 mins)

Teams are now divided, Coach starts game by passing the ball into the field, 2v2 Shown

Step 1, Red attacks Goal 2 & 3, Blue attacks goal 1 & 4.

Step 2, Open all goals, teams choose any goal to attack

Step 3, If a team maintains possession an additional forward can join the game to create 3v2

Step 4, 15 second shot challenge

CPs:

- 1) 1v1 Demands
- 2) Ball Mastery
- 3) Change of pace & direction
- 4) Shielding & Turning
- 5) Shooting & Finishing
- 6) Keeper role including distribution
- 7) Fitness
- 8) Team work
- 9) Transition
- 10) Communication, support, balance
- 11) Numbers up, Numbers down

