**Forward Skills Set:**

Checking off defenders and getting to ball before defender

First Touch from long balls to the side and follow

Receiving and Turning The Shielding Technique,

The fake and let it run technique,

The pull spin technique

Juggle and flick over the head move

One on One dribbling prowess – Confidence to run at defenders and beat them – both ways – at speed

Hesitation moves down either sideline

Arial Heading

– especially for goal

\_ flick ons and back headers

Shooting from outside the box. Both Feet.

Spinning and shooting inside the box.

Crashing the near post

Spinning back and finishing at Far post

Ability to operate in Two Striker set – playing off and close to other striker

Ability to Operate in Three Striker set – one high, supporting, one wide,

Winger Play

Crossing from Both sides