



FORWARD TRAINING CHECKLIST

The front line — strikers, wingers & wide forwards · Advanced youth (U16–U19) · Outdoor 11v11

DATE

PLAYER 1

PLAYER 2

FOCUS OF THE DAY

How to use this: Modules 1–8 and 12–19 apply to every forward. Modules 9, 10 and 11 are role-specific — the #9, the winger and the false 9 — and most players at this age benefit from at least two of them. Tick each item as you cover it; the grey boxes are the exact words to say. Section 20 is the timed plan, Section 21 the evaluation grid. Circle today's priority modules before you start.

01 Movement Off the Ball & Losing Your Marker

FOUNDATION

- ☐ Move before the ball moves. The run starts as the passer's head comes up, not after the pass is played. A forward who waits to see the pass is always a yard late
- ☐ **The double movement**— go one way to move the defender, then sharply the other. The single most reliable way to create a yard in the box
- ☐ **Check away and come back**— drop off your marker to create the gap, then attack the space you made
- ☐ **Blind-side movement**— get out of the defender's eyeline. If he can see you and the ball at the same time, you are marked; if he can only see one, you are free
- ☐ Near post and far post
 - The near-post run drags a marker and opens the space behind
 - **The far post is where most crosses actually end up**— somebody must be there
 - Somebody attacks the penalty spot for the cut-back. Three runs, three players, every cross
- ☐ **Pinning a centre back**— positioning so the defender cannot leave you, which frees a teammate elsewhere. Off-ball work that never shows on a stat sheet
- ☐ Play on the shoulder of the last defender when the ball is under control and can be played forward
- ☐ **Scan constantly**— a forward should know where the centre backs, the keeper and the space are before the ball arrives
- ☐ **What to do when you're not getting the ball**— keep moving, change your starting position, come short, and talk. Sulking on the last line is not a plan

Common faults: standing still, running in straight lines, arriving early, ball-watching, and giving up on a run when the pass doesn't come

Cues: "Move before the ball moves." · "Two movements — take him away, then go." · "Get out of his eyeline." · "Someone at the near, someone at the far, someone at the spot."

02 Receiving, First Touch & Back to Goal

TECHNICAL

- ☐ **Decide before it arrives:** can I turn, or must I set? That single decision, made early, is the difference between a forward who links play and one who loses it
- ☐ **When you can turn**— receive on the half-turn, on the back foot, with the first touch taking you toward goal
- ☐ **When you can't**— get touch-tight control, protect with the body, and set it back first-time to a supporting runner
- ☐ First touch out of your feet, across the body, away from the defender — into a position you can shoot or pass from
- ☐ **Feel the defender before the ball arrives**— arm across for reference (not a push), know which side he is on, and go the other way
- ☐ **Rolling the marker**— using his own momentum to spin off him as the ball arrives
- ☐ **The first touch as the beating move**— a touch that eliminates a defender is worth more than any skill move
- ☐ **Receiving in the box is different:** fewer touches, faster decisions, and the shot is usually the right answer
- ☐ Train it under real pressure. Unopposed receiving does not transfer — put a defender behind them from the first repetition

Cues: "Can you turn? Decide early." · "Half-turn if it's on, set it if it's not." · "Feel him, then go the other way." · "Out of your feet."

03 Running in Behind & Beating the Offside Trap

TECHNICAL / TACTICAL

- ☐ **The curved run**— start from a deeper, wider position and bend the run so you are level or behind as the ball is played. A straight run into the line is offside; the same run curved is a goal
- ☐ Timing beats speed. The fastest player in the league is offside if he goes early. Teach the delay, then the burst
- ☐ **Watch the passer's hips and plant foot, not the ball**— that is your start signal
- ☐ **Diagonal runs across the defender's back**— hardest run in football to defend, because the centre back must turn and track while watching the ball
- ☐ **Run the channels**— the space between centre back and full back is where a forward can receive facing forward without being marked
- ☐ **Stay onside by starting deeper**— the extra two yards behind the line costs nothing and removes the flag
- ☐ **The double run**— the first run drags the line, a teammate exploits the space. Runs that don't get the ball still have value; say so out loud to your players
- ☐ **Third-man runs**— you don't have to receive from the player who has it. The pass before the pass is what breaks a line
- ☐ **Communicate the run**— a hand, a shout, eye contact. An unseen run is a wasted run Coach the failed runs. Young forwards stop making runs when the pass doesn't come. Praise the run itself — the movement drags a defence out of shape whether or not the ball arrives, and the fifth run is the one that scores.

Cues: "Curve it — don't run flat into the line." · "Late, then fast." · "Across his back." · "Start deeper, arrive later."

- ❑ **Side-foot placement**— the bread-and-butter finish. Ankle locked, body over the ball, non-kicking foot pointed at the target, follow through toward where you want it. Inside the box, placement beats power almost every time
- ❑ **The driven laces finish**— for distance and for beating a keeper who has set. Contact through the middle of the ball, body over it to keep it down
- ❑ **The curled finish**— inside of the foot wrapped around the ball, into the far corner. The winger's finish after cutting inside
- ❑ **The chip**— short, sharp stab under the ball with a firm ankle, no follow-through, when the keeper commits early
- ❑ **The volley and half-volley**— knee over the ball, still head, strike through the middle. Most missed volleys are leaning back
- ❑ **The reverse / against-the-grain finish**— across the keeper into the far corner when your body shape says near post
- ❑ Both feet. A one-footed forward is a forward the defender can show onto their weak side all game. Give the weak foot dedicated volume every single session
- ❑ Look up once, then at the ball. Decide the finish before you strike it, not while you strike it
- ❑ Hit the target. A shot on target can be saved, deflected, or spilled for a rebound; a shot off target can do nothing

Common faults: leaning back, snatching at it, deciding too late, always using the same finish, and hitting it as hard as possible from six yards

Cues: "Ankle locked, body over it." · "Placement, not power." · "Look up once, then eyes down." · "Hit the target — make him save it."

05 Finishing in the Box & Game Situations

- ❑ **One-on-one with the keeper**— the highest-value situation in football, and the most badly trained
 - Look at the keeper early, decide, then commit— the fatal error is deciding late
 - If he stays big and set: go around him or slide it past the near foot
 - If he comes fast: chip him or take it round
 - If he goes to ground early: lift it over him
 - Take the shot earlier than feels comfortable— the longer you wait, the more the angle closes
- ❑ **Finishing the cut-back**— the highest-percentage chance in the modern game. Arrive late, open the body, side-foot it back across the keeper
- ❑ **Finishing crosses**— attack the ball, don't wait for it. Meet it in front of the marker
- ❑ **Tight angles**— near post is often on when the keeper expects the pull-back; know the difference between a shot and a pass to a better-placed teammate
- ❑ **Poaching**— gambling on the rebound, following every shot in, and being the first to react in a scramble. Trainable, and unglamorous
- ❑ **Finishing under pressure**— with a defender on your shoulder and a keeper closing, the answer is usually one touch and early
- ❑ **Finishing on the move**— at speed, running onto a through ball, without breaking stride
- ❑ Shoot early. Most young forwards take one touch too many. Count the touches in a session and show them the number
- ❑ **Train it game-realistic**— fatigued, opposed, with a keeper, from game-realistic service. Cone-and-cone finishing does not transfer

Cues: "Look at the keeper, then decide." · "One touch fewer." · "Across the keeper." · "Follow it in — always."

06 Heading & Aerial Play

TECHNICAL

- ☐ **Win the position before the ball arrives**— get in front of the defender, get body contact, and the header is already won
- ☐ **Attack the ball**— move to meet it, never wait under it. The forward who jumps forward beats the one who jumps straight up
- ☐ **Take-off**— one-footed jump for height, lead knee up for elevation and protection, arms out for balance
- ☐ **Timing**— late and rising, not early and falling
- ☐ **Attacking header technique**— contact with the forehead, eyes open, neck firm, and head down toward the goal. A header down is far harder for a keeper than a header struck flat
- ☐ **Winning against a bigger defender**— get across him first, disrupt his run, attack the ball early rather than trying to out-jump him
- ☐ **The near-post flick**— a glancing header that redirects rather than powers, changing the ball's direction across the six-yard box
- ☐ **The diving header**— for the low ball across the face of goal; technique and courage, taught progressively
- ☐ Safe contact. Forehead, not the top of the head; eyes open; neck braced. Cover this properly before adding volume

Cues: "Get in front first." · "Attack it — don't wait under it." · "Knee up." · "Head it down."

07 1v1 Dribbling & Beating a Defender

TECHNICAL

- ☐ Attack the defender at pace, then change it. The change of pace beats a defender more often than any trick
- ☐ **The body feint**— the most effective and least practised move in football. Drop the shoulder, shift the weight, go the other way
- ☐ Own three moves, not thirty. One to go outside, one to come inside, one for when the first two fail. Executed at speed under pressure, three is plenty
- ☐ **Attack the defender's front foot**— go at the side he cannot turn toward quickly
- ☐ **Close control at speed**— small touches, ball within reach, head up. Ball mastery is what buys the head-up habit
- ☐ **Take him on early**— the 1v1 is easier before the cover arrives. Hesitation invites a second defender
- ☐ **Know the end product before you start**— are you beating him to cross, to shoot, or to draw a foul? A dribble with no plan is a turnover
- ☐ **Drawing fouls and penalties**— getting your body across the defender legally so the contact is his fault. A real, coachable skill
- ☐ Accept the failures. A winger who beats his man half the time is elite. Do not coach the risk out of them Train it 1v1, opposed, repeatedly. Cone dribbling builds touch, not courage. The only way to build a player who takes people on in a match is to make him do it in training, against a real defender, hundreds of times, with permission to fail.

Cues: "Change of pace, not just tricks." · "Attack his front foot." · "Take him on early." · "What's the end product?"

- ❑ **The job is to buy time**— hold the ball long enough for the team to advance and support to arrive. Measured in seconds, not highlights
- ❑ **Shielding technique**— body sideways between defender and ball, arm out for feel and space, low base, ball on the far foot, knees bent
- ❑ Receive on the front foot when you can play forward; receive side-on when you need to protect and see
- ❑ **The set / lay-off**— first-time, weighted, into the path of the runner. The most common and most valuable action a #9 performs
- ❑ **Know where the support is before it arrives**— scan over both shoulders while the ball travels
- ❑ **Win the foul when there is no other option**— a foul in their half is a good outcome from a bad situation
- ❑ **Bring others into the game**— the forward who links play makes the whole front line better, and it is what gets you picked at the next level
- ❑ **Dealing with a long ball**— attack it, win the flick or the header, and know who is running off you
- ❑ **Physical preparation matters here**— upper body strength is the difference between holding a centre back off and being bounced (Module 16)

Cues: "Big and side-on, ball on the far foot." · "Set it first time." · "Buy us two seconds." · "Who's running off you?"

09 The #9 — Centre Forward

- ❑ **The four archetypes**— and which one your player actually is:
 - **The poacher**— lives in the box, movement and finishing, minimal build-up involvement
 - **The target man**— holds the ball up, wins aerial duels, brings others in
 - **The complete forward**— does all of it (Lewandowski, Benzema, Kane)
 - **The runner**— stretches defences with pace in behind
- ❑ **Occupy both centre backs when playing alone**— move between them so neither can step out comfortably
- ❑ **The lone #9**— when to come short and link, when to stay high and pin. Alternate deliberately rather than drifting
- ❑ **The strike partnership**— one comes short, one goes long; never both the same. Agree it before kickoff
- ❑ **The #9 in build-up**— pinning the back line so the midfield can receive is a job, even when you never touch the ball
- ❑ **Be in the box when the ball is**— the simplest and most-ignored rule of centre forward play
- ❑ **Consistency over brilliance**— the same movements, the same finishes, every week. That is what separates a #9 who scores 5 from one who scores 20
- ❑ Study Lewandowski and Haaland for the modern complete #9, van Nistelrooy for pure poaching, and Drogba or Giroud for target-man play

Cues: "Be in the box when the ball is." · "Occupy them both." · "If he goes short, you go long." · "Same movement, every time."

10 The Winger & Wide Forward

ROLE-SPECIFIC

- ☐ Stay wide until the moment to come in. Hugging the touchline stretches the defence and creates the space everyone else uses. Drifting inside early collapses the pitch
- ☐ **Isolate the full back**— get the ball facing him, one-on-one, with space to attack. Everything else the winger does is in service of creating this moment
- ☐ Outside or inside?
 - **Outside**— to the byline, for the cut-back or the cross
 - **Inside**— the inverted winger onto the stronger foot, to shoot or slide a through ball
 - Do both often enough that the full back cannot commit to either
- ☐ **Receive facing forward wherever possible**— open the hips before it arrives
- ☐ **The first touch sets the 1v1**— touch it into the space you want to attack, not into your feet
- ☐ **Timing your run when the ball is on the other side**— the weak-side winger attacking the far post is a free goal most youth teams never take
- ☐ Track back. Know who you pick up, and know that your full back is exposed every time you don't
- ☐ **Combination with the full back**— overlap, underlap, and the give-and-go that beats a compact defence
- ☐ End product. Beating a man is not the job; the cross, the shot or the pass afterwards is. Count them
- ☐ Study Salah and Saka for the inverted winger, Vinicius and Yamal for 1v1 dribbling, Henry for cutting in from the left

Cues: "Stay wide until it's time." · "Get him one-on-one." · "Far post — that's your goal." · "Beat him, then produce something."

11 The False 9 & Playing Between the Lines

ROLE-SPECIFIC

- ☐ **The idea**— the centre forward drops into midfield, and the centre back has an impossible choice: follow you and leave a hole behind, or let you receive facing forward
- ☐ Either answer is a win. Teach your forward to recognise which one he got, and to exploit it
- ☐ The runners must go. A false 9 without wingers or midfielders attacking the vacated space is just a forward standing in midfield. Coach the pattern, not the position
- ☐ **Receive facing forward in the pocket**— the whole point is to get on the ball with your head up
- ☐ **Half-spaces**— the corridors between centre and flank, where you can see and reach both the middle and the wing
- ☐ **Timing**— drop as the ball is played, not before. Early dropping just brings the defender with you
- ☐ Alternate. If you always drop, they stop following. Mix dropping with running in behind so neither can be predicted
- ☐ **The forward as creator**— the final pass from a dropping #9 is one of the hardest things to defend
- ☐ Study Kane and Benzema for the modern hybrid, Firmino for the pressing false 9, and the Messi footage for where the idea came from. Worth being honest with your players: this only works if the movement around it works. A false 9 in a team that doesn't run beyond him makes the team worse, not better. Coach it as a team pattern or not at all.

Cues: "Drop as it's played, not before." · "Did he follow you? Then someone go." · "Face forward in the pocket." · "Mix it — drop, then go beyond."

12 Crossing & the Final Ball

TECHNICAL

- ☐ **The cut-back**— the highest-value ball in modern football. Get to the byline or the edge of the six-yard box and pull it back to the penalty spot, where an arriving runner can strike it first-time
- ☐ **The driven low cross across the six-yard box**— a defender's nightmare, because any touch is a goal
- ☐ **The whipped cross**— curling away from the keeper and toward the attacker, between keeper and defence
- ☐ **The early cross**— delivered before the defence is set, when the runner is arriving. Underused at youth level
- ☐ **Head up before you strike it**— know where the runners are, and hit the one nobody is marking
- ☐ **Target zones**— near post, far post, penalty spot, and the cut-back area. Aim at a zone, not just "into the box"
- ☐ Never cross into the keeper. The zone between keeper and six-yard line is his; anything there is a wasted attack
- ☐ Consistency over variety. One reliable delivery beats four unreliable ones
- ☐ **Train the runs at the same time**— crossing practice with nobody to cross to teaches half the skill

Cues: "Head up before you hit it." · "Cut it back, don't cross it." · "Away from the keeper." · "Pick a zone."

13 Combination Play in the Final Third

TACTICAL

- ☐ **The one-two / wall pass**— the simplest way to eliminate a defender. Set it firmly, sprint immediately, receive in behind
- ☐ **Up, back, through**— ball into the forward, set back, then played through the line. Rehearse it until it's automatic
- ☐ **The third-man run**— the receiver isn't the player the first pass goes to. The hardest pattern to defend and the most worth training
- ☐ **Overlaps and underlaps with the full back**— and what the winger does to create the space for each
- ☐ **Rotations**— winger inside, striker wide, midfielder beyond. Movement that scrambles a marking scheme
- ☐ **Creating overloads**— getting three attackers against two defenders in one area, then attacking quickly before it evens up
- ☐ Breaking down a low block
 - Switch the point of attack to make them shift
 - Use the half-spaces rather than crossing from deep
 - Shoot from the edge to drag them out
 - **Be patient**— the space appears after the fifth switch, not the first
- ☐ **Speed of combination**— one and two touch in the final third; the extra touch lets the defence recover

Cues: "Set it and go — don't admire it." · "Up, back, through." · "Who's the third man?" · "Switch it — make them move."

14 Defending From the Front

OUT OF POSSESSION

- ☐ The forward is the first defender. The press starts with him, and if he doesn't go, the whole block behind him is broken
- ☐ **The cover shadow**— press from an angle that puts your body between the ball and the next pass. Done properly, one forward takes away two options. The single most useful concept in this module
- ☐ **Pressing triggers**— a backward or square pass, a heavy touch, a player facing his own goal, a pass to a weaker foot, or a ball into a wide area
- ☐ Press as a unit or not at all. One forward chasing alone just tires him out and opens the space he vacated
- ☐ **Force them one way**— usually toward the touchline, where the trap is set
- ☐ **Counter-pressing**— the immediate press in the moment your team loses it, while their first touch is still settling. Forwards are best placed to do this because they're already high
- ☐ **The six-second principle**— win it back immediately or drop and get organised. Doing neither is the only wrong answer
- ☐ **Screening the pass into the pivot**— standing in the passing lane to their holding midfielder is often more valuable than chasing the centre back
- ☐ **Defending set pieces**— know your job, whether it's the edge of the box, a post, or staying up top

Cues: "Press with your shadow." · "Trigger — go together." · "Force him wide." · "Win it back now or get set now."

- ☐ **Attacking corners**— know your run, your target zone, and your job on the second ball. Blockers, near-post flicks, back-post overloads, and the pull-back to the edge
- ☐ Attack the ball on the move. A standing start in the six-yard box loses to a defender who is already moving
- ☐ **The near-post flick and the runner behind it**— the most productive routine in youth football
- ☐ **Free kick technique**— the curled ball over the wall, the driven ball, the knuckleball. Pick one and own it rather than half-learning three
- ☐ Penalties
 - **Pick a corner and commit**— changing your mind mid-run is how penalties are missed
 - Side-foot placement into a corner beats power for most players
 - **Build a repeatable routine**: same run-up, same breath, same strike
 - Practise them at the end of training when the legs are tired and there's an audience
 - Decide your takers before the game, not during it
- ☐ **Rebounds are live**— on penalties, free kicks and corners, someone must follow it in
- ☐ Rehearse under fatigue. Set pieces get taken in the 88th minute

Cues: "Attack it on the move." · "Know your zone." · "Pick your corner and don't change." · "Follow every one in."

16 Physical — Speed, Power & Agility

- ☐ **The first step**— more valuable to a forward than top speed. Most goals come from a three-yard advantage, not a forty-yard sprint
- ☐ **Acceleration and deceleration**— braking is what creates separation in the box; train stopping as deliberately as sprinting
- ☐ **Change of direction**— the double movement is a physical skill as much as a tactical one
- ☐ **Plyometrics for jumping power and explosive push-off**— progressive, and after a proper warm-up
- ☐ **Upper-body and core strength**— the difference between holding a centre back off and being bounced. Directly feeds Module 8
- ☐ **Repeated sprint ability**— a forward makes 30–50 runs a match, and the ones in the last 15 minutes matter most
- ☐ **Sprint mechanics**— running technique is coachable and most youth players have never been taught it
- ☐ **Age-appropriate loading**— at U16–U19 players are still developing; prioritise technique and consistency over maximum load, and be careful around growth spurts
- ☐ Recovery, sleep and fuelling as performance variables, not afterthoughts Note on this module: the videos here are general football conditioning rather than forward-specific — there is very little genuinely position-specific physical content available. Use them for the first step, change of direction and upper-body work, which are the three qualities that most directly change a forward's game.

Cues: "First step wins it." · "Learn to stop, not just to run." · "Strong enough to hold him off."

- ☐ Missing is part of the job. The best forwards in the world miss more chances than they score. Say this out loud, often, and early — before the drought, not during it
- ☐ Demand the next one. The forward who hides after a miss costs the team far more than the miss did. Judge the movement, not the outcome
- ☐ **The reset routine**— a rehearsed sequence after a miss: one breath, one physical trigger, one word, back to your starting position
- ☐ **Scoring droughts**— the way out is volume of chances, not perfection. Keep getting in the positions and the goals return
- ☐ **Composure in front of goal is mostly technical**— players rush because they don't trust their finish. Fix the technique and the panic reduces (Module 4)
- ☐ **Confidence is built in training**— high-volume, high-success finishing reps build the feeling that the next one goes in
- ☐ **Handling being marked out of a game**— change your starting position, come short, go wide, take the defender somewhere he doesn't want to go
- ☐ **Concentration when starved of service**— the chance in the 85th minute comes to the forward who stayed switched on for 84
- ☐ **The common mistakes to hunt for:**
 - Standing still and waiting for the ball
 - Running in straight lines into the offside line
 - One touch too many in the box
 - Deciding the finish too late
 - Always finishing the same way
 - Giving up on runs when the pass doesn't come
 - Not pressing on the trigger
 - Head dropping after a miss

Cues: "You'll miss — demand the next one." · "I'm judging your movement, not the outcome." · "Go again." · "Stay alive — it's coming."

- ☐ **Watch with a job. Give each player one thing to look for**— where does he start his run from? which foot does he finish with? — not "watch this striker"
- ☐ Watch the five seconds before the goal, not the goal. The finish is the easy part; the movement that created it is the lesson
- ☐ **Benchmarks by role:**
 - **The #9**— Lewandowski and Haaland for the modern complete forward; van Nistelrooy for poaching; Drogba for target play; Kane and Benzema for the hybrid
 - **The winger**— Salah and Saka for the inverted role; Vinicius and Yamal for 1v1 dribbling; Henry for cutting in from the left
 - **Finishing technique**— the Thierry Henry masterclasses on Mbappé's finishing are the best teaching clips in the whole library
- ☐ **Film your own players and review with the same framework:** what happened, what was the decision, what were the alternatives, what next time
- ☐ **Show the misses too**— watching an elite forward miss and immediately reset is more useful to a young player than any highlight reel. The point is to copy the habit, not the highlight. Haaland's best moment in a game is usually a two-yard shift nobody notices. That is what the players should be hunting for.

SESSION PLAN — 90 MINUTES, FORWARDS

Built for four to eight forwards plus a goalkeeper. Every finishing block should be opposed and game-realistic — unopposed finishing does not transfer. Use resting players as servers and defenders. If you run short on time, protect these four in order: finishing technique with real volume (M4), movement to lose a marker (M1), curved runs in behind (M3), and game-realistic finishing under pressure (M5). Crossing and set pieces can move to another day.

TIME	BLOCK	CONTENT & COACHING FOCUS
0:00–0:10	Warm-up & activation	Raise and mobilise. Add first-step and change-of-direction work — short accelerations, stops, and turns. Finish with light striking to feel the ball.
0:10–0:22	Finishing technique Module 4	Unopposed but high quality: side-foot placement, then driven, then weak foot. Fix the leaning-back fault now. Volume matters — every player should hit 40+ balls in this block.
0:22–0:34	Movement & losing your marker Module 1	Double movement and blind-side runs against a passive then live defender, into a finish. Demand the movement before the server's head comes up.
0:34–0:46	Running in behind Module 3	Curved runs onto through balls with an offside line marked. Praise the timing, not the pace. Progress to diagonal runs across the defender's back.
0:46–0:58	Receiving & hold-up Modules 2, 8	Back-to-goal with a defender behind: can I turn, or must I set? Then shield-turn- shoot. Split the group so wingers work receiving facing forward on the touchline.
0:58–1:10	1v1 & wide play Modules 7, 12	Live 1v1s against a full back, into a cross or shot. Every repetition needs an end product. Then crossing to arriving runners — near, far, and the spot.
1:10–1:22	Game-realistic finishing Module 5	1v1 vs keeper, cut-backs, and finishing under pressure with a recovering defender. Fatigued and opposed — this is the block that transfers.
1:22–1:32	Phase of play Modules 13, 14	Live attacking phase into a full goal. Every attack must include a combination or a run in behind. On every turnover, immediate counter-press — score the reaction.
1:32–1:37	Cool-down & debrief Modules 17, 18	Mobility. Each player names one thing they improved and one focus. Assign a film-study clip with a specific question to answer.

POST-SESSION EVALUATION

Rate 1 (needs rebuilding) to 5 (a strength). Note the player's primary role at the top. One specific note per player — a number without a note is useless next week.

COMPETENCY	RATING	NOTE
Movement off the ball	1 2 3 4 5	
Losing a marker in the box	1 2 3 4 5	
Timing runs in behind	1 2 3 4 5	
Receiving / back to goal	1 2 3 4 5	
First touch under pressure	1 2 3 4 5	
Finishing technique	1 2 3 4 5	
Finishing — weak foot	1 2 3 4 5	
1v1 vs the goalkeeper	1 2 3 4 5	
Heading & aerial duels	1 2 3 4 5	
1v1 dribbling	1 2 3 4 5	

COMPETENCY	RATING	NOTE
Hold-up & link play	1 2 3 4 5	
Role-specific execution	1 2 3 4 5	
Crossing / final ball	1 2 3 4 5	
Combination play	1 2 3 4 5	
Pressing from the front	1 2 3 4 5	
Mentality after a miss	1 2 3 4 5	
Priority for next session	1 2 3 4 5	
The fourth of the set, alongside the Goalkeeper, Defender and Midfield Training Curriculums — all four are designed to be coached together, and the	1 2 3 4 5	
command vocabulary is deliberately shared across them. Prepared for a U16–U19 front line.	1 2 3 4 5	