

Functional Training for Forwards

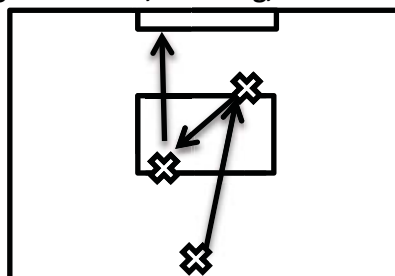
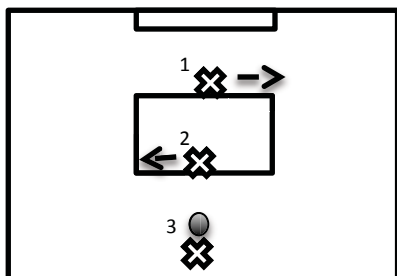
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Activity #1

Barcelona Box - focused on reading movement, shooting, 1v1 and finishing from service



Set up - 15x15 box positioned 18 yards away from goal

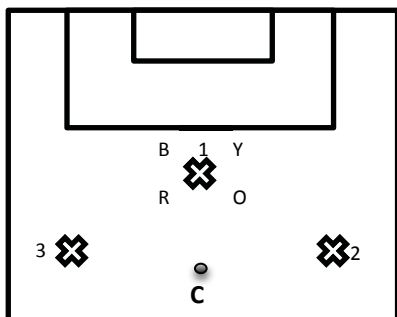
Activity - X2 moves to the right or left, X1 plays off of that movement to get free and find the ball from X3. X1 lays off ball for shot from X2.

Progressions - a) finishing from service b) 1v1 to goal c) 1v1 lose your marker

Coaching points - movement off ball (body position), shooting technique, finishing from service, beating a player at speed, losing a mark in the box.

Activity #2

Wildcat Box - focused on body position in relation to ball, finishing from a through ball, finishing from service



Set up - 15x15 box with one blue, yellow, orange and red cone in corners outside of the 18 yard box

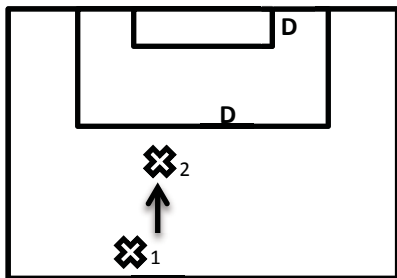
Activity - Coach calls a color and X1 has to make the run around the cone, get a through ball and score. X2 and X3 assist with service before rotating into the middle.

Progression - a) starting with just blue and yellow b) adding red and orange with service from deep position and endline c) removing colors and adjusting/making runs off of ball movement

Coaching points - movement off ball (angle in relation to ball), body position, shooting technique - inside of the foot versus laces

Activity #3

UNC "Bogies" - focused on shooting, 1v1 ability, 2v2 and combination play between attackers



Set up - one cone 15 yards off top of 18 and another 3 yards off top of 18

Activity - X1 plays the ball into X2 who has to turn and shoot and shoot at goal

Progressions - a) add a defender at the top of the 18. X2 can now play the ball back to X1 if under pressure but this will release the second defender creating a 2v2 situation. b) place defender directly on X2

Coaching points - turning with the ball, body position when receiving, losing a marker, timing of pass, 1v1 ability, combination play, communication.