

# Hungry strikers

The term “hungry striker” is given to an attacker who has a burning desire to score. Players like Wayne Rooney and Carlos Tevez are prime examples. They work hard for the team by pressuring opposition defenders in order to win the ball or force a mistake.



### What you tell your players the session is about

1. Pressuring defenders into making mistakes.
2. Reacting to winning possession.
3. Quick shooting.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
--------------------	--------------------	-------------------------	-----------------	---------------------

Activity	Kit	Outcome
Warm up	Bibs	The chaser works hard to regain the bib. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 4
The session	Balls, cones and goal	Players react quickly to shoot at goal
Development	Balls, cones and two goals	The forwards stop the defenders playing out and regain the ball to score
Game	Balls, cones and two goals	The forwards work together in order to win the ball and shoot at goal
Warm down	n/a	Gentle jogging and stretching exercises



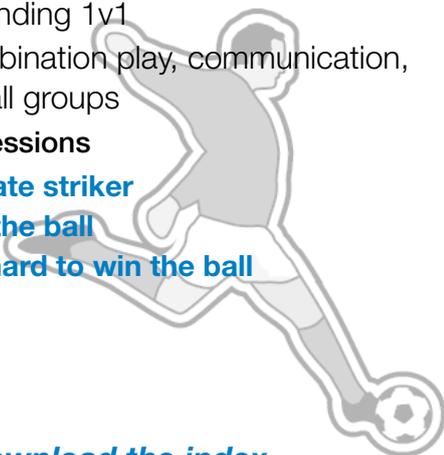
### Where it fits

Individual skills: Receiving, shooting, pressing techniques, defending 1v1

Team skills: Combination play, communication, defending in small groups

#### Related Smart Sessions

- 1 [The ultimate striker](#)
- 4 [Pressing the ball](#)
- 47 [Working hard to win the ball](#)



[Click here to download the index](#)



### What to think about

Get your attackers to close defenders down quickly and “terrorise” them into making errors.

Your players can often win the ball near to the opponent’s goal and create chances to quickly shoot.

“Hungry” strikers must be positive in front of goal and single-minded when provided with a goal scoring opportunity.





## Set-up

Create a 40 yards by 30 yards playing area or extend a normal-size penalty area by 12 yards.

You will need to mark off a 5 yards end zone for the development phase.



## What you get your players to do

One forward is placed in the centre of the playing area while the remaining players take a ball each and stand around the outside of the pitch.

To start, you call the name of the outside player who must pass to the forward in the centre. The forward must take one quick touch when receiving the ball and then immediately turn and shoot with the next touch.

Rotate players after each has had two shots.



## What to call out

- “React to winning the ball”
- “How quickly can you shoot at goal?”
- “React to losing the ball and pressure the defenders”



## Development

Now the forwards should be hungry to score more. Set the pitch up so the forwards work in pairs and look to win the ball back from a team of three defenders and a goalkeeper.

The defenders receive a pass from the goalkeeper and attempt to pass to a team mate in the end zone. The two forwards must put pressure on the defenders and regain possession in order to shoot.

After the first pair of attackers have had two attempts, the next pair take over. Rotate players in defence and attack.

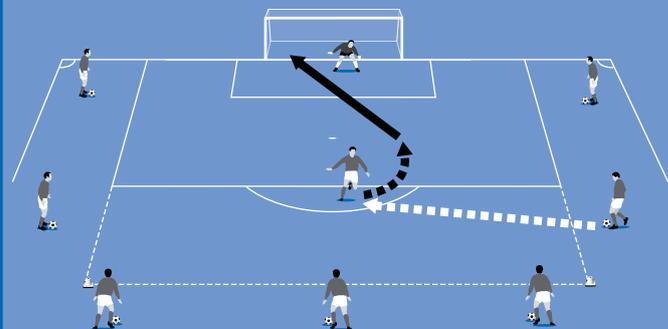


## Game situation

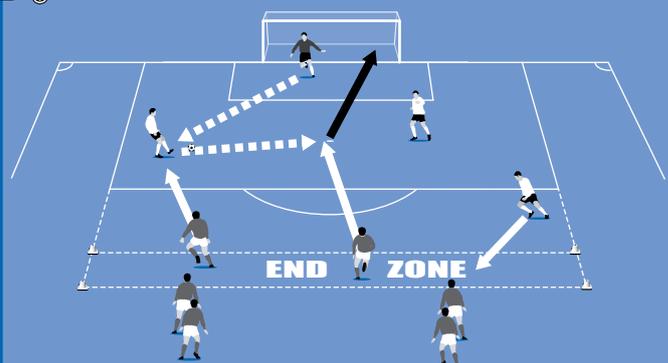
The grey team is keeping possession in a central zone by trying to pass to their outside target at each side of the pitch. The white attackers work together in order to pressure the grey team into giving the ball away. If the white attackers win the ball, they must shoot at one of the goals as quickly as possible.

# Hungry strikers

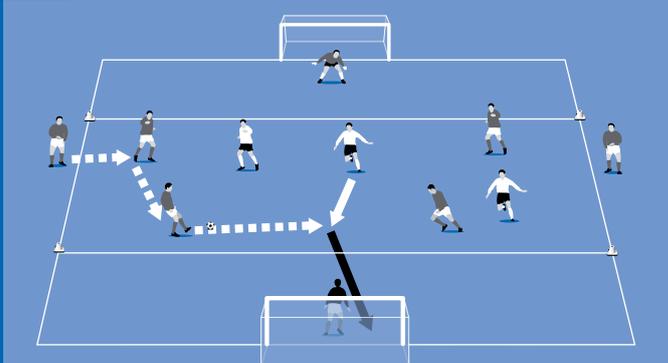
direction of run pass dribble shot



The forward receives a pass in order to control and shoot at goal.



The forwards put pressure on the defenders to win the ball and score.



The white attacker wins the ball and quickly takes a shot at goal.