



Complete Forward Training

Duration: 75 min | **Focus:** Comprehensive training for the all-round striker | **Level:** Hard

Key Focus Area

Develop creativity and dribbling skills

Training Plan

1v1 Creative Dribbles

Duration: approx. 10–15 min

Set up cones or a live defender. Focus on using feints, body swerves, and sudden direction changes to beat your man.

Link-Up Play Drill

Duration: approx. 10–15 min

Combine short passes with quick movement. Practice bouncing passes, layoffs, and spinning into space.

Finishing After Dribble

Duration: approx. 10–15 min

Start from the wing or top of the box. Dribble past a cone defender and shoot with speed and control.

360 Awareness Rondo

Duration: approx. 10–15 min

In a circle, play quick passes while scanning 360 degrees. Teaches decision-making and constant movement.

Left-Right Power Shots

Duration: approx. 10–15 min

Take alternating powerful shots with each foot from just outside the box. Emphasizes ambidexterity and control.

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