

# Rochdale AFC

## **Striker's individual techniques:**

Receiving/running on to/back to goal/half turn  
Screening  
Turning  
Dribbling  
Passing/providing  
Scoring techniques full range

All practiced in specific functions/phases of play/SSG/patterns of play

## **Phases of play specific to the middle and attacking 3<sup>rd</sup>**

Playing as a pair/1 up 1 off/movement/complimentary runs  
Lone striker/area to work in/support play from wide players and/or midfield players  
3-strikers/2 up/1 off

## **Attention specific to when in possession:**

Movement/runs to receive/runs to create space  
Exploiting space  
Link and support play with strikers and midfield players  
Movement into specific target areas  
End product using finishing techniques

## **Attention specific to when not in possession:**

Positioning requirements specific to formation  
Effecting play by pressurising/forcing play/directional  
Recovery runs