

Kentucky Youth Soccer Lesson Plans

How to Lose Your Marker & Finish Functional Training for the Strikers

Adrian Parrish
Technical Director

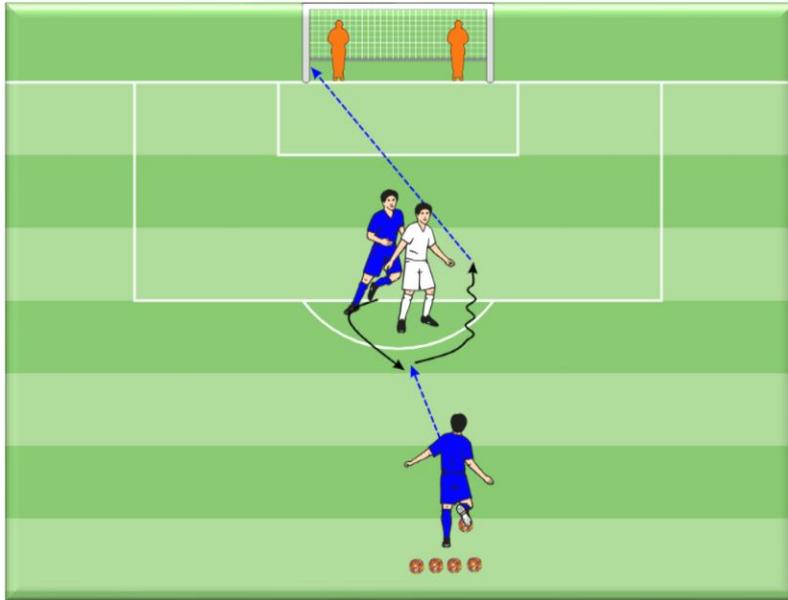


What is a Functional Training ?

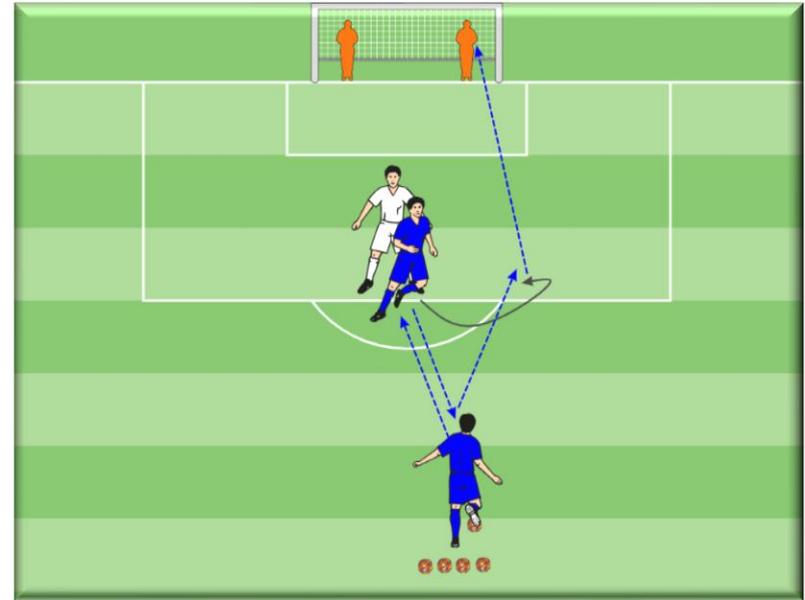
- **Functional Training. Training** for a specific position or area of the field (like strikers, outside midfield, center backs).
- **Functional training** involves **training** or practicing the specific demands of a position or a role.
- Activities can be for an individual player, or for a unit. Examples of attacking functional soccer practices could be “Losing your Marker or 'Coach wide flank players on beating the defender on the outside.
- **Functional training** should take place in the area of the field where that scenario would occur in a real game.



Kentucky Youth Soccer Functional Training Lesson Plan



Version 1



Version 2

Activity Description

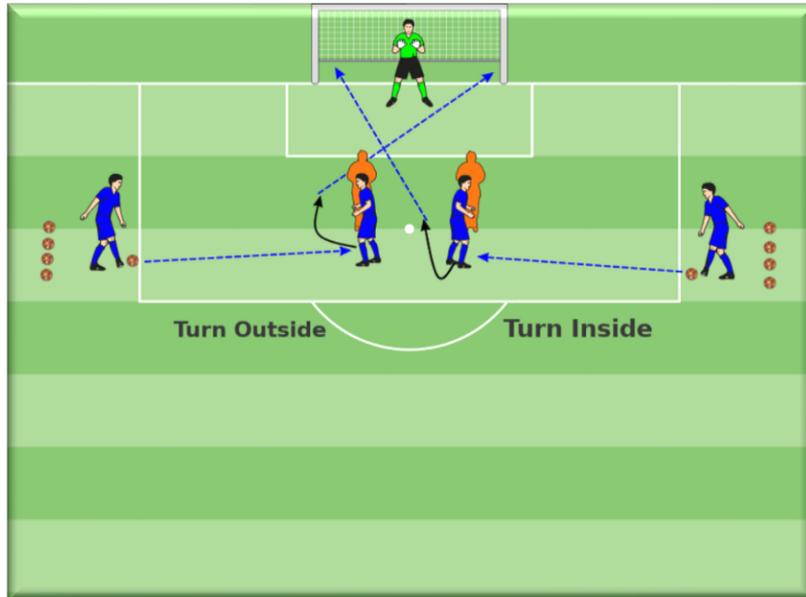
Place two mannequins inside of each post of the goal. One striker & One Defender on top of the 18 yard Box. With a server 6 yards away. The server plays the ball into the striker to turn and finish on goal.

Version 1: the striker will start behind the defender and move in front to receive the ball from the server. The striker turns, dribbles past the defender (who is passive to start) and finishes. Progress to allow the defender to win the ball and play back to the server. Make sure the striker varies the sides that they turn, to enable them to strike the ball with both left and right foot

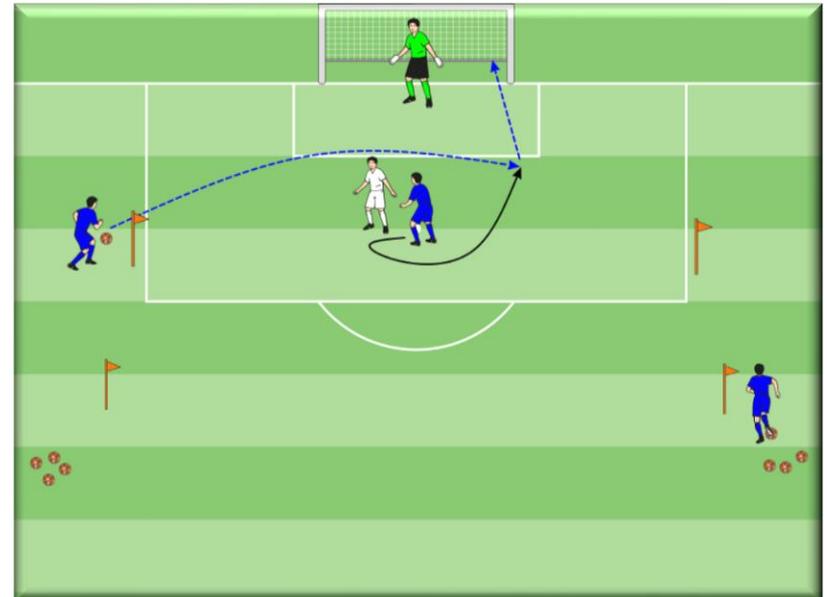
Version 2: the striker starts in front of the defender, receives the pass from the server and plays it back one touch. The striker then spins off the defender to receive the pass back and finish on goal. Make sure the striker varies the side that they spin off, to enable them to strike the ball with both left and right foot

Coaching Points: Get yourself out of sight of the defender/limit the defender's sight of the ball. Face the defender up. Sell the defender a fake, push the ball out of your feet, quickly look up (if keeper is in the goal, check their movement), guide the finish

Kentucky Youth Soccer Functional Training Lesson Plan



Version 1



Version 2

Activity Description

Service comes from wider areas

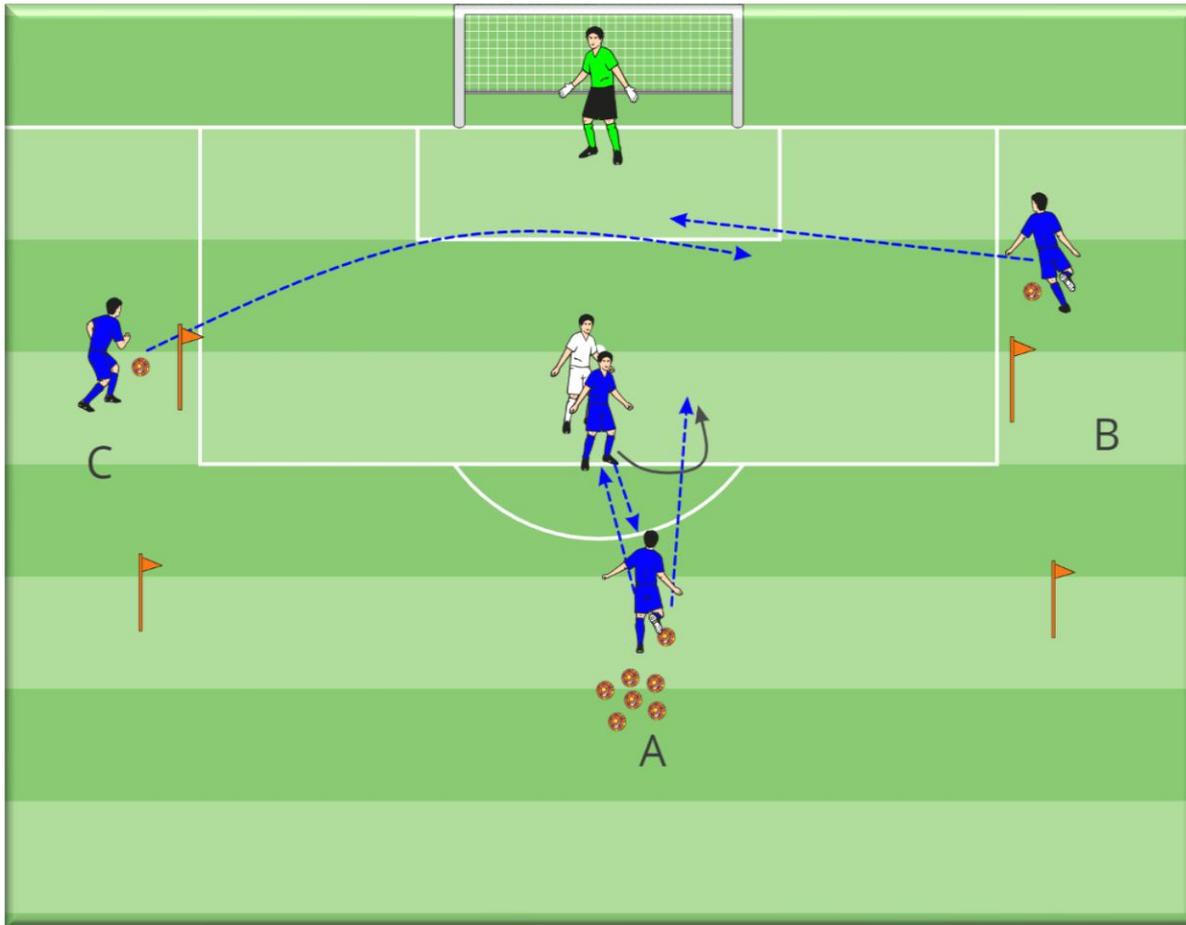
Version 1: the striker will start on a mannequin, and look to bounce off to provide a little bit of space. The striker will either let the ball roll across their body and turn inside to shoot, or touch around the outside of mannequin to take the shot. Strikers should look to finish across the keeper

Coaching Points: Get yourself some space between the defender and the ball (bump them), lower your center of gravity, bend your knees, push the ball out of your feet, guide the finish

Version 2: Wide Players (#7's & #11's) take the ball on a quick 7-8 yard dribble before touching the ball inside and looking to serve the cross to the back post (service can vary). Striker should look to move the defender to create space for them to finish.

Coaching Points: Timing of the run, don't go till the servers head goes down to cross the ball. If the ball is being played deep, take the defender forward to pull out to the back and try to see the back of the defenders shirt. If the ball is being played to the front post move away to then get across the defender.

Kentucky Youth Soccer Functional Training Lesson Plan



To finish the functional training, coaches can combine the three/four activities with the striker.

- A. Server plays the ball into the striker who can turn and take the defender on and then returns to receive a second ball and plays a give and go with server.
- B. Server plays a ball out wide for the player to drive in a low cross. Striker times their run to hit the front post
- C. Server plays a ball out wide for the player to loft a cross to the back post for the striker to peel off and finish

