



# **ELITE** STRIKER **PROGRAM**

# ATTACKING PLAYERS

01

## **QUICK FOOTWORK.**

DEVELOPING SPEED WITH & WITHOUT THE BALL ON BOTH FEET.

02

## **OUTPLAY.**

POSITION SPECIFIC REPETITION ON BEATING YOUR OPPONENT HELPING YOU BECOME A GAME CHANGER.

03

## **ADDING GOALS.**

ADD TO YOUR PLAYER PROFILE BY SCORING MORE GOALS FROM WIDE & CENTRAL AREAS PLUS DEVELOP INSTINCTIVE 2ND WAVE FINISHING.

04

## **KILL YOUR OPPONENT.**

IMPROVE RECEIVING IN BETWEEN, RUNNING IN BEHIND, DROPPING IN, FACING UP & SPINNING OUT TO ELIMINATE YOUR OPPONENT.

05

## **CONNECTING.**

OUTPLAY YOUR OPPONENT WITH KILLER COMBINATIONS & FAKES AT SPEED THAT MAKE YOU UNPREDICTABLE TO PLAY AGAINST.

06

## **REPETITION.**

TRAIN ON YOUR OWN TO ACCUMULATE THE REPS TO BECOME A REAL ATTACKING THREAT FOR YOUR TEAM.

# GOALSCORERS

01

## **QUICK FOOTWORK.**

DEVELOPING SPEED WITH & WITHOUT THE BALL ON BOTH FEET.

02

## **FEEL THE NET.**

REPETITION OF FINISHING TECHNIQUES IN/AROUND THE BOX ON ALL DIFFERENT ANGLES. SECOND LINE FINISHING FROM RUNS & CROSSES WHEN ENTERING THE BOX.

03

## **THE HALF YARD.**

DEVELOP MOVEMENTS & TECHNIQUES TO CREATE THE HALF YARD TO FINISH.

04

## **INSTINCTIVE.**

MASTER FINISHING OF ONE/TWO/THREE TOUCH & REORGANISING THE FEET/BODY TO CAPITALISE ON EVERY OPPORTUNITY.

05

## **KILL YOUR OPPONENT.**

IMPROVE RECEIVING IN BETWEEN, RUNNING IN BEHIND, DROPPING IN, FACING UP & SPINNING OUT TO ELIMINATE YOUR OPPONENT.

06

## **REPETITION.**

TRAIN ON YOUR OWN TO ACCUMULATE THE REPS TO BECOME A KILLER IN FRONT OF GOAL.