

## **Techniques Vital for Success as a Forward**

- (1) Receiving and turning under intense pressure.
- (2) Laying balls off to team mates.
- (3) Dribbling for penetration and possession.
- (4) Heading – attacking.
- (5) Crossing from varying angles and positions.
- (6) Receiving flighted balls to chest, head etc.
- (7) Shooting, both from distance and close range.
- (8) Passing, accurate short and long.

### **Application of Techniques:**

#### **Forwards as a group – defensively:**

- o Recovery runs to get behind the ball.
- o Pressing the opposition defenders, and midfielders from behind.
- o Offer cover and balance for team mates.
- o Delay the attack to allow team mates to recover and regroup.
- o Individual defending – don't dive in.

**Forwards as a group – attacking:**

- o Making positive forward runs in advance of the ball.
- o Dribbling for penetration and possession.
- o Mobility without the ball to disrupt opponents defence.
- o Combination play with players both in advance of and behind the ball.
- o Bending runs to avoid off-side.
- o Crossing and finishing.
- o Stretch the opposition to create space.

**Wingers – attacking:**

- o Offer width.
- o Beating an opponent before crossing or delivering early crosses.
- o Dribbling for penetration and possession.
- o Offer support in advanced positions.
- o Mobility off the ball to disrupt opposition back line.
- o Finishing from distance and close range.

**These coaching philosophies were used when developing the Full Season Session Plan**