



# **Functional Training of the Forwards (3 Forwards)**

**Objectives:** To help improve play of three forwards in the attack.

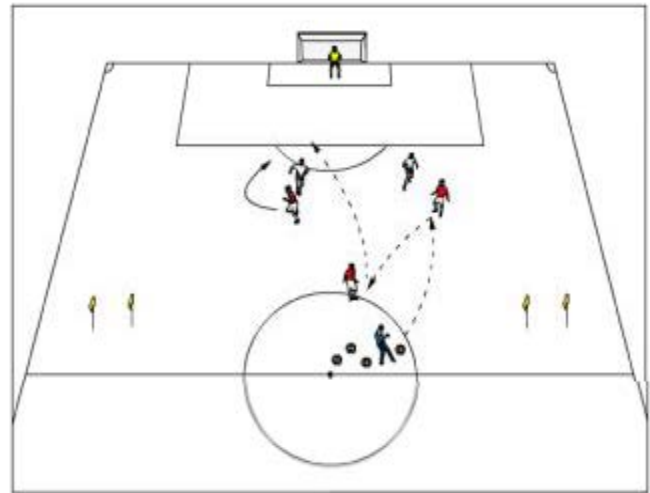
**1) 3v3 to end lines (Warm-up – 10-15 minutes):** In a 20x30 yard space at the top of the 18 yard box (in the attacking third of the field), play 3v3. Team defends one end line and attacks the opposite end line. Goals are scored when one team dribbles the ball past the opposite end line while keeping the ball under control.

## **Coaching Points:**

- Players should be looking to penetrate via dribbling and through passes
- Creating depth and width when in possession of the ball
- Attackers should provide support for the player with the ball

## **2) 3v2 with goalkeeper, building to 5v4 with goalkeeper (20-25 minutes):**

Start off with pattern play and movement of three forwards using the various patterns listed below. Three forwards score on goal while defenders can score through the counter goals or by passing to the coach. Use the top of the penalty box as an offside line. Add two wide midfielders on the attacking team (red) and two outside backs on the defending team (white).



Possible patterns:

1. Ball is played to one forward who lays the ball off to the withdrawn attacker. When pass is laid off, third forward peels off and bends run behind central defender to receive through ball played by withdrawn forward.
2. Ball is played into right forward from outside angle who steps over the ball and turns toward goal. Left forward plays on touch pass between the center backs to right forward who runs onto the ball for a shot or cross.
3. Ball is played into left forward who lays ball off for withdrawn forward to have a shot on goal. Other forwards attack the goal for any rebounds.

## **Coaching Points:**

- Two forwards need to provide as much depth (without being offsides) as possible.
- As ball is played, they need to check towards the ball in order to receive or play quickly to teammate.
- Proper technique when receiving, passing and shooting the ball
- Bent runs toward the goal to follow up for rebounds (frame the goal), front post, back post and middle runs must be made.
- Forwards need to make eye contact with passer of the ball to ensure timing of pass.
- Proper finishing technique- use large surface to redirect ball on goal.

3) **7v5 with goalkeeper (25-30 minutes):** Red team attacks the full size goal with goalkeeper while the white team attacks the counter goals. Focus on the possible patterns listed below. Red team plays with three forwards (one withdrawn striker) and four midfielders while white have four backs with one defensive midfielder. Place cones 20 yards from goal for an offside line.

**Possible patterns:**

1. Wide midfielder passes the ball into the first forward who lays the ball off to the withdrawn striker. Ball is switched to the other wide midfielder for a cross into the box.
2. Central midfielder plays the ball into forward who directly passes down the wide channel to the outside midfielder for a cross into the box.
3. Wide midfielder plays a wall pass with the forward in the wide channel and crosses the ball into the box.



**Coaching Points:**

- Reinforce coaching points made throughout session.

4) **11v11 scrimmage (30-45 minutes):**

Depending upon numbers, space will change. Can play 9v9 with goals 12 yards from the end line. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

**Coaching Points:**

- Reinforce coaching points made throughout session.

5) **Cool-down (10 minutes):**

Juggling and finishing cool-down with static stretching of major muscle groups.