



# Striker Performance

INDIVIDUAL HOMEWORK PROGRAMME



# Striker Individual Homework Programme

- Receive
- Retain
- Release
- Movement
- Finish

# Warm Up

- 15 minutes
- Play ball off wall and **Receive** with outside off foot
- On receiving take first touch with **outside** of foot
- Body shape **side-on**
- Vary weight/angle of pass



# Receive

- 10 minutes
- On receiving pass first touch must be taken to **the side (Not down the line of the rebounded pass)**
- You can stop the ball first if you like then shift to the side with **outside** of foot
- Body position **SIDE ON**



# Retain

- 10 minutes
- Pass ball from single cone then step forward and **receive** in the box with **outside** of foot
- **Retain** the ball in the box for 2-3 seconds
- Body shape **SIDE ON**



# Release

- 10 minutes
- **Receive** in box with outside of foot
- **Retain** possession for 2-3 seconds
- Body Shape **SIDE ON**
- With **outside** of foot shift ball to side (outside the box) then attempt to hit a target (cone) with **same foot**



# Movement

- 10 minutes
- Exact same process as previous exercise...
- However, when releasing the ball your run is the **opposite** side of the box you went through
- **Arc** your run and keep your **eyes** on the large cone and keep your **shoulders open**
- **DON'T TURN YOUR BACK!**



# Finish

- 12 minutes
- Rebound ball off wall receive with **outside** of foot – **Receive**  
- **Retain** in the box (2-3 secs) – shift outside of box – then **Finish** hitting the circles/cones
- 10 balls, 5 left - 5 right

