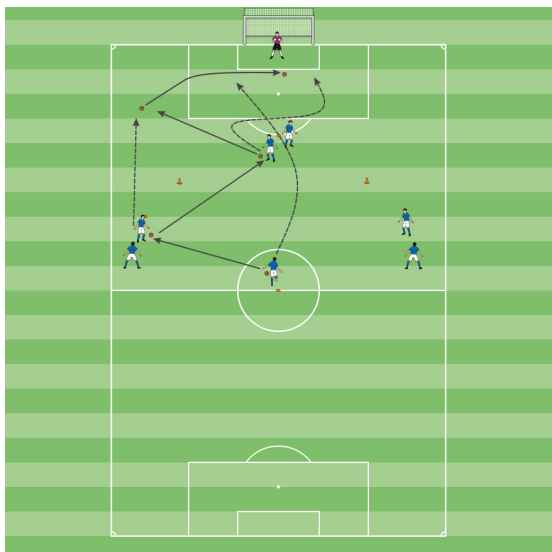


TRAINING EXERCISE

Midfield and Striker Combination Play



Attacking Principles
Combination Play
Crossing and Finishing

U13 to Senior

8 to 17 Players

Goals, Cones, Pinnies

Intensity: 6

15:00 min
(1 x 15:00 min, 00:00 min rest)

Objective

Successful combination play leading to a cross to the midfielder and striker

Description

Using half of the field set up 4 stations, 1 at the half way line, 1 on either wing, and 1 at the edge of the 18 yard box (No more than 3 players at each station). Player at the halfway line starts with the balls and plays the ball into one of the wide stations before proceeding to the 18 yard box. The wide player receiving the ball plays a give and go with the forward, around the cone which acts as a defender, down the line. The forward spins off and makes a run towards the back post with the centre midfielder making a run to the front post as the wide player crosses the ball. Progressions: add a GK, add defenders, limit touches, strikers must shoot first time

Key Points

Timing of the run: midfielder should take a slow jog towards the box and make a burst to meet the ball as it is about to be crossed, players must come off their stations to show for the ball and demand it, players should be vocal especially when in the box