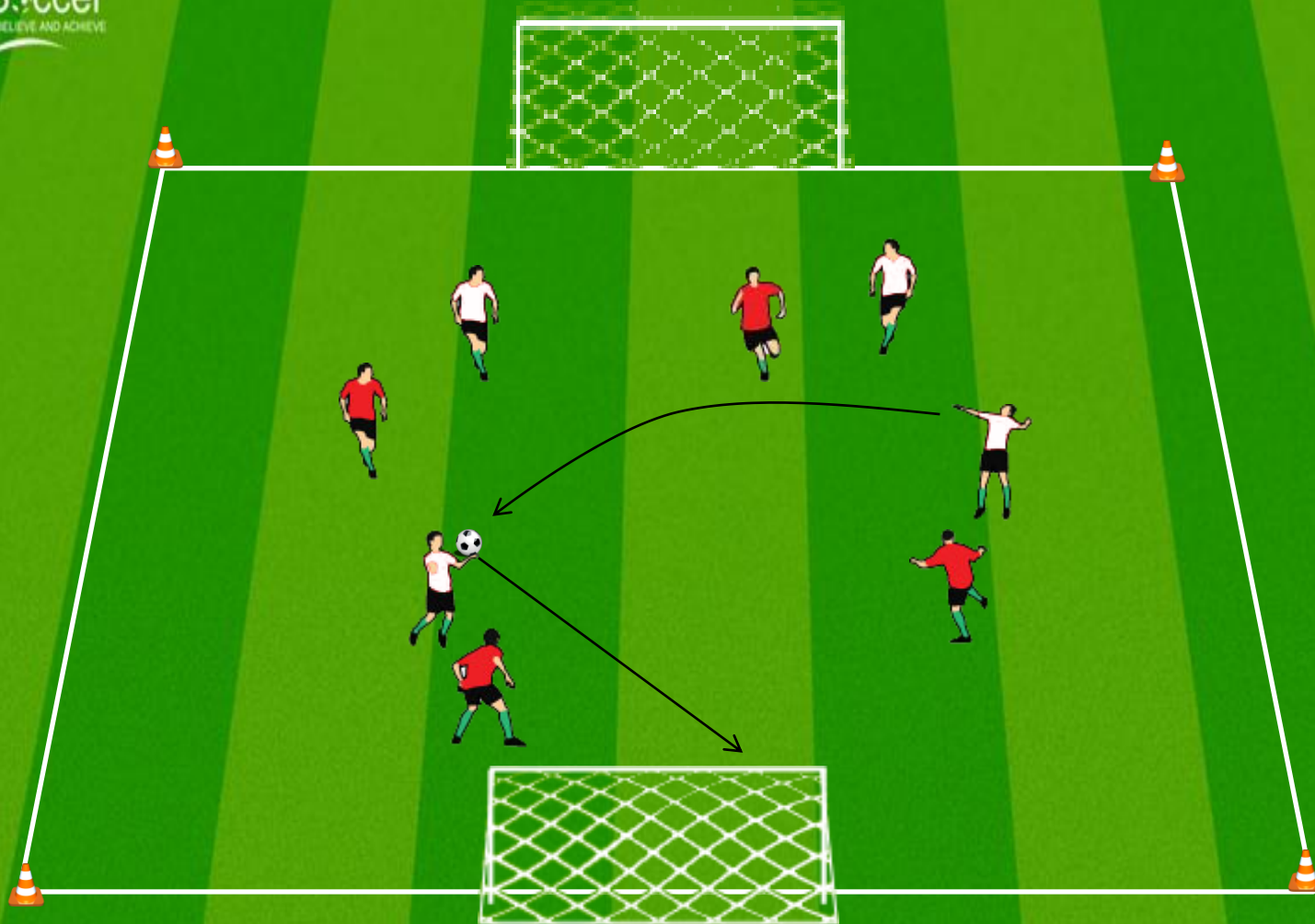




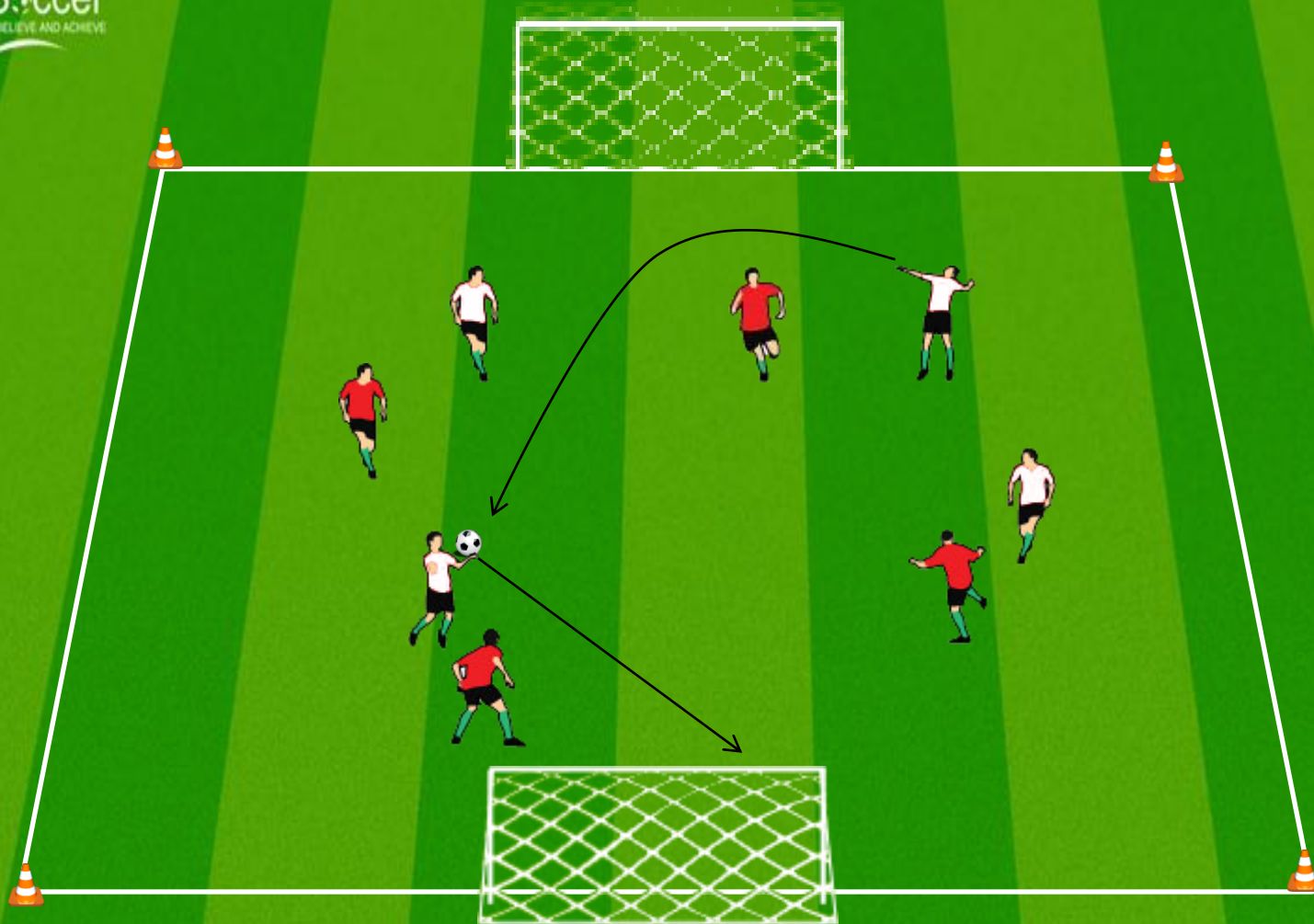
# 16 Offensive Soccer Training Drills





### Coaching Points

1. Throw head catch
2. Concentrate on heading technique
3. Movement on/ off the ball



### Coaching Points

1. Throw head only
2. Concentrate on heading technique
3. Movement on/ off the ball



### Coaching Points

1. Ball above shoulder
2. Concentrate on heading and volley technique
3. Movement on/ off the ball



### Coaching Points

1. Wide players work both ends
2. Concentrate on good delivery from crosses
3. Timing of strikers runs NP and FP



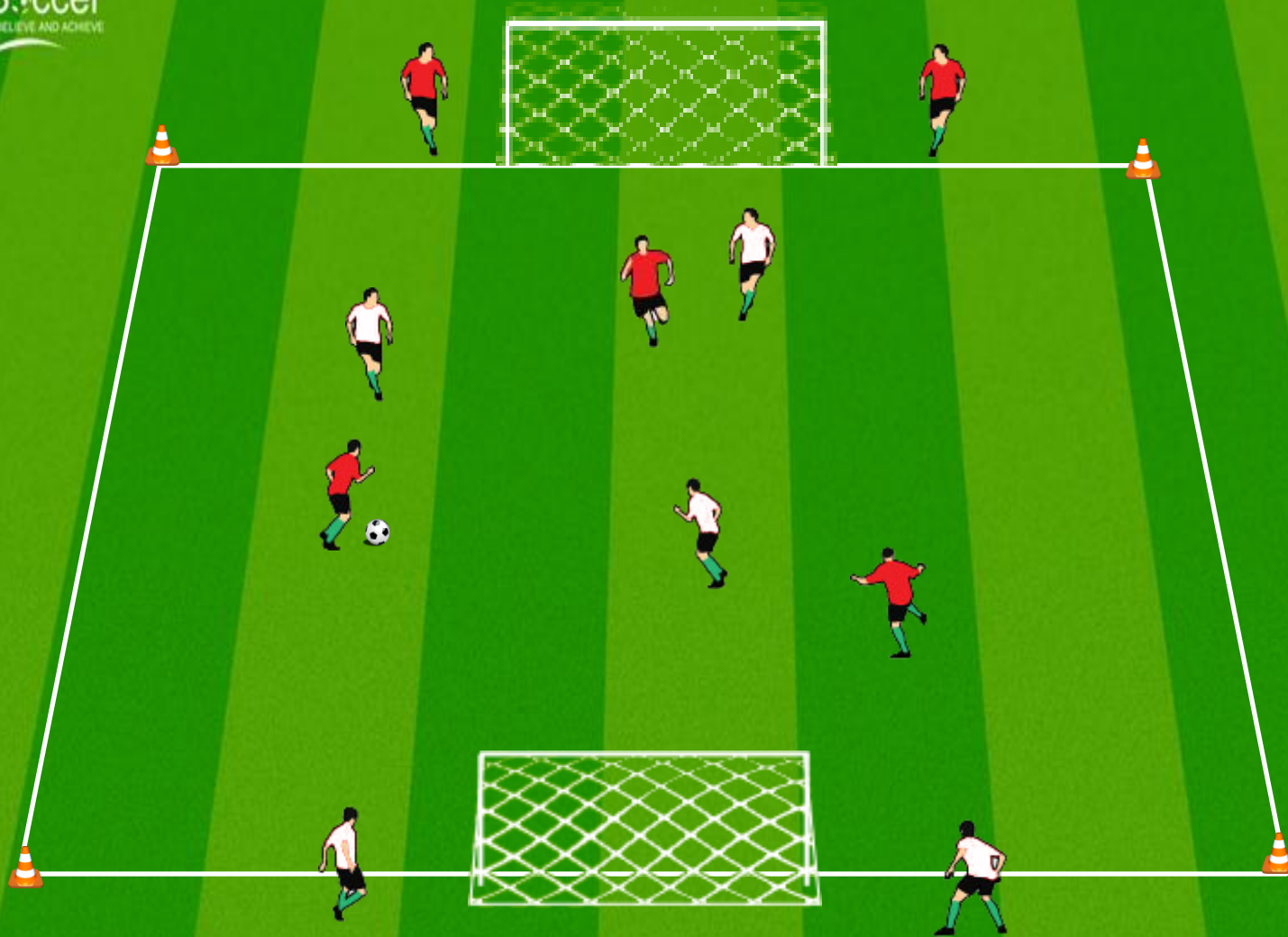
### Coaching Points

1. Wide players work both ends
2. Concentrate on good delivery from crosses
3. Good heading and volley technique
4. Timing of strikers runs NP and FP



### Coaching Points

1. Players either side of goal for set up play
2. Accurate and weighted passing
3. Player movement to create space



### Coaching Points

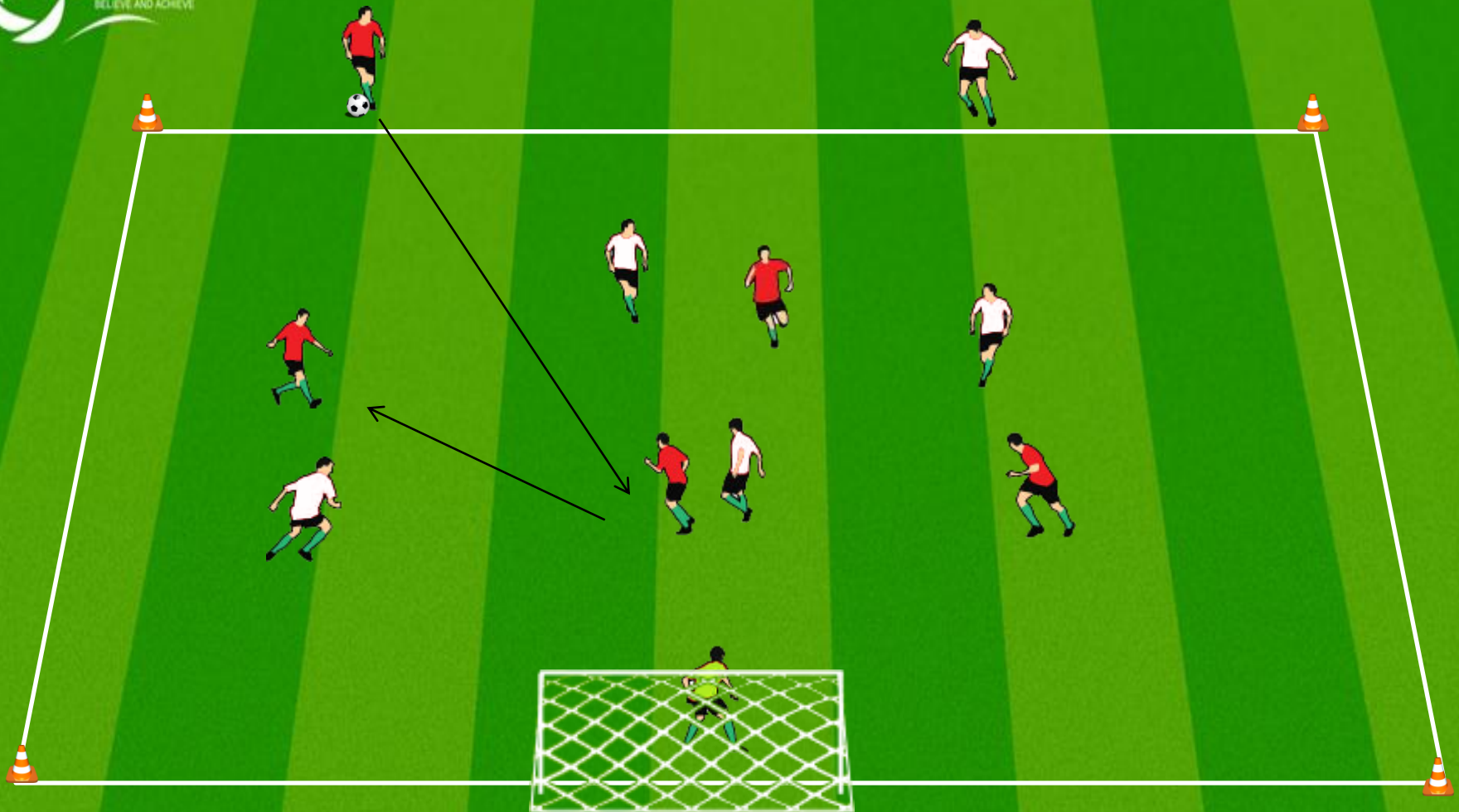
1. Players either side of goal for set up play
2. Accurate and weighted passing
3. Player movement to create space





### Coaching Points

1. 6 attackers play to big goal, 3 defenders to two small goals
2. Attackers concentrate on build up play
3. Defenders to try and counter attack



### Coaching Points

1. Both teams looking to attack goals
2. Using outside players to build up or start new attack
3. Quick player movements on/ off the ball



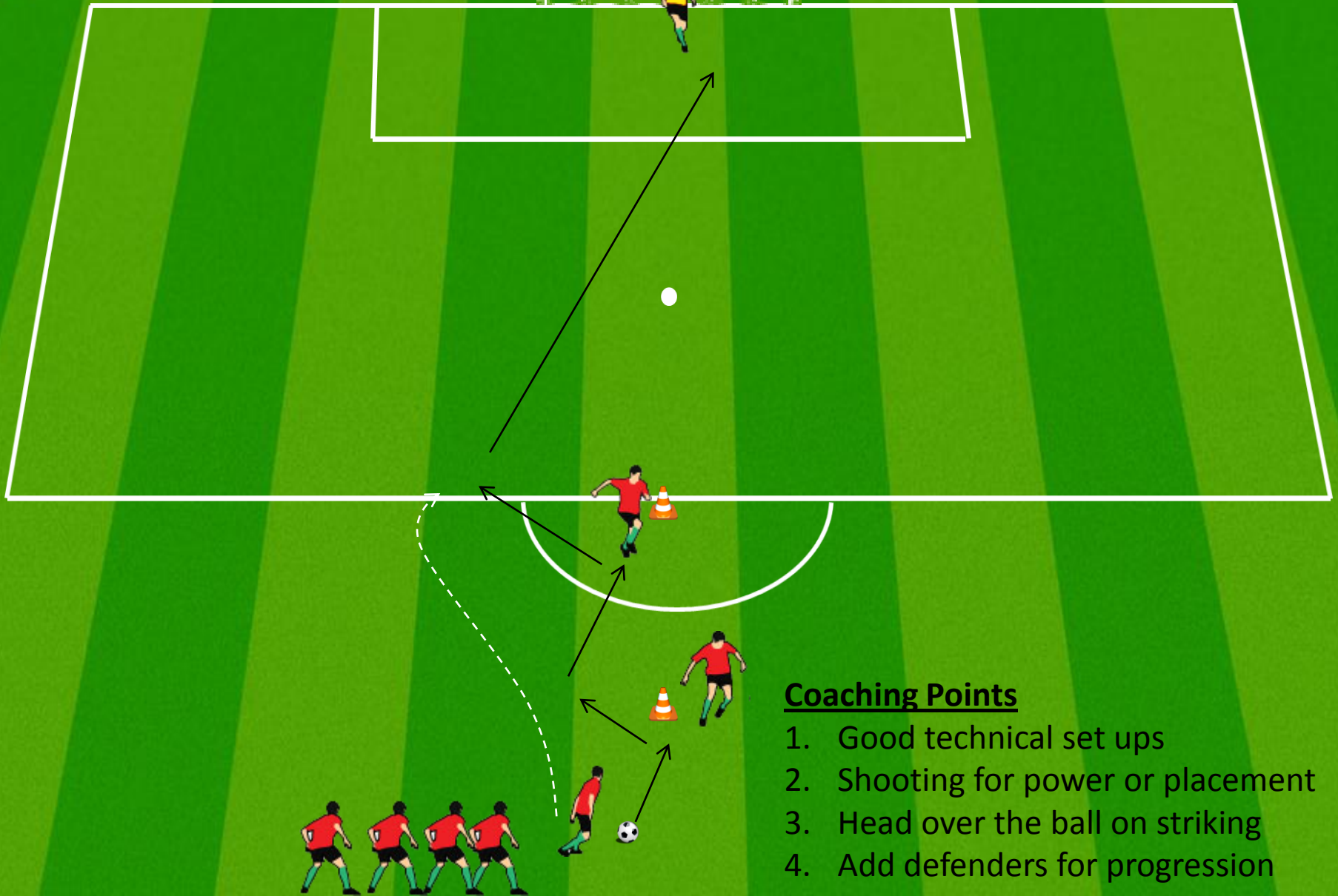
### Coaching Points

1. Both teams looking to attack goals
2. Using outside players to build up or start new attack
3. Quick player movements on/ off the ball
4. Quick combination plays



### Coaching Points

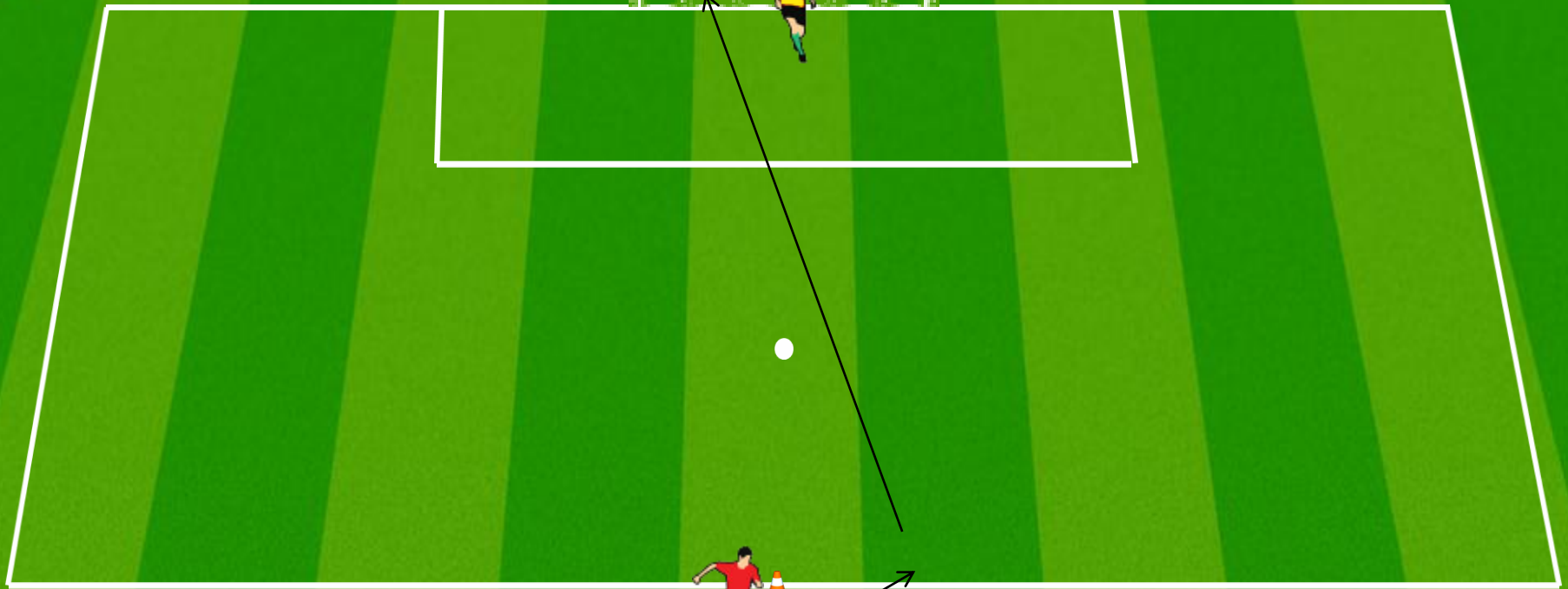
1. Crossing Near & Far post
2. Strikers runs to frame the goals
3. Combination play to build up



**Coaching Points**

1. Good technical set ups
2. Shooting for power or placement
3. Head over the ball on striking
4. Add defenders for progression

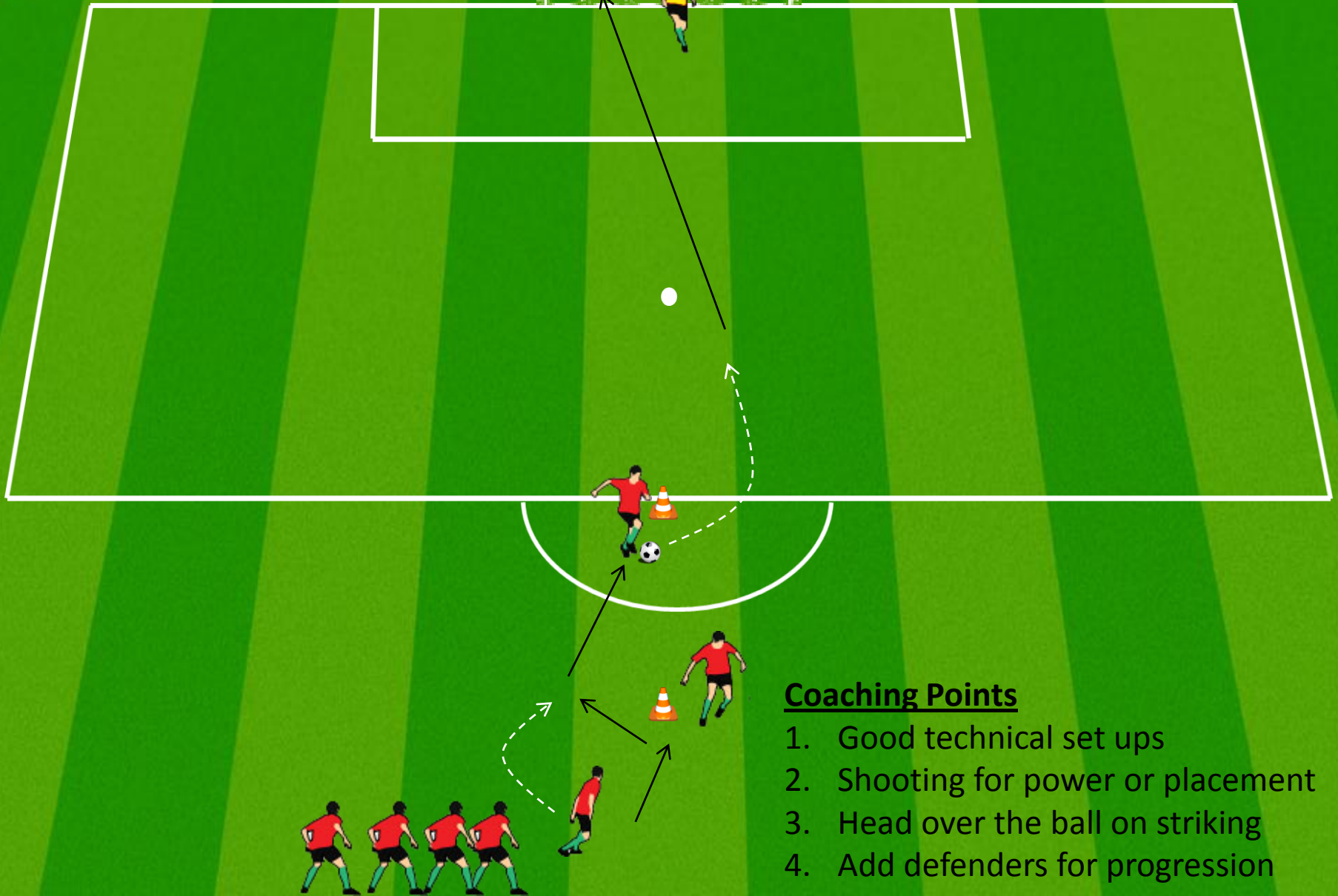
1<sup>st</sup> set up player to finish



**Coaching Points**

1. Good technical set ups
2. Shooting for power or placement
3. Head over the ball on striking
4. Add defenders for progression

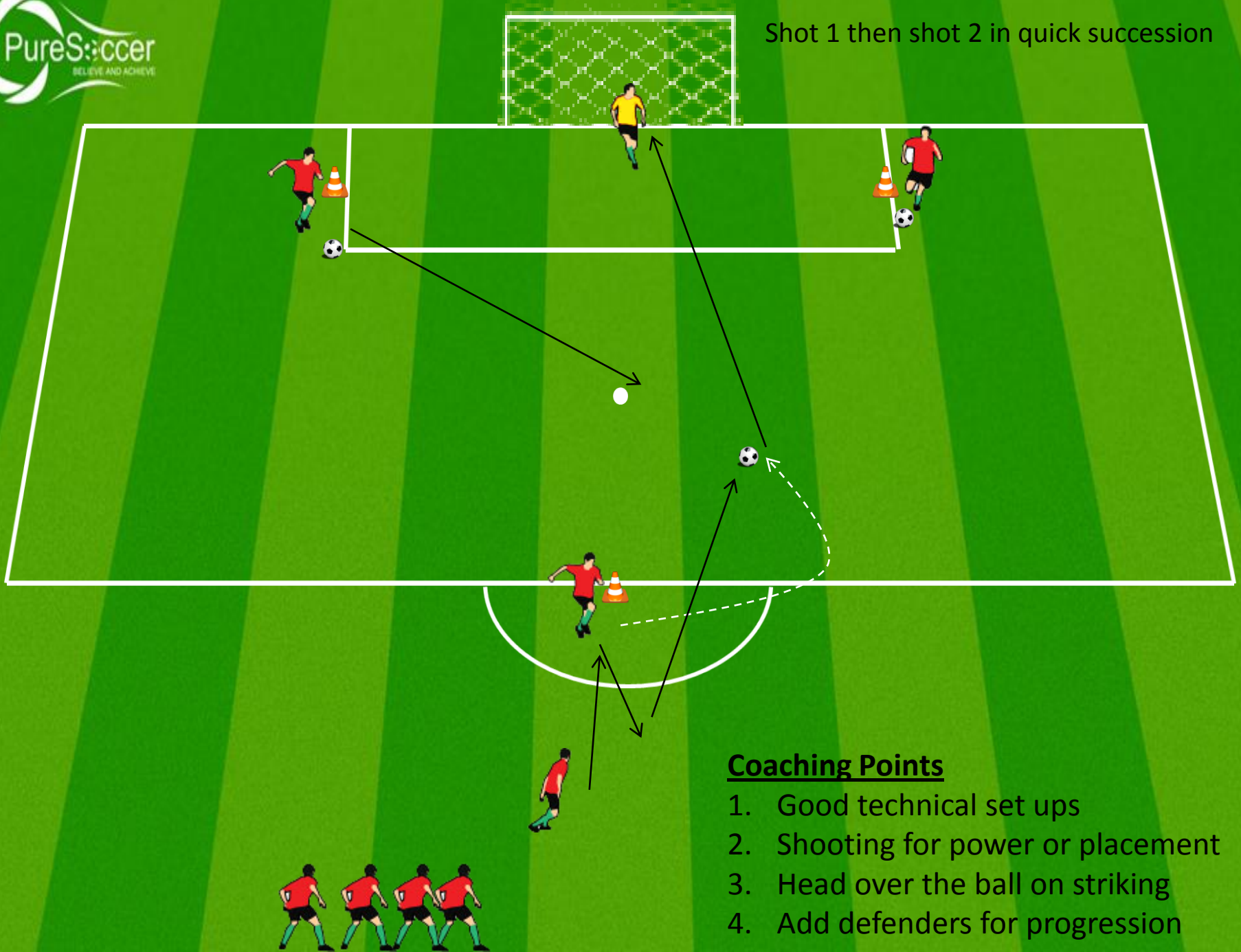
Striker turn and finish or pass



### Coaching Points

1. Good technical set ups
2. Shooting for power or placement
3. Head over the ball on striking
4. Add defenders for progression

Shot 1 then shot 2 in quick succession

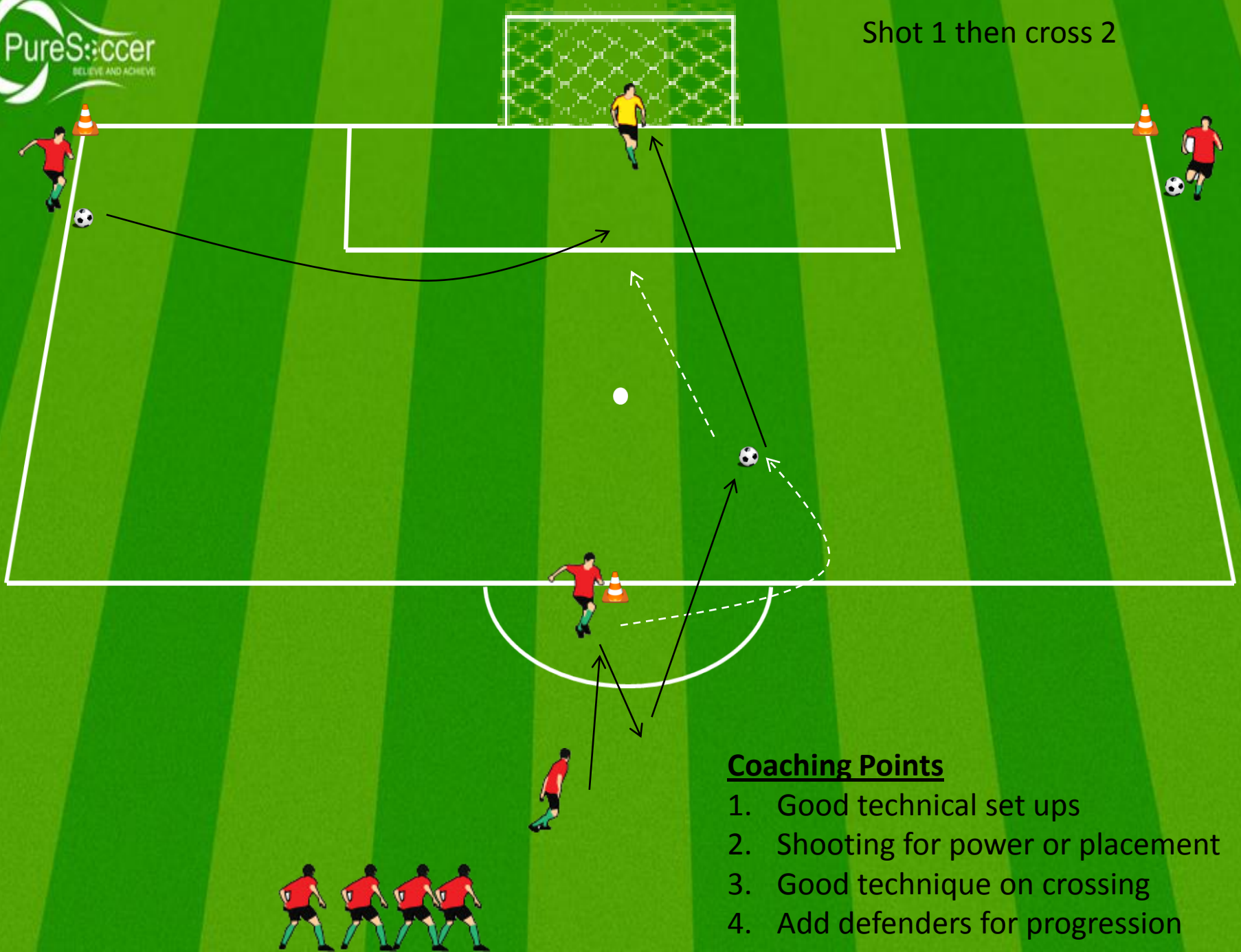


**Coaching Points**

- 1. Good technical set ups
- 2. Shooting for power or placement
- 3. Head over the ball on striking
- 4. Add defenders for progression



Shot 1 then cross 2



**Coaching Points**

1. Good technical set ups
2. Shooting for power or placement
3. Good technique on crossing
4. Add defenders for progression