

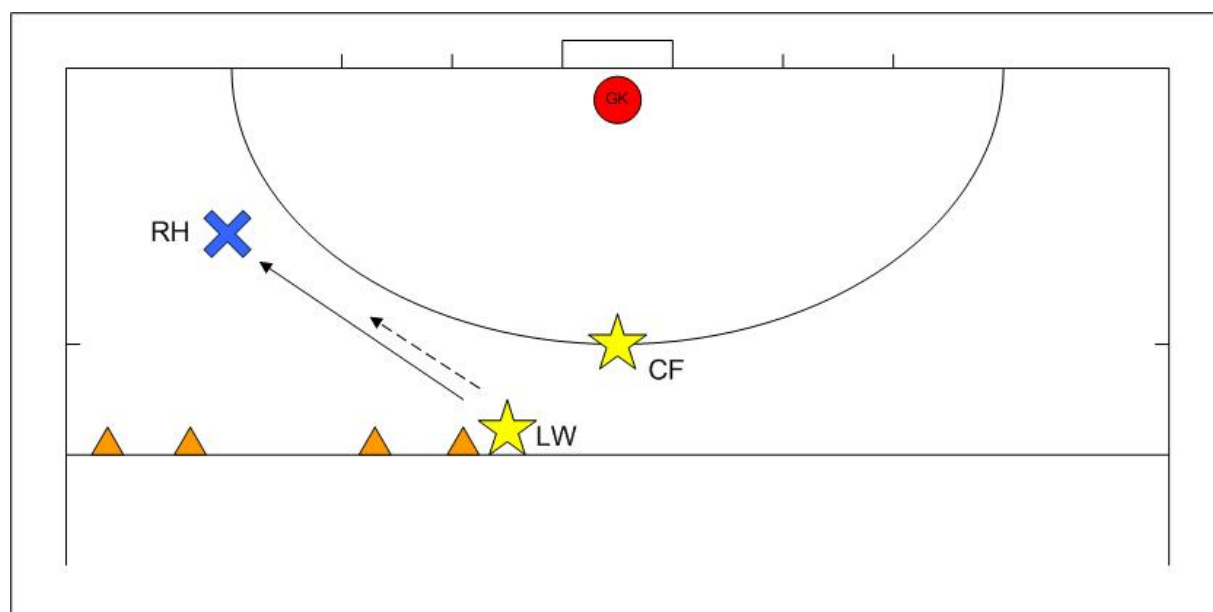
Title: Strikers Defensive Exercise

Aim: For the strikers to practice dispossessing defenders in their own 25

Equipment Needed:

- 4 x cones
- 2 x strikers
- 1 x defender
- 1 x Goalkeeper (optional)

Set Up:



Description:

- LW feeds RH then moves to close RH down
- LW tries to stop RH dribbling through goals and attempts to dispossess.
- If LW wins ball he passes to CF, gets ball back and shoots.
- This exercise can be done on both sides of the field.

Coaching Points:

- LW to run correct line to pressure RH
- Execute constructive tackles (attempt to gain possession not spoil)
- LW needs to have vision, to move ball to CF after turnover.