



Presents

STRIKER



Coaches Handbook

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STRIKER



STRIKER



WHAT IS STRIKER 9?

The exciting new STRIKER 9 Awards program acts as a comprehensive soccer skills development guide for coaches and players leading from youth recreation to elite level play.

- S Shooting
- T Turning
- R Running with the Ball
- I In & Out Dribbling
- K Keep Ups & Control
- E "ED" the Ball
- R Right/Left Foot Passing

Cobb YMCA coaches are encouraged to work through the age-appropriate skills with their teams in practices during the season.



STRIKER 9 Skills / Levels Overview

	S	T	R	I	K	E	R
	Shooting	Turning	Running with the Ball	In and Out Dribbling	Keep-ups and ball control	'Ed' the Ball	Right and Left Foot Passing
1	Player can demonstrate the correct shooting technique in a 10 x 20 yd area. (laces) (Any Foot)	Player can demonstrate a 180deg. with the ball around the cone in a 10 x 5yd grid. Must turn with the ball (Any Foot)	Player can use correct technique of running with the ball over 20 yards in a 10yd area (Any Foot) Must stay in area	Player can dribble with the ball in a FUN Game without losing control of the ball -Correct technique needed	Player performs 3 consecutive "keep ups" (Ball can start from hands bounce allowed).	Fun Game Player can head the ball correctly out of his own hands to a partner <u>goal</u> 3yds away.	Player can demonstrate CONTROL -PASS over 5 yards to a partner
2	Player can shoot between a 6 yard goal from 10 yards using correct technique. (Any Foot)	Player can demonstrate a 'two touch turn' around the cone (Any Foot)	As above, but in a 5yd channel. Last touch is a 'foot on' with the ball stopped 'dead' Must stay in area (Any Foot)	Player can demonstrate the "In Out Dribble" through the "Two Cones" Any Foot	Player performs 5 consecutive 'keep ups" (can start from hands bounce allowed).	Player can head the ball correctly out of his own hands to a partner <u>goal</u> 3yds away.	Player can demonstrate 1-TOUCH passing to a partner 5yds away
3	Player can score between a 4 yard goal from 10 yards using correct technique	Player can demonstrate "Drag Back" turn	As above, no more than 5 touches Last touch is a 'foot on' with the ball stopped 'dead' Must stay in area	Player can demonstrate the correct technique through the 'diamond" 4 cones	Player performs the technique of 'trapping the ball'	Player can head the ball correctly out of his own hands to a partner stood 5yds away	Player can perform the control, touch & pass around the cone to a partner over 10yds
4	Player can score between a 4 yard goal from 10 yards using the 'Set Up & Shoot' Technique.	Player can demonstrate the 'Stop. Turn" (Stop. Step. Side Sequence)	Rotational practice Player must receive, control, run & finish with a quality pass – 4 Touches	Player can demonstrate the 'Drag move" through the 'diamond"	Player performs a minimum of 5 "keep ups" using any foot (No Bounce allowed)	Player can demonstrate an attacking header to a partner 5yds away	Player can perform the 'square ball' using the 'open body technique'
5	Player can score between a 4 yard goal from 10 yards with a 'First time shot' Technique.	Player can demonstrate the "Inside hook" turn	Rotational practice player run 15 yds before playing a forward diagonal pass. 4 touches	Player can demonstrate the "The Dummy" move through the 'diamond"	Player performs the technique of control of the 'high ball'	Player can demonstrate an defensive header to a partner 10 yds away	Player can perform the 'driven pass' to a partner over 20yds
6	Player can score into the 'comers' of a S.S.G. starting from a central position 3 Touches only	Player can demonstrate the 'Outside hook" turn	Rotational practice player run 15 yds before playing a 'pull back' – (diagonal) 4 touches	Player can demonstrate 'The Stepper' through the 'diamond'	Player performs a minimum of 15 "keep ups" (Ball must start from the floor) (Both Feet)	Player can demonstrate a directed header to a partner 5yds away	Player can perform 'the chipped pass' to a partner over 20yds
B r o n z e	Player shoots into a 3,1,0, goal from a wide position (12+pts)	Player can demonstrate the 'STRIKER" turn	Player runs in a 5yd channel at 20 yd takes an angled shot without breaking stride into far corner of goal	Player can demonstrate using inside & outside of foot through the line of cones	Player performs a combination of control using at least 3 body parts, trapping ball to finish.	Player can perform an attacking header into the comers of a goal from 10yds	Player can perform a 'drag & pass" using outside of the foot round the cone & pass over 10yds
S i l v e r	Player shoots into a 3,1,0, Goal. from a wide position (14+ pts)	Player can demonstrate a combination of 5 turns through 3 gates in 15secs	As above but beating 2 markers on the run and then taking a shot into far corner of goal	Player can demonstrate the 'double scissors" past the cones	Player must keep the ball up 35 times using 4 parts of body (must start from the ground)	Player can perform 15 headed 'keep- ups'	Player can perform a 'dummy, pull & pass" using insideloutside of the foot round the cone 8 pass over 10yds
G o l d	Player shoots into a goal with a 'volley' from a central position Must hit 'Comers'	Player can demonstrate a 'Turn & Shot' into the 'comers' of a goal	Player must run with the ball over 20yds and deliver a cross into a target on the opposite side of the pitch	Player can demonstrate the "STRIKER Dribble" through the 'gate"	Player must perform the 'Around the World' sequence (must start from the ground)	Player can perform an attacking header past a GK from 10yds	Player can perform a 'STRIKER pass' into a 10yd x 10yd area from 30yds

STRIKER 9 – Skills & Age Guidelines

STRIKER LEVEL 1 - Ages: 6+ (Most appropriate for ages 6-8)

S	SHOOTING	"The STRIKER shot"
T	TURNING	"Turn with the ball"
R	RUNNING WITH THE BALL	'Running with the Ball'
I	IN AND OUT DRIBBLING	"Dribbling"
K	KEEP-UPS AND BALL CONTROL	3 keep-ups (bounce allowed)
E	"ED" THE BALL	"Technique"
R	RIGHT AND LEFT FOOT PASSING	"Control & Pass"

STRIKER LEVEL 2 - Ages: 6+ (Most appropriate for ages 6-12)

S	SHOOTING	'Score'
T	TURNING	'Two Touch Turn'
R	RUNNING WITH THE BALL	'Down 'the Line'
I	IN AND OUT DRIBBLING	"In / Out Dribbling"
K	KEEP-UPS AND BALL CONTROL	5 keep-ups(bounce allowed)
E	"ED" THE BALL	"On your Feet"
R	RIGHT AND LEFT FOOT PASSING	"One-touch pass"

STRIKER LEVEL 3- Ages: 8+ (Most appropriate for ages 8-14)

S	SHOOTING	'Hit the Net'
T	TURNING	'Drag Back'
R	RUNNING WITH THE BALL	'On .The Run'
I	IN AND OUT DRIBBLING	The "Diamond dribble"
K	KEEP-UPS AND BALL CONTROL	"Trapping the Ball"
E	"ED" THE BALL	"Throw, Head, Catch"
R	RIGHT AND LEFT FOOT PASSING	"Control, Touch & Pass"

STRIKER LEVEL 4 - Ages: 10+ (Most appropriate for ages 10-16)

S	SHOOTING	"Set up & Shoot"
T	TURNING	"Stop, Turn"
R	RUNNING WITH THE BALL	'Control, Run & Pass'
I	IN AND OUT DRIBBLING	"The Drag"
K	KEEP-UPS AND BALL CONTROL	5 Keep-ups (No bounce)
E	"ED" THE BALL	"Attacking Headers"
R	RIGHT AND LEFT FOOT PASSING	"The Square Ball"

STRIKER LEVEL 5 - Ages: 11+ (Most appropriate for ages 11-16)

S	SHOOTING	'First time Shot'
T	TURNING	"Inside Hook"
R	RUNNING WITH THE BALL	'Receiving a Pass'
I	IN AND OUT DRIBBLING	"The Dummy "
K	KEEP-UPS AND BALL CONTROL	"The High Ball"
E	"ED" THE BALL	"Defensive Header"
R	RIGHT AND LEFT FOOT PASSING	"The Driven Pass"

STRIKER LEVEL 6 - Ages: 12+ (Most appropriate for ages 12-16)

S	SHOOTING	'Corners'
T	TURNING	"Outside Hook"
R	RUNNING WITH THE BALL	"The Pull Back"
I	IN AND OUT DRIBBLING	"The Stepover"
K	KEEP-UPS AND BALL CONTROL	15 Keep-ups (No Bounce)
E	"ED" THE BALL	"Directed Header"
R	RIGHT AND LEFT FOOT PASSING	"The Chipped Pass"

STRIKER - BRONZE- Ages: 13+ (Most appropriate for ages 13-19)

S	SHOOTING	'Shooting Counts
T	TURNING	"STRIKER Turn"
R	RUNNING WITH THE BALL	" Shot on the Run"
I	IN AND OUT DRIBBLING	"Through the Maze"
K	KEEP-UPS AND BALL CONTROL	"Combination"
E	"ED" THE BALL	"Heading for Goal"
R	RIGHT AND LEFT FOOT PASSING	"Drag & Pass"

STRIKER - SILVER- Ages: 14+ (Most appropriate for ages 14-19)

S	SHOOTING	'Shooting Counts'
T	TURNING	"Combination"
R	RUNNING WITH THE BALL	"On the Attack"
I	IN AND OUT DRIBBLING	"Double scissors"
K	KEEP-UPS AND BALL CONTROL	35 Keep-ups (four surfaces)
E	"ED" THE BALL	"Headed Keep – ups"
R	RIGHT AND LEFT FOOT PASSING	"Dummy, Pull & Pass"

STRIKER - GOLD- Ages: 14+ (Most appropriate for ages 14-19)

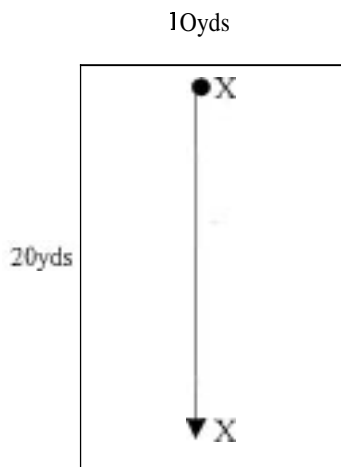
S	SHOOTING	'On The Volley'
T	TURNING	"Turning to Shoot"
R	RUNNING WITH THE BALL	"Cross on the Run"
I	IN AND OUT DRIBBLING	"The STRIKER Dribble"
K	KEEP-UPS AND BALL CONTROL	"Around the World "
E	"ED" THE BALL	"Goalscoring for Fun"
R	RIGHT AND LEFT FOOT PASSING	"The STRIKER Pass"

STRIKER AWARDS - SHOOTING

- For STRIKER 9 Level 1- 5 use a 20-yard X 10 yard rectangle.
- For Level 6 - Gold use a standard goal.
- There should be four / six players to each area to practice.
- The Coach should always demonstrate the practice.
- The coaches should allow the group to continue practicing while they work with individual players or group of players.

SHOOTING - Level 1

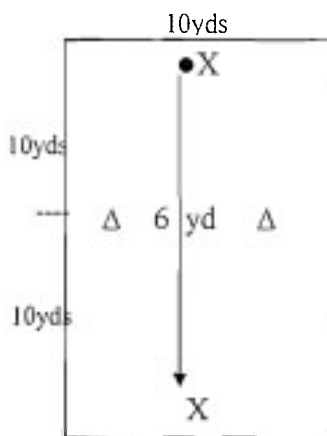
"The STRIKER shot"



- Player can use ANY foot
- Coach demonstrates the technique of 'The STRIKER Shot'
- Player practices the session
- Must use the "laces" part of the foot
- No Toe – ends!
- Must be a shot below the coaches waist height
- The shot must stay within the 10 yard grid
- Key Point - Using the "laces" part of the foot
- Strike through the ball – Power

SHOOTING – Level 2

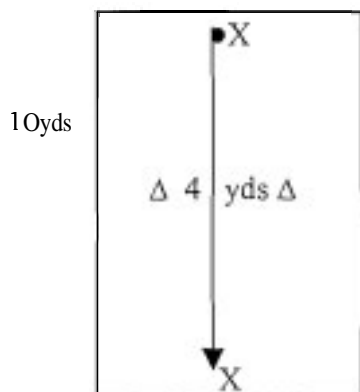
"Score"



- Player can use ANY foot
- Coach demonstrates the technique of SHOOTING to 'Score'
- Introduce a 6yd goal
- Must use the "laces" part of the foot
- Shooting from 10 yards out
- Must be a shot below waist height
- Strike through the ball – Power
- Start practising with weaker foot

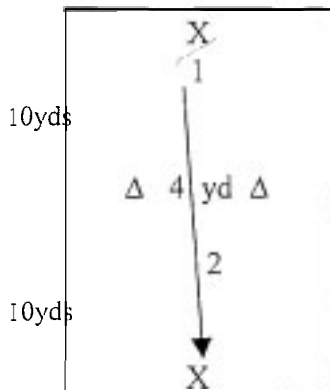
SHOOTING - Level 3

"Hit the Net"



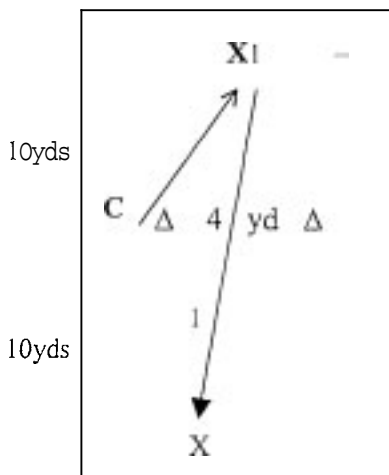
- Player must use BOTH feet
- Coach demonstrates the technique of SHOOTING to 'Hit the Net'
- Introduce a 4yd goal
- Must use the "laces" part of the foot
- Shooting from 10 yards out
- Must be a shot below waist height
- Strike through the ball – Power

SHOOTING – Level 4 "Set Up & Shoot"



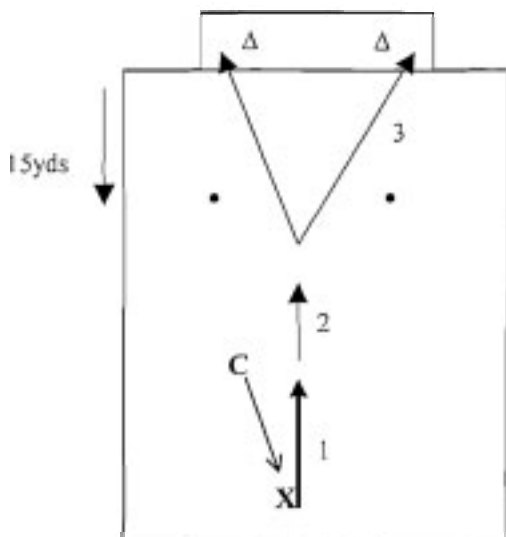
- Player **must** use BOTH feet
- Coach demonstrates the technique of 'SET UP & SHOOT'
- 3 from the right foot and 3 from the left
- Player sets themselves up
- And shoots through the 4yd goal
- Must be a shot below coaches waist height
- Repeat coaching points

SHOOTING – Level 5 "First time Shot"



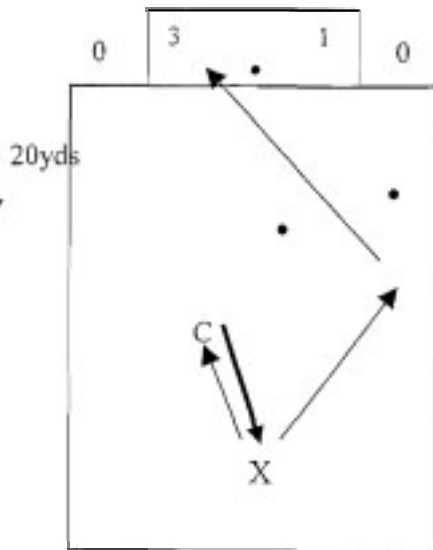
- Player must use BOTH feet
- Coach demonstrates the technique of the 'FIRST TIME SHOT'
- Coach / Teamate passes from a central position
- If pass from left of goal player **must** use left foot & right foot from a right of goal pass
- Player takes a first time shot through the 4yd goal
- 3 from the right and 3 from the left
- Shot must be at a realistic speed (Power)

SHOOTING – Level 6 - "Corners"



- Player must use BOTH feet
- Shooting into a standard goal.
- Coach demonstrates the technique of 'CORNERS'
- 3 with the right foot and 3 with the left foot
- Coach serves/passes to player who in a central position, has 3 touches only, Including the shot
- The shot must be into the corners of the goal

SHOOTING – BRONZE AWARD – "Shooting Counts"

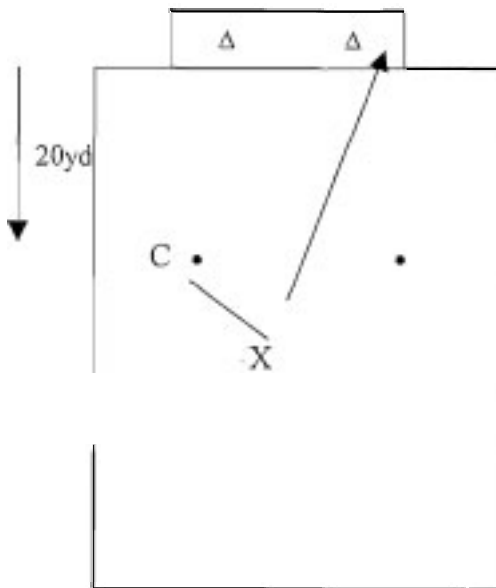


- Player must use BOTH feet
- Coach demonstrates the technique of 'Shooting Counts'
- Coach to explain why it is important to shoot across the goal
- 3 from the right and 3 from the left
- Player passes to Coach who is in a central position
- Coach returns the pass
- Player has three touches including the shot
- Shot must be at a realistic speed
- At the 3,1,0 goal
- Try to get 12+pts

SHOOTING – SILVER AWARD – "Shooting Counts"

As above 14+pts to achieve Silver

SHOOTING – GOLD AWARD - "On The Volley"



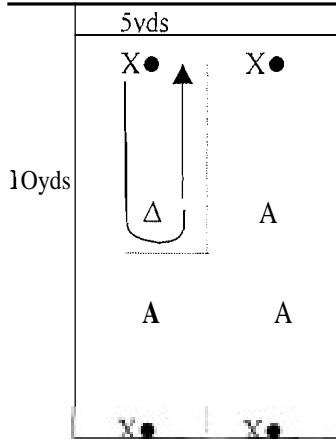
- Player must use BOTH feet
- Coach demonstrates the technique of 'On The Volley'
- 3 with the right foot and 3 with the left foot
- Coach serves from a central position
- The player must strike the ball 'On the Volley'
- The shot must be into the corners of the goal
- A fail is deemed by a shot into the middle of the goal

STRIKER AWARDS - TURNING

Organisation

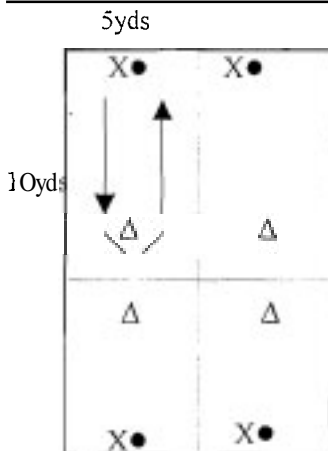
- STRIKER Awards Levels 1 – 6 can be set up in a 10 x 20 yard rectangle.
- There should be two players to each area to practice.
- The coaches should allow the players to continue practising while they work with individual players or groups of players.

TURNING - Level 1 "Turn with the ball"



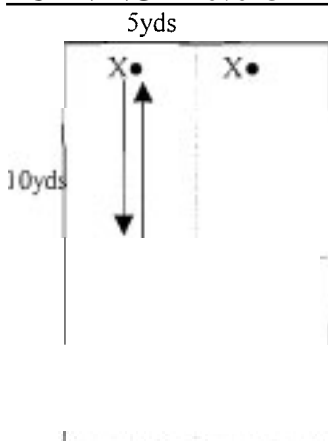
- Player can use ANY foot
- Coach demonstrates the technique of a 'Turn with the ball'
- Player must turn keeping in a 10 X 5 yards space
- Player can use as many touches as they need to turn around the cone
- Must turn WITH the ball – using their feet
- Must be a 180 degree turn

TURNING - Level 2 "Two Touch Turn"



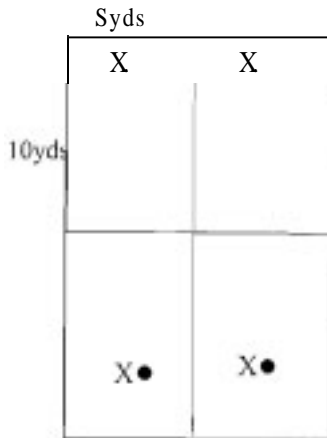
- Player can use ANY foot
- Coach demonstrates the technique of a 'Two Touch Turn'
- Player must turn keeping in a 10 X 5 yards space
- Player must use a Two Touch Turn Only
- 2 touches for a 180 degree turn around the cone
- Ball under control at all times
- Ball Must stay in area
- Start practising with weaker foot

TURNING - Level 3 "Drag Back"



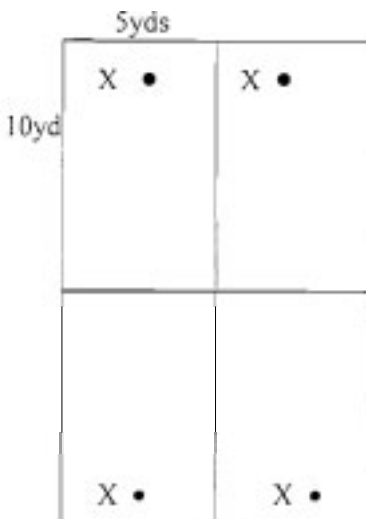
- Player must use BOTH feet
- Coach demonstrates the technique of the 'Drag Back'
- Player must turn keeping in a 10 X 5 yards space
- Player fakes to shoot
- Then rolls foot over the top of ball and 'Drags back' the ball
- Turns away using outside of foot to push the ball out of their feet to
- Accelerate out of the turn
- Ball always under control & must stay in area

TURNING – Level 4 - "The Stop Turn"



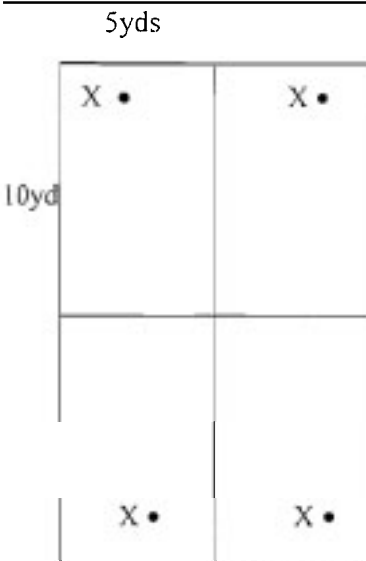
- Player must use BOTH feet
- Coach demonstrates the technique of the 'Stop, Turn
- Must turn using the correct 'Stop, Step, Side Sequence'
- Two touches for a 180 degree turn
- Accelerate out of turn
- Ball under control **and** must stay in the area.

TURNING – Level 5 - "Inside Hook"



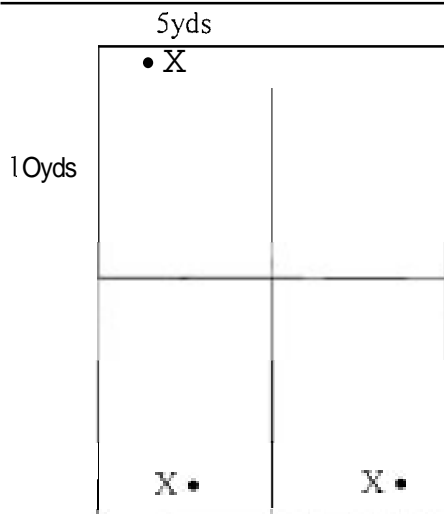
- Player must use BOTH feet
- Coach demonstrates the technique of the 'Inside Hook '
- Player must turn by 'Hooking the ball' using the INSIDE of the foot
- Using only one touch
- Must be a 180 degree turn
- Accelerate out of turn
- Ball must be under control & stay in the area

TURNING – Level 6 – "Outside Hook"



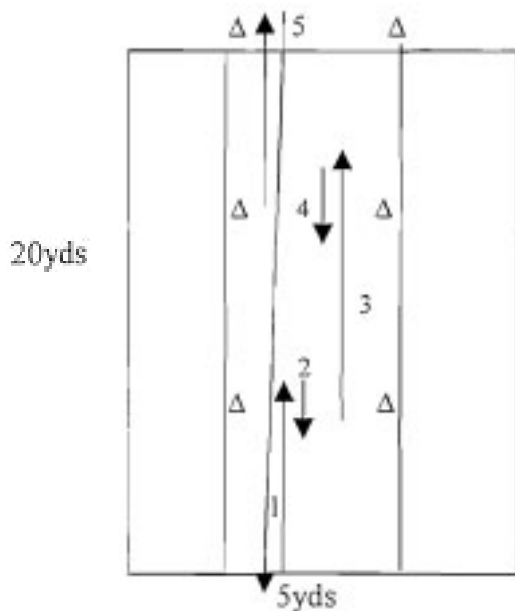
- Player must use BOTH feet
- Coach demonstrates the technique of the 'Outside Hook'
- Player must turn by 'Hooking the ball' using the OUTSIDE of the foot
- Using only one touch
- Must be a 180 degree turn
- Accelerate out of turn
- Ball must be under control & stay in the area

TURNING – BRONZE AWARD – “STRIKER Turn”



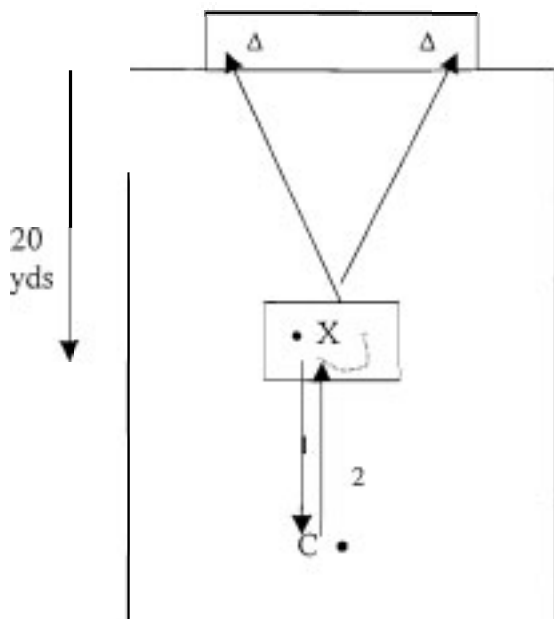
- Player must use BOTH feet
- Coach demonstrates the technique of the 'STRIKER Turn'
- Player feints to shoot / cross but,
- Plays the ball between their legs using the inside of the foot
- Using only one touch
- 180 degree turn
- Accelerate out of turn
- 3 attempts with the right foot and 3 with the left foot
- Must be at match pace

TURNING – SILVER AWARD – "The Combination"



- Player must use BOTH feet
- Coach demonstrates the technique of the 'Combination turn'
- Player must demonstrate a combination of turns
- Through the three gates
- GATE 1 : Two turns
- GATE 2 : Two different turns
- GATE 3 : One different turns
- Only one touch turns
- 80 degree turns
- Must be of quality turns
- The five turns must be completed in 15 secs

TURNING – GOLD AWARD – "Turning to Shoot"



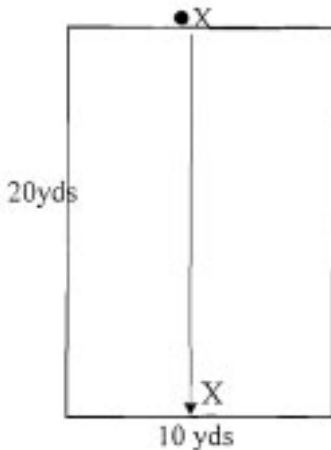
- Player must use BOTH feet
- Coach demonstrates the technique of 'Turning to Shoot'
- The player starts by passing the ball to the coach
- The Coach returns the ball
- For the player to show a **quality** turn & shot
- Into the 'corners' of the goal
- A fail is deemed by a shot into the center of the goal

STRIKER AWARDS - RUNNING WITH THE BALL

Organisation

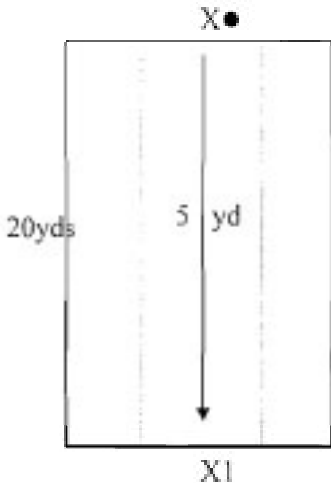
- STRIKER Awards Levels 1 – 6 can be set up in a 10 x 20 yard rectangle.
- For Bronze, Silver & Gold add a Goal.
- There should be at least 4 players to an area for practice – players will tire quickly
- The coaches should allow the players to continue the practice while working with individual players or groups of players

RUNNING WITH THE BALL - Level 1 "Running with the Ball"



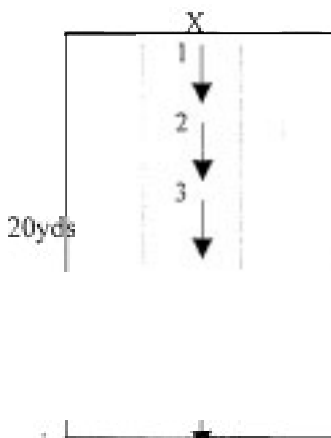
- Player can use ANY foot
- Coach demonstrates the technique of 'Running with the Ball'
- Coaching points
- Player uses 'Laces'
- Must demonstrate good control
- Head / Eyes looking at the ball & in front (i.e for defender)
- The ball should be still for each player to start
- Try to get them running in a straight line

RUNNING WITH THE BALL - Level 2 "Down the Line"



- Player can use ANY foot
- Add a 5yd channel
- Coach demonstrates the technique of 'Down the Line'
- Coaching points: Player uses 'Laces'
- Head / Eyes looking at the ball & in front (i.e for defender)
- Player can use as many touches as they need but,
- The ball must always be under control & stay in the area
- Player must finish run with their 'FOOT ON' the ball
- The ball should be still for each player to start
- Start practising with weaker foot

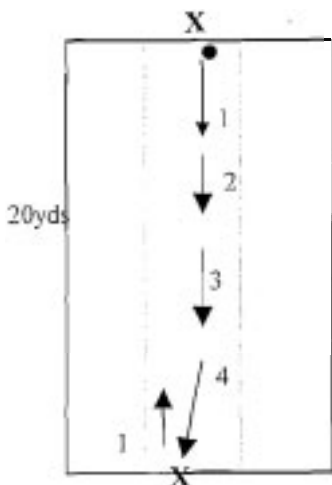
RUNNING WITH THE BALL - Level 3 "On the Run"



- Player must use BOTH feet
- Add a 5yd channel
- Coach demonstrates the technique of 'On the Run'
- Coaching points, Player uses Laces
- Head / Eyes looking at the ball & in front (i.e.for defender)
- Player can use no more than 5 touches Inc first and last
- The ball must always be under control & stay in the area
- Player must finish run with their 'FOOT ON' the ball - under control
- The ball should be still for each player to start

RUNNING WITH THE BALL – Level 4

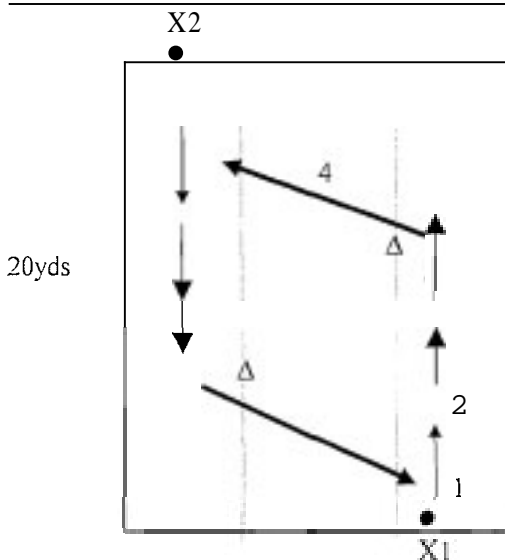
"Control, Run & Pass"



- Player must use BOTH feet
- Coach demonstrates the technique of "Control, Run & Pass"
- Player receives a moving ball from a teammate
- Must play a good first touch out of feet – 1 Touch
- Followed by a max of 2 running touches – 2 touches
- Followed by a quality Pass – 1 Touch – 4 Touches
- Pass must be into the feet of the next player

RUNNING WITH THE BALL – Level 5

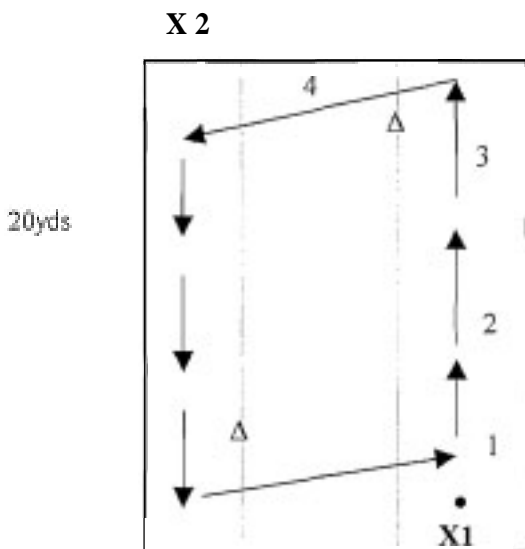
"Receiving a Pass"



- Player must use BOTH feet
- Coach demonstrates the technique of 'Receiving a Pass'
- The player plays a good first touch out of their feet, followed by
- 2 good running touches' followed by
- A short diagonal pass into the feet of a teammate
- The process continues
- Run and Pass must be under control & stay within the area

RLTNNG WITH THE BALL – Level 6

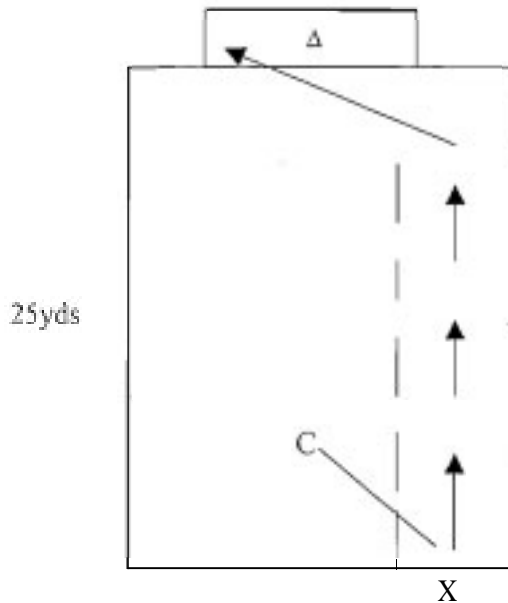
"The Pull Back"



- Player must use BOTH feet
- Coach demonstrates the technique of the 'Pull Back'
- The player plays a good first touch out of their feet, followed by
- 2 good running touches, followed by
- A short diagonal 'reverse pass / pull back' into the feet of their teammate by 'hooking' the foot around the ball
- The process continues
- Run and Pass must be under control & stay within the area

RUNNING WITH THE BALL – BRONZE AWARD

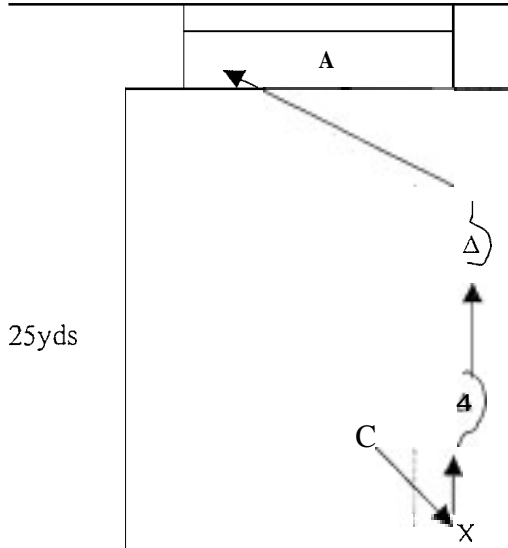
"Shot On The Run"



- Player must use BOTH feet
- Coach demonstrates the technique of a 'Shot on the Run' into a goal
- Start run by receiving a pass
- Use correct technique of RUNNING WITH THE BALL in a 5yd channel
- At 30 yd mark player must take a angled shot without braking stride
- Across goal into far corner of goal - REALISTIC
- A fail is a shot wide of the goal
- A fail is a shot into near part of goal

RUNNING WITH THE BALL – SILVER AWARD

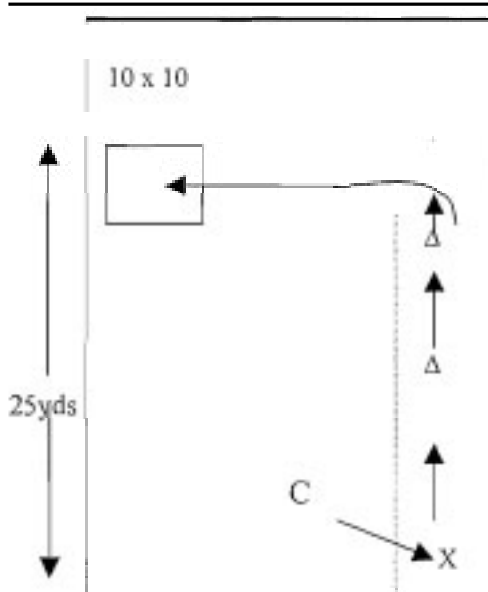
"On The Attack"



- Player **must** use BOTH feet
- Coach demonstrates the correct technique of 'On The Attack'
- Start run by receiving a pass
- Player must show correct technique of 'RUNNING WITH THE BALL'
- Player must attack the markers at Match pace
- And go round them without **touching** them
- Touching the markers with feet or ball is deemed a Fail
- At 20yd mark they must take an angled shot without breaking stride into the far corner of the goal
- A Fail is deemed by a shot wide or into the near part of the goal

RUNNING WITH THE BALL –GOLD AWARD

"Cross On The Run"



- Player must use BOTH feet
- Coach demonstrates the correct technique of a 'Cross on the Run'
- Start run by receiving a pass
- Coil-ect technique of **Running** with the Ball at match speed
- Must attack the markers
- **And** go round them without touching them
- Touching the markers is deemed a Fail
- At 25yds without breaking stride the Player must
- Deliver a Quality cross (Coach Assessment)
- Into the target area

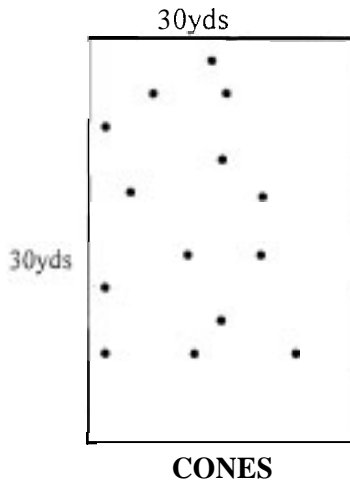
STRIKER AWARDS - IN AND OUT DRIBBLING

Organisation

- STRIKER Awards All Levels can use a 20yd X 10 yd rectangle.
- There can be a maximum of 6 players to each area to practice
- The coach should allow the group to continue practising while he works with an individual player or group of players.

IN AND OUT DRIBBLING - Level 1

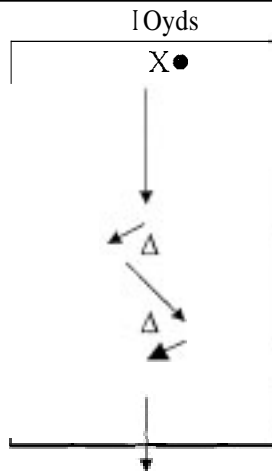
"Dribbling"



- Player can use ANY foot
- Coach demonstrates the technique of 'Dribbling'
- This can be done in a 'FUN GAMES' format Player demonstrates correct dribbling technique within that game
- Imagine Cones are Defenders
- Players Dribble in area without **running** into each other or cones

IN AND OUT DRIBBLING - Level 2

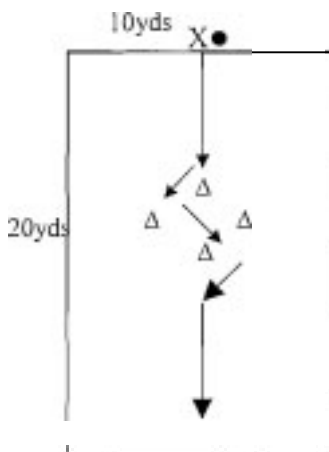
"In / Out Dribbling"



- Player can use any Foot
- Coach demonstrates the technique of 'In / Out Dribbling'
- In a Two Cone set up
- Players should Imagine the cones are defenders
- Start the run by moving towards the first cone
- Using the inside and outside of the foot
- Go past the two cones
- And then back in line
- Start practising weaker foot

IN AND OUT DRIBBLING - Level 3

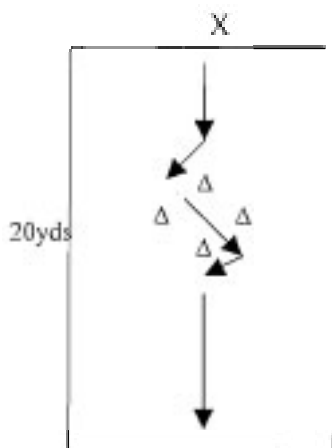
"The Diamond Dribble"



- Player **must** use BOTH feet
- Coach demonstrates the technique of 'The Diamond Dribble'
- Player Dribbles towards the central marker demonstrating correct dribbling technique
- Using the inside & outside of foot to Dribble through the 'Diamond'
- Then back in Line
- Ball & Feet must not touch the Cones
- Ball must stay in area

IN AND OUT DRIBBLING – Level 4

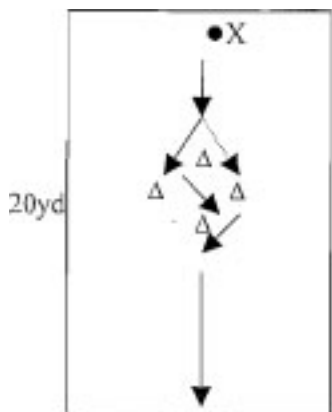
"The Drag"



- Player must use BOTH feet
- Coach demonstrates the technique of 'The Drag'
- Demonstrate good dribbling technique attacking the central marker
- And then pushes the ball to the right or left (Outside of foot)
- Follow this with 'The Drag' through the 'diamond'
- Imagine the markers are defenders
- Ball must stay in the area and under control
- Ball and feet must not touch markers

IN AND OUT DRIBBLING – Level 5

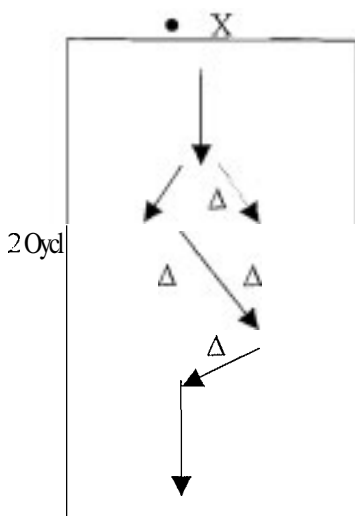
"The Dummy"



- Player must use BOTH feet
- Coach demonstrates the technique of 'The Dummy'
- Player demonstrates good dribbling technique towards the central marker
- The player drops their shoulder pretending to go one way
- But, takes the ball in the opposite direction
- Follow this with the 'Diamond Dribble'
- Imagine the markers are defenders
- Ball and feet must not touch cones
- Ball must stay in the area and under control

IN AND OUT DRIBBLING – Level 6

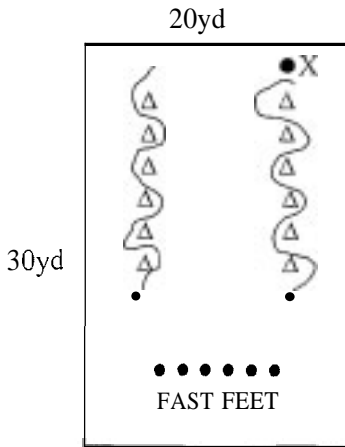
"The Stepmover"



- Player must use BOTH feet
- Coach demonstrates the technique of 'The Stepmover'
- Player demonstrates good dribbling technique towards the central marker
- The player pretends to play the ball to the right with the outside of the right foot, but
- Steps over the ball and drops their shoulder, then
- Takes the ball away past the marker with the outside of the left foot & through the 'Diamond' Repeat on the other foot
- Ball must stay in area and under control

IN AND OUT DRIBBLING – BRONZE AWARD

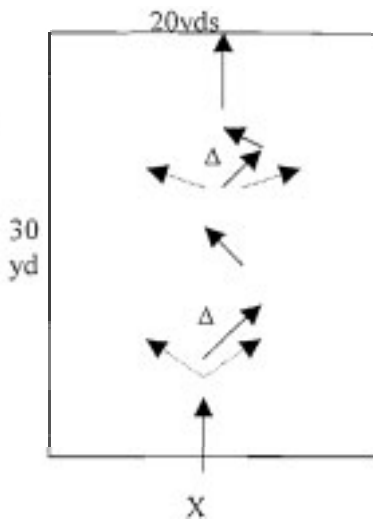
"Through The Maze"



- Player must use BOTH feet
- Coach demonstrates the technique of 'Through The Maze'
- The player dribbles in / out of the markers using Inside **and** outside of the foot
- Then show good technique of 'Quick feet' over the cones
- Then back through markers using
- Inside **and** outside of foot
- Ball or feet cannot touch markers

IN / OUT DRIBBLING – SILVER AWARD

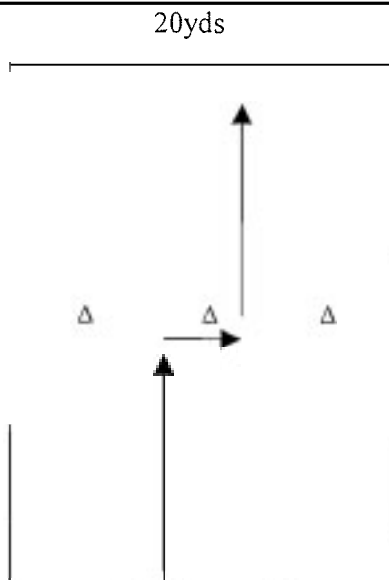
"Double Scissors"



- Player **must** use BOTH feet
- Coach demonstrates the technique of the 'Double Scissors'
- The player dribbles towards the central marker
- The player pretends to play the ball to the right with the outside of the right foot but,
- Steps over the ball **and** drops their shoulder
- The sequence is repeated on the opposite foot before
- The player takes the ball past the marker and repeats at the second marker
- Ball **and** feet must **not** touch the markers

IN / OUT DRIBBLING – GOLD AWARD

"The STRIKER Dribble"



- Player must use BOTH feet
- Coach demonstrates the technique of 'The STRIKER dribble'
- Imagine the markers are defenders
- The player dribbles towards the central marker
- The player then turns their back to the marker
- **And** performs a STEP, DRAG & TURN continuously to pass the markers
- Ball and feet must **not** touch the markers
- Accelerate passed the marker
- Ball under control

STRIKER AWARDS

KEEP – UPS AND BALL CONTROL

Organisation

- STRIKER Awards Level 1 - Gold use a 20-yard X 10 yard rectangle. This can be split into separate areas for the players
- Keep-ups **and** Ball Control can be done as part of the regular warm-up or as a session in itself
- It is important to widen lceep-ups and ball control into match situations - i.e. the use of chest **and** thigh control **and** a good touch on the ball.

THE BALL IS TO BE KEPT IN MOTION IN THE AIR WITHOUT USING HANDS OR ARMS

STRIKER - Level 1 - "KEEP - UPS"

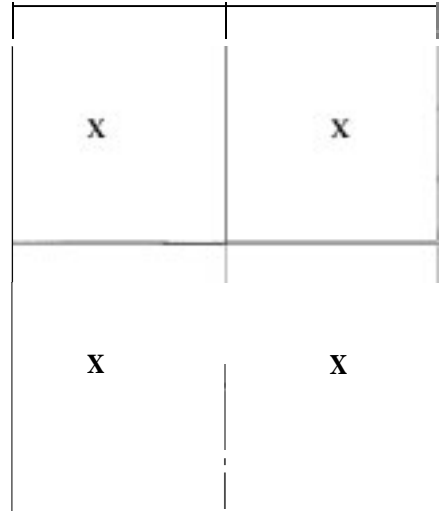
- Coach demonstrates the technique of 'Keep - Ups'
- The ball **can** start from the hands
- The ball is allowed to bounce in between each **one**
- Ball chest high & Toe's pointing up / back
- 3 consecutive 'lceep-ups' to achieve Level 1 - CONTROL

STRIKER - Level 2 - "KEEP - UPS"

- Coach demonstrates the technique of 'Keep - Ups'
- The ball can start from the hands
- The ball is allowed to bounce in between each one
- Ball chest high & Toe's pointing up / back
- 5 consecutive 'Keep - Ups' to achieve Level 2 - CONTROL

STRIKER - Level 3 - "TRAPPING THE BALL"

- Coach demonstrates the technique of 'Trapping the Ball'
- Player must use **BOTH** feet
- Ball is served from the coaches hands
- The player must 'trap the ball'
- Using the sole of the foot



STRIKER - Level 4 - "KEEP - UPS"

- Coach demonstrates the technique of 'Keep – Ups'
- Player can use **ANY** foot
- The ball **can** start from the hands
- No bounce allowed
- Ball chest high & Toe's pointing up / back
- 5 consecutive 'Keep - Ups' to achieve Level 4 - CONTROL

STRIKER - Level 5 - "CONTROL OF THE HIGH BALL"

- Coach demonstrates the teclmique of 'Control of the high ball'
- Player must use **BOTH** feet
- Ball is served from the coaches hands – A little higher
- The player must use thigh or 'laces' part of the foot to control
- Then trap the ball using the sole of the foot
- 4/6 to achieve Level 5 - CONTROL

STRIKER - Level 6 - "KEEP - UPS"

- Coach demonstrates the technique of 'Keep - Ups'
- Player must use **BOTH** feet
- **The** ball must start from the floor
- No bounce allowed
- Ball chest high & Toe's pointing up / back
- 15 consecutive 'Keep - Ups' to achieve Level 6 - CONTROL

STRIKER AWARDS

KEEP – UPS AND BALL CONTROL

STRIKER – BRONZE AWARD - "COMBINATION"

- Coach demonstrates the technique of a 'Combination' of control
- Player **must** use BOTH feet
- Ball is served from ~~the~~ coaches hands
- The player **must** use a 'Combination' of 3 different body parts
- ~~And~~ must finish the skill by trapping the ball
- Using the sole of the foot
- 4/6 to achieve Bronze Award – CONTROL

STRIKER – SILVER AWARD - "KEEP –UPS"

Coach demonstrates the technique of 'Keep – Ups'

- Player must use 4 body parts
- The ball must stay-t from the floor
- No bounce allowed
- Ball chest high & Toe's pointing up / back
- 35 consecutive 'Keep – Ups' to achieve Silver Award – CONTROL

STRIKER – GOLD AWARD - "AROUND THE WORLD"

- Coach demonstrates the technique of 'Around The World'
 - The ball must stay-t from the floor
 - No bounce allowed
- Go 'Around the World' to achieve Gold Award – CONTROL

STRIKER AWARDS - "ED THE BALL" - Heading

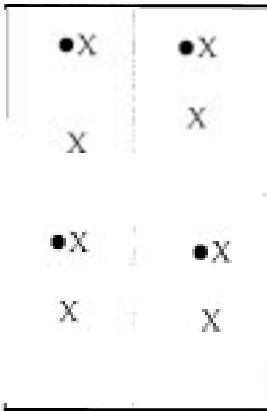
Organisation

- STRIKER Awards Level 1 - 6 and use a 20 yard X 10 yard rectangle.
- Bronze, Silver, Gold, into a standard goal
- There should be eight players to each area to practice
- The coach should allow the group to continue practising while he works with an individual player or group of players.

HEADING - Level 1

"Technique"

5yds



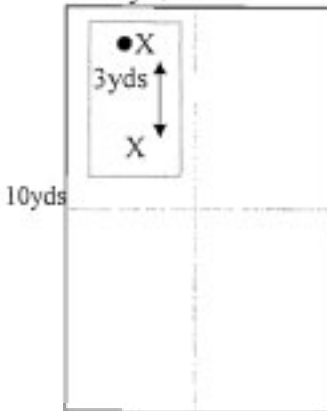
- Coach demonstrates the technique of 'Heading'
- Players working in pairs
- Sat down with soles of feet touching
- Player tosses ball in air to themselves
- And heads ball into partners hands for 1 point
- 5 attempts – Game – Keep Scores – FUN
- Coaching points
- 'Use of forehead'
- 'Eyes open and on the ball'
- Use of neck muscles: arms & Upper body

10yds

HEADING - Level 2

"On Your Feet"

5yds



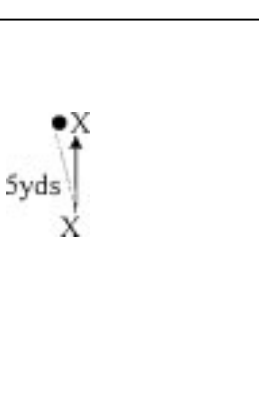
10yds

- Coach demonstrates the technique of 'On Your Feet'
- Player on their feet
- Player or team-mate serves Under arm serve using both hands
- Player must head ball into partners hands 3 yards away
- Coach stress coaching points

10yds

HEADING - Level 3

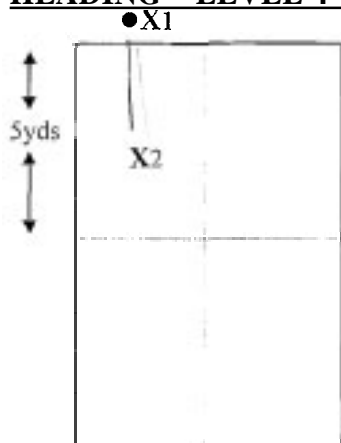
"Throw, Head, Catch"



- Coach demonstrates the technique of 'Throw, Head, Catch'
- Players on their feet
- Player tosses ball in air to themselves
- Using correct technique
- Head the ball into partners hands stood 5yds away
- Repeat coaching points

HEADING – LEVEL 4

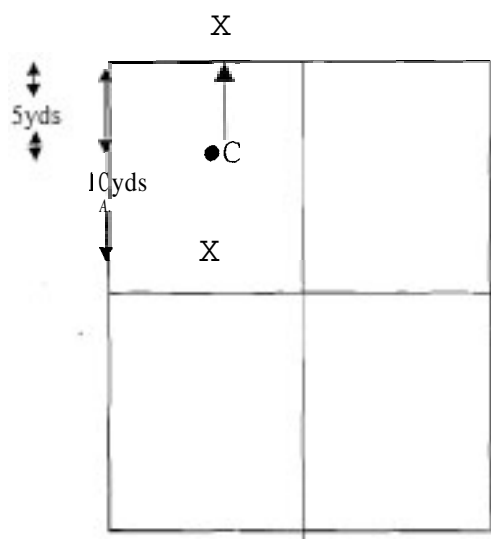
"Attacking Headers"



- Coach demonstrates the technique of 'Attacking Headers'
- Player tosses ball in air to themselves or Team-mate serves
- Using correct technique
- Head the ball into partners FEET – 5 yards away
- Only 1 bounce allowed
- Repeat coaching points

HEADING – LEVEL 5

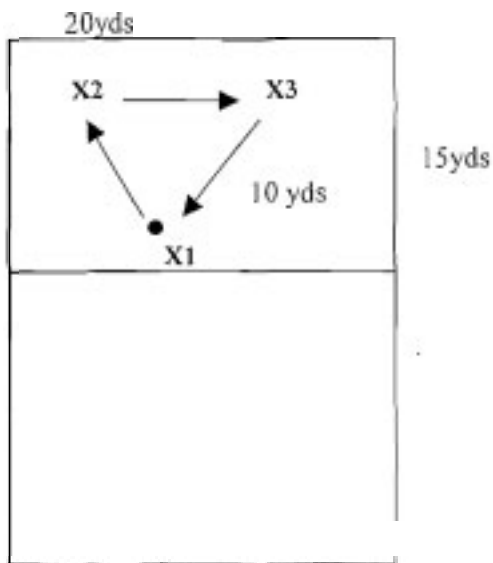
"The Defensive Header"



- Coach demonstrates the technique of 'The Defensive Header'
- Working in group's of three's in a 10 x 10 area
- Ball delivered by themselves or the player in the middle
- Player must then demonstrate the correct technique of a defensive header
- The ball must clear the man in the middle
- And land into the hands of X2, one bounce is allowed

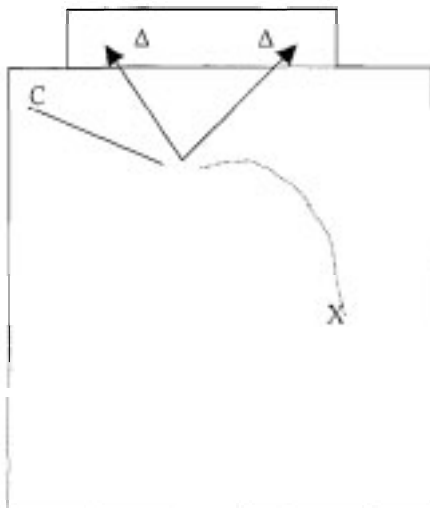
HEADING – LEVEL 6

"The Directed Header"



- Coach demonstrates a 'Directed Header'
- Player X1 set's up X2 who plays
- A Directed Header into X3's hands
- Who then set's up
- X1 to play a Directed Header into X2's hands
- Who then set's up
- X3 to play a Directed Header into X1's hands
- Coaching points to add
- Use of Neck For Direction, Weight / Strength of Header
- Pace & Direction

HEADING BRONZE AWARD "Heading For Goals"

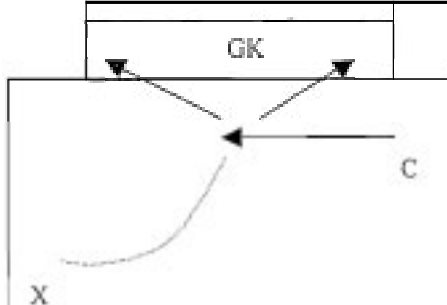


- Coach demonstrates the technique of "Heading for Goals"
- Coach serves the ball
- Player starts a well timed run
- And show's the correct technique of an attacking header
- With Direction
- Into the Corners of A Goal
- A FAIL is deemed by a header central or wide of goal
- Must be a Match realistic 'header'

HEADING - SILVER AWARD "Headed Keep -Ups"

- Coach demonstrates the technique of 'Headed Keep – Ups'
- Player must use only their head to do the Keep - Ups
- The ball must start from the floor
- No bounce allowed
- 15 consecutive 'Keep – Ups' to achieve Silver Award – HEADING

HEADING - GOLD AWARD "Goal Scoring For Fun"



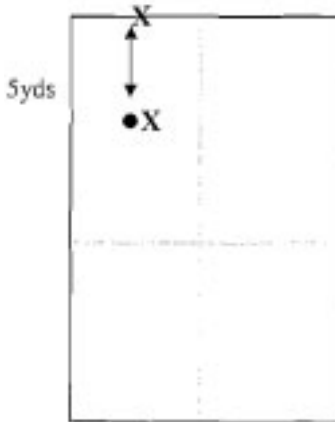
- Coach demonstrates the technique of 'Goalscoring for Fun'
- The ball is crossed from a wide position
- Player starts a well timed run
- And shows the correct technique of a Attacking Header
- With Direction & Power
- To score past a GK

STRIKER AWARDS - "RIGHT AND LEFT FOOT PASSING"

Organisation

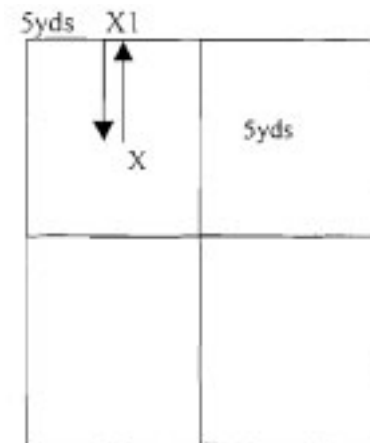
- STRIKER Awards Level 1 - 6 and use a 20 yard X 10 yard rectangle.
- Bronze, Silver, Gold, into a Standard Goal
- There should be eight players to each area to practice
- The coach should allow the group to continue practising while he works with an individual player or group of players.

RIGHT AND LEFT FOOT PASSING - Level 1 "Control & Pass"



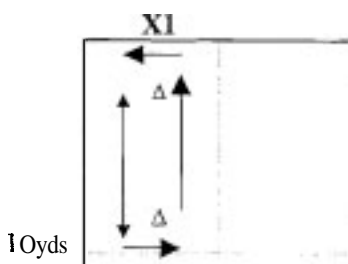
- Players in pairs 5 yards away from each other
 - Coach demonstrates the technique of 'Control & Pass'
 - Player can use ANY foot
 - Must demonstrate two touches every time
1. Control Out of feet
 2. Pass To play the ball
- 'Get in Line'
 - 'Good first touch' & 'Ball out of Feet'
 - Use inside of foot to pass

RIGHT AND LEFT FOOT PASSING - Level 2 "One Touch Pass"



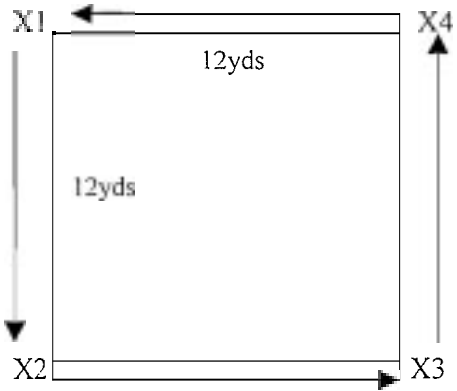
- Players in pairs 5 yards away from each other
- Coach demonstrates the technique of 'One Touch Pass'
- Player can use ANY foot
- X passes to X1 who passes back on the first touch
- Use inside of foot to pass
- Start practising with the weaker foot

RIGHT AND LEFT FOOT PASSING - Level 3 "Control, Touch, Pass"



- Players in pairs 5 yards away from each other
- Coach demonstrates the technique of; Control, Touch & Pass'
- Player must use BOTH feet
- X passes to X1 who controls the ball (1) and touches the ball (2) around the marker
- And finishes with a pass (3) back to X
- 'Good first touch' & 'Ball out of Feet'
- Use inside of foot to pass

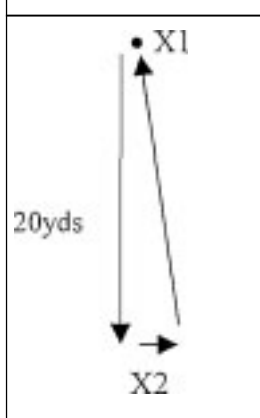
RIGHT AND LEFT FOOT PASSING – Level 4 - 'The Square Ball'



- Coach demonstrates the technique of 'The Square Ball'
- Player must use BOTH feet
- In groups of four
- In a square formation
- X1 passes to X2
- X2 showing an open body passes to
- X3 who 'opens up'
- And passes to X4
- The session continues right & left foot

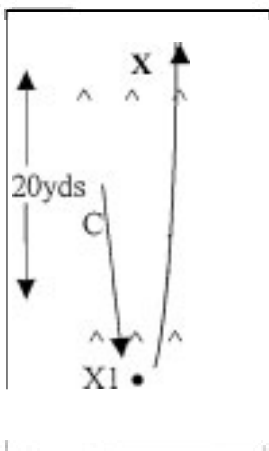
10yds

RIGHT AND LEFT FOOT PASSING – Level 5 - "The Driven Pass"



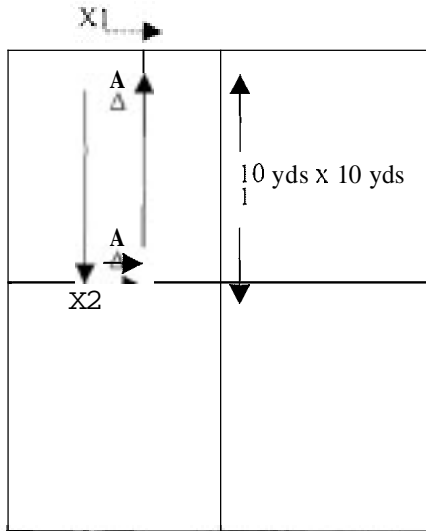
- Coach demonstrates the technique of 'The Driven Pass'
- Player can use ANY foot
- Player must demonstrate the skill over the 20x10 rectangle
- Ball must stay along the floor
- Ball must reach the player at the opposite side of the area – REALISTIC
- 3 Touches – Control, Touch out of feet & Pass

RIGHT AND LEFT FOOT PASSING – Level 6 - "The Chipped pass"



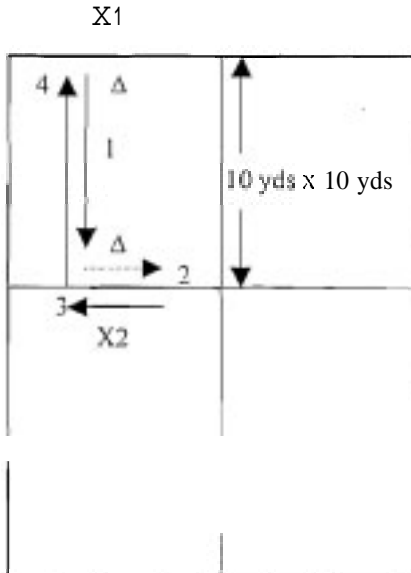
- Coach demonstrates the technique of 'The Chipped Pass'
- Coach or a Teamate plays a short pass to X from a central position
- X must demonstrate the correct technique of a 'Chipped Pass'
- Pass must clear player / coach in the middle of the area
- No bounce allowed before the target area
- Must stay inside the grid

RIGHT & LEFT FOOT PASSING – BRONZE AWARD – "Drag & Pass"



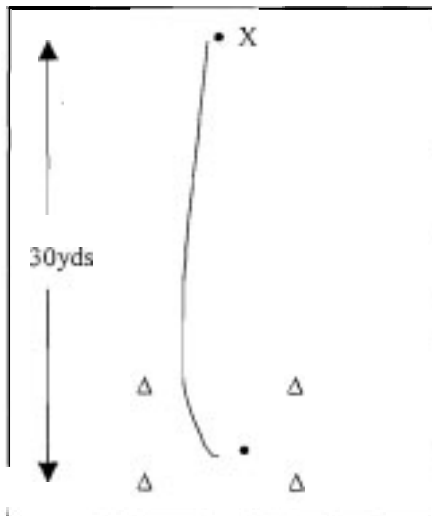
- Player must use **BOTH** feet
- Coach demonstrates the technique of a 'Drag & Pass'
- In a 10yds x 10yds area
- X1 plays a pass to X2 who
- Controls with the **OUTSIDE** of the right foot – 1st touch
- And passes back with the **Inside** of the right foot – 2nd touch
- Repeat with the left foot
- Only two touches allowed

RIGHT & LEFT FOOT PASSING – SILVER AWARD – "Dummy, Pull & Pass"



- Player **must** use **BOTH** feet
- Coach demonstrates the technique of a 'Dummy, Drag & Pass'
- In a 10 yds x 10 yds area
- X1 plays a pass to X2 who
- Controls with the **INSIDE** Of the foot – 1st touch
- And the **PULLS** the ball back with the **OUTSIDE** of the foot – 2nd touch
- And passes **back** with the **INSIDE** of the foot – 3rd touch
- Only three touches allowed

RIGHT & LEFT FOOT PASSING – GOLD AWARD – "The STRIKER Pass"



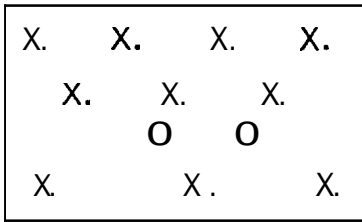
- Player **must** use **BOTH** feet
- Coach demonstrates the technique of a 'The Beckham Pass'
- Over a 30yds area
- The player must play a long pass
- Into a marked out by a 10 yds X 10 yds
- 3 with right foot & 3 with the left foot
- No bounce allowed

U6-U8 Model Technical Training Session

Technical Topic: Right & Left Foot Passing

Level 2: One –Touch Pass

Warm Up (● Min.)

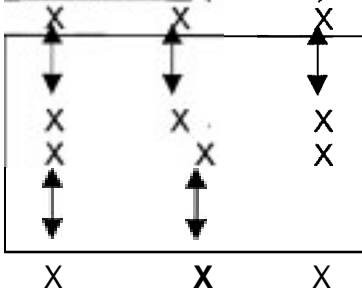


Statue Tag

Organization:

Ten players, each with a ball, try to avoid two defenders by dribbling in a 20-x-35-yard rectangle. Players with balls are turned into 'statues' when tagged by the hand of a defender or if their ball leaves the area or is kicked out by a defender. A statue retrieves the ball, returns to the area if necessary, and holds the ball overhead with legs spread apart. Statues may be revived by one of the remaining attackers kicking a ball through the statue's legs. The game ends after two minutes of when every attacker has been turned into a statue. Change defenders and play again

Fundamental (10 Min.)



STRIKER Skill – One Touch Pass

Organization:

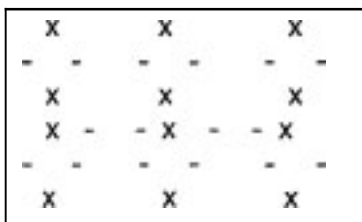
Players in pairs stand 5 yards away from each other. Coach demonstrates the technique of one touch pass (see coaching points). Player can use any foot. Players pass to their partner using one touch technique.

Progression:

Start practicing with the weaker foot.

Coaching Points: Inside of the kicking foot remains square to the target throughout the entire motion. The toes of the kicking foot are elevated slightly higher than the heel with the ankle remaining "locked". If possible the body is square to the target. The shoulders and center of gravity are forward throughout. The supporting foot is pointed at the target. Strike through the middle of the ball and follow through towards the target.

Match Related 1 (10 Min.)



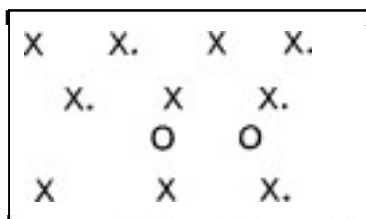
Pass Through the Gate

Or ganization:

Six teams of two players with one ball per team play in a 20-x-35-yard area with eight 4-foot-wide goals marked with disc cones. A team gets a point by completing five consecutive one-touch passes through a gate. After each point, the team must use another gate to earn their next point. The first team to earn 8 points is the winner. Repeat 3-4 times.

U6-U8 Model Technical Training Session (Cont'd)

Match Related 2 (10 Min.)

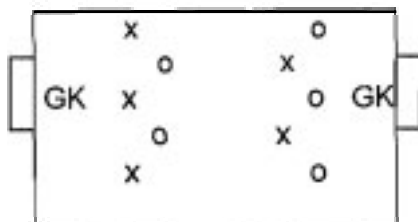


Statue Pass

Organization:

Same rules as in 'Statue Tag' except that now there are only 5 balls (or 1 ball per pair) and statues can only be revived after a one-touch pass is made through the statue's legs and attackers can only become statues if they are tagged when in possession of the ball.

Match Condition (15 Min.)



5 v 5 +GK

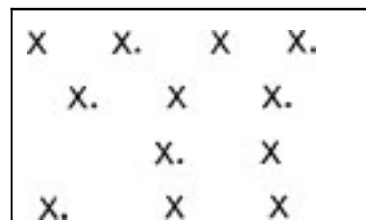
Organization:

Play 5 v 5 in a 40-x-25-yard area with goals in the middle of each endline. Teams can score 2 points for each goal and 1 point for each one-touch pass

Progression:

Play a normal scrimmage with each team earning points for goals only.

Cool Down (5 Min.)



Organization:

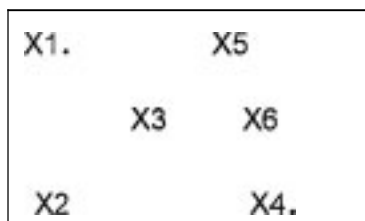
Each player with a partner and one ball per group. Each player stands five yards away from their partner and practices the one-touch pass. Upon command, "switch", players without a ball find a new partner.

U6-U8 Model Tactical Training Session

Tactical Topic: The Back Pass

Most Appropriate **Age 8+**

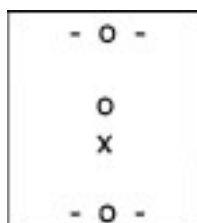
Warm Up (10 Min.)



Organization:

Separate the team into two groups of 6-8 players. Position each group into their own 20-x-25-yard area. Number the players in each group beginning with #1 and continuing up through the number of players in the group. Give one or two players in each group possession of a ball and begin the game. While all players are moving in the area, the balls are passed within the group in numerical sequence. Add conditions (e.g. left only, inside of the foot only, etc.)

Small Group (20 Min.)



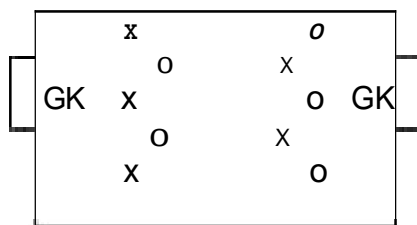
Organization:

A 2 v 2 game (one outfield player and a goalkeeper for each team) on a 15-x-20-yard field with two 12-foot-wide goals, one in the middle of each endline. The outfield rivals try to score. If a player passes back to his goalkeeper (who may only use his hand when stopping a shot) the passer (outfield player) and the receiver (goalkeeper) must switch roles.

Back-passes Wild

Coaching Points: To help outfield players defend or start a new attack, encourage them to pass to their goalkeeper when they are under pressure and/or facing their own goal.

Large Group (20 Min.)



Organization:

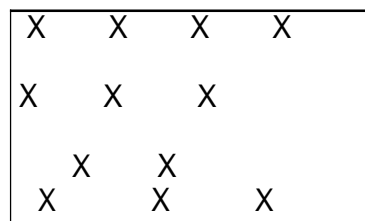
A 6 v 6 game (outfield players + goalkeepers) in a 20-x-45-yard area with two goals. Include match realistic conditions including corners, goal kicks, throw-ins, etc.

Key Coaching Points:

Tactical application and corrections - technical breakdowns.

6 v 6

Cool Down (5 Min.)



Organization:

Players follow coach's directions (5 jumping jacks, jog in place, hop on one leg, hop on the other leg, touch your toes, etc.). Played without eliminating participants

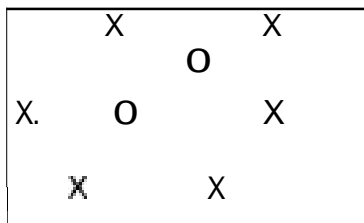
Simon Says

U10 & Older Model Technical Training Session

Technical Topic: Right & Left Foot Passing

Level 4: The Square Ball

Warm Up (10 -15 Min.)



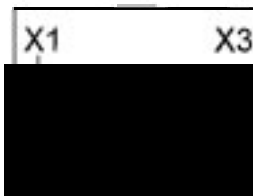
5 v 2

Organization:

In a 12-x-12-yard grid 5 attackers form a circle and play keep away from the two defenders in the middle. A player, whose pass is intercepted or loses possession in a tackle, exchanges places with the defender who won the ball. If an errant pass exits from the grid, the passer trades places with the defender who has been in the middle longer.

Coaching Points: Attackers support each other in an open-body position.

Fundamental (15-20 Min.)



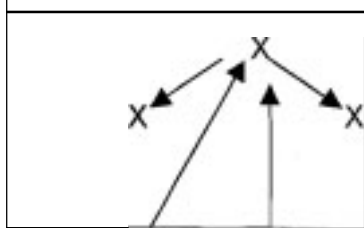
STRIKER Skill – The Square Ball

Organization:

Four players form a group and each stand on a different corner of a 12-x-12-yard grid. X1 passes to X2. X2 shows to the ball in an open body position (facing the field, not the ball)

passes to X3. X3 passes to X4. X4 passes to X1. X1 passes to X2. X2 passes to X3. X3 passes to X4. X4 passes to X1.

Match Related 1 (15-20)



(Small Group Keep-Away)

Organization:

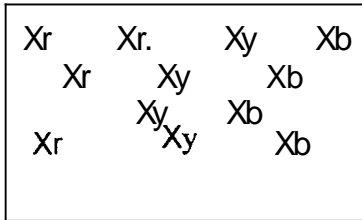
Three attackers stand inside a 12-x-12-yard grid and three members of the defending team stand in line next to the coach. Play starts when the coach plays a ball to one of the attacking players (coach starts watch). The first defender in line enters the grid and tries to clear the ball out of the area, while the attackers play keep-away. Switch defender once the ball is cleared. After the ball has been cleared by the final defender, the watch stops, and teams switch places.

Whichever attacking team held possession longer wins the round.

Coaching Points: Attackers move off the ball to provide immediate support and receive the ball in an open body position to make a square pass into space for a teammate to run onto.

U10 & Older Model Technical Training Session (Cont'd)

Match Related 2 (1-20)

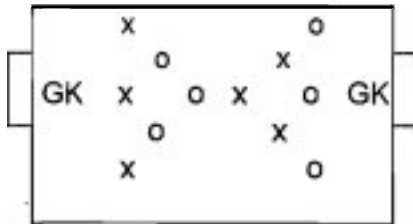


The Three Colors Game

Organization:

Two 4-player teams combine to form an 8-player team that plays keep-away in a 30-x-45-yard area against a third team of four players that tries to win the ball. A goal is scored after ten straight passes are completed. When a turnover occurs the entire 4-player team whose member was responsible for losing the ball switches roles with the squad that one the ball. Team with best net goals (goals scored - goals conceded) after 15 minutes wins.

Match Condition (20 Min.)



6 v 6 + GK

Organization:

Play 7 v 7 in a 30-x-45-yard area with goals in the middle of each endline. Teams can score 2 points for each goal and 1 point for completing 5 consecutive passes.

Progression:

Play a normal scrimmage with each team earning points for goals only.

Cool Down (5 Min.)

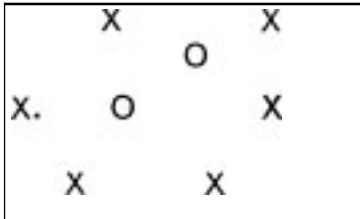
Organization:

Players complete a light jog across the width of the field and back and go through a series of stretches.

U10 & Older Model Tactical Training Session

Tactical Topic: When to **Make** a Square Pass

Warm Up (● -15 Min.)

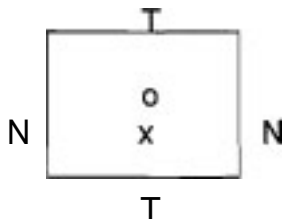


5 v 2

Organization:

In a 12-x-12-yard grid 5 attackers form a circle and play keep away from the two defenders in the middle. A player, whose pass is intercepted or loses possession in a tackle, exchanges places with the defender who won the ball. If an errant pass exits from the grid, the passer trades places with the defender who has been in the middle longer.

Individual Activity (20 Min.)



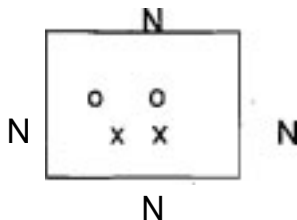
■ v ■ + 2 Targets

Or

This is a ■ v ■ game played in a 20-x-15-yard grid with a target player at each endline and a neutral player along each sideline. Active players compete against each other and score a point by receiving a pass from one target player and making a pass to the target player on the other endline. After a two-minute period, the active players and the neutrals trade places. Neutral players may play the ball to a target player to keep possession; however both neutrals and targets must pass only to the active player that passed them the ball.

Coaching Points: Neutrals move off the ball to provide immediate support. Attackers should play the ball square when a passing lane is open and the supporting player is away from defensive pressure.

Small Group (20 Min.)



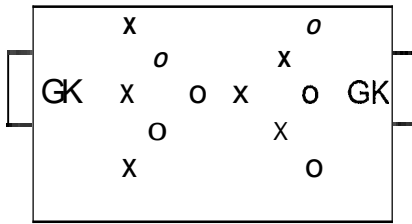
Grid Combination Play

Organization:

This is a 2 v 2 game played in a 20-x-20-yard grid with a neutral player along each of the four sidelines. Neutrals are limited to no more than two touches and can pass to another neutral; however, when passing to active players, they may only pass to the team that passed to them. A team earns a point for completing a pre-designated number of successive passes based on the age and ability of the players (passes between neutral players do not count towards the total). The other team challenges for the ball. If it wins possession, it tries to complete passes, and so on. After a two-minute period, the active players and the neutral trade places. The team with more points after three rounds wins.

U10 & Older Model Tactical Training Session (Cont'd)

Large Group (20 Min.)



6 v 6 +GK

Organization:

Play 7 v 7 in a 30-x-45-yard area with goals in the middle of each endline. Teams can score 2 points for each goal and 1 point for completing 5 consecutive passes.

Progression:

Play a normal scrimmage with each team earning points for goals only.

Cool Down (5 Min.)

Organization: Players complete a light jog across the width of the field and back and go through a series of stretches.

