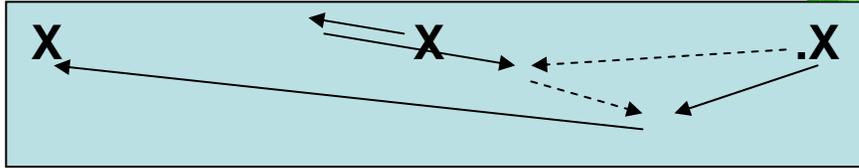
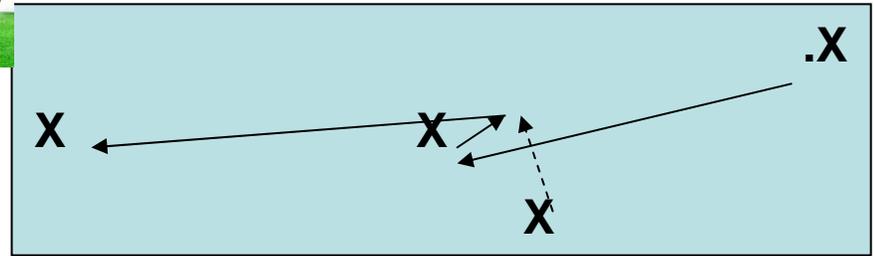


“Methods of Coaching Strikers” Presented by Jeff Tipping at the 05 NSCAA Convention



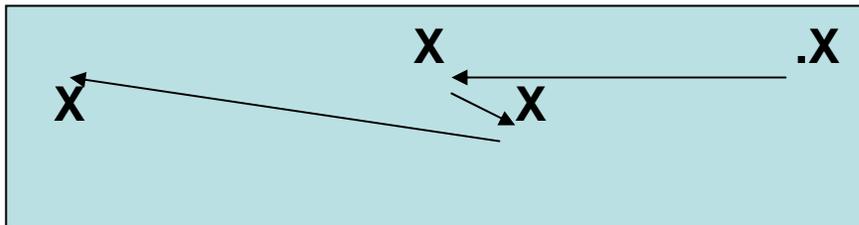
1) Groups of three (Pass-n-follow)

- Middle player checks away, and then to the ball which initiates the pass, middle player and outside player switch
- Middle player checking to the ball fakes left and pushes the ball right immediately before receiving the pass
- The ball can also be chipped to the middle player and chested down to the player following



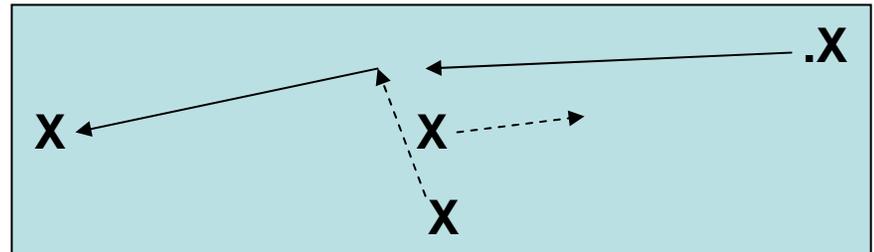
3) Groups of four

- The ball gets played to the furthest player of the two central players and then laid back to the other forward who is making an overlapping run
- Continue this pattern reinforcing the two central players working off of each other
- The timing of the run should be so the ball can be played back with one or two touches



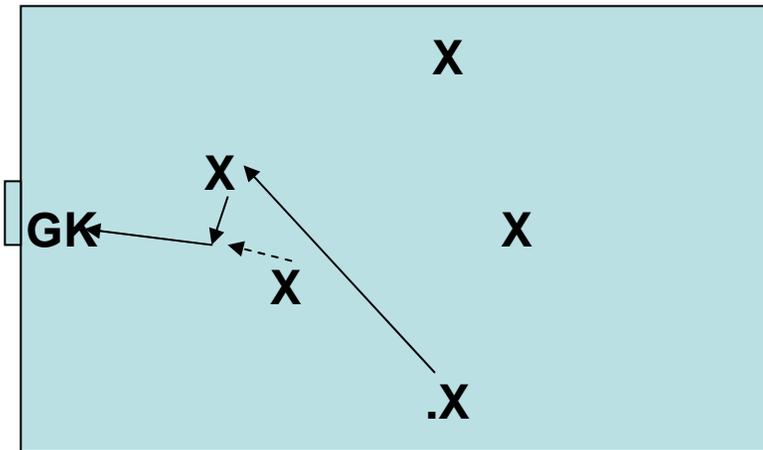
2) Groups of four

- The ball gets played to the furthest player of the two central players and then laid back and played to opposite end.
- Continue this pattern reinforcing the two central players working off of each other
- The ball can also be chipped to the furthest middle player and chested down to the other forward



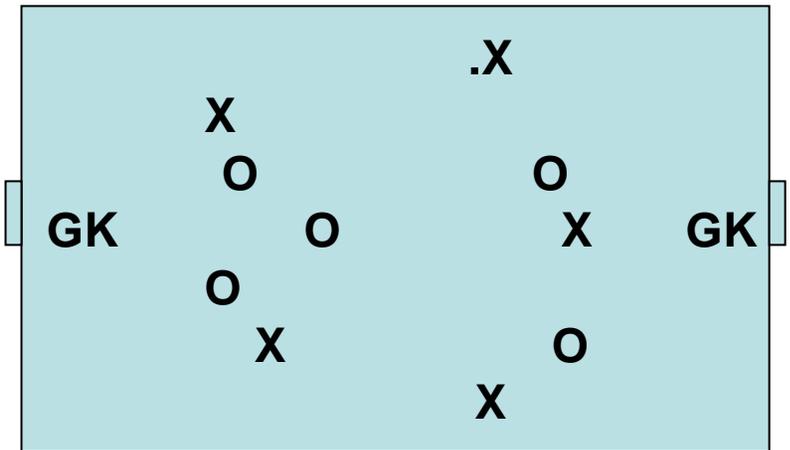
4) Groups of four

- The ball gets played past the first player who checks to the ball in the path of run of the second player who is running diagonally behind his teammate
- Continue this pattern reinforcing the two central players working off of each other
- The timing of the run should be so the ball can be played back with one or two touches



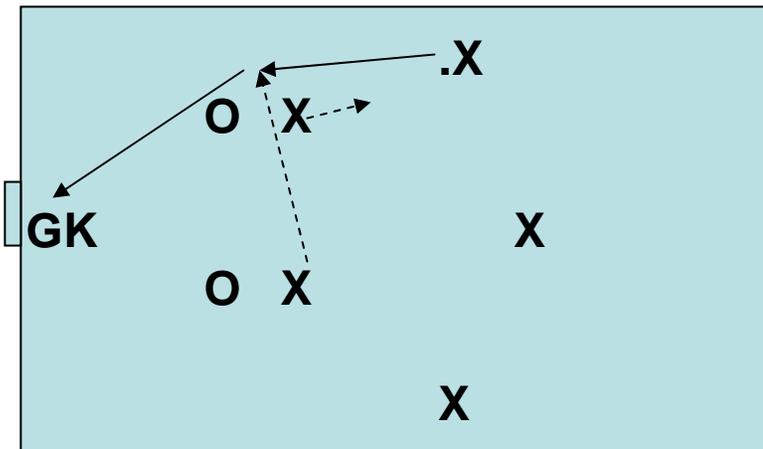
5) 5 v 0

- Play into the forwards from the midfield reinforcing the three patterns



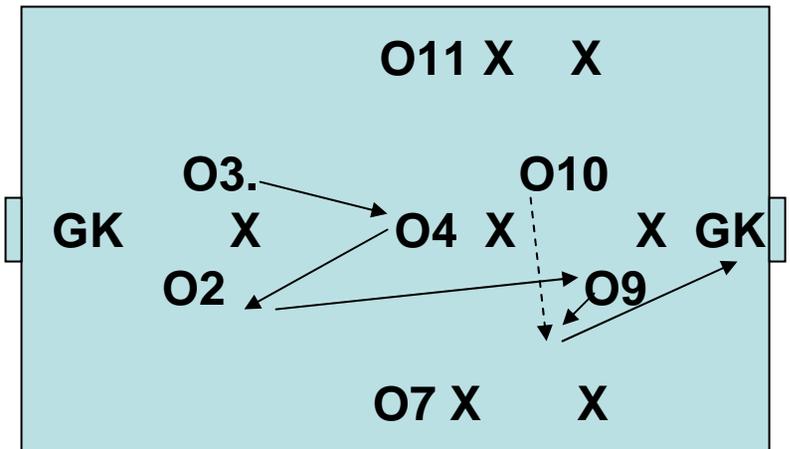
7) 5 v 5 (3 v 2 & 2 v 3)

- Phase of play activity playing from the midfield third into the attacking third



6) 5 v 2

- Add two defender to track the two forwards



8) 8 v 8 (O's 2-3-2 / X's 3-3-1)

- Pattern 1: #3, 4, 2, 7, 10, 9 shot (see slide 5)
- Pattern 2: #3, 4, 2, 9, 10 shot (see diagram above)
- Pattern 3: #3, 4, 2, 10, shot (see slide 6)