

FINTER | HARRY KANE STRIKER SCHOOL

2026 printable training pack | 12 practical exercises, 4-week plan, observation card, coaching questions and quiz.

12 coaching cards

1. **First-touch finish** — Receive, set across the body and shoot accurately.
2. **Near / far post** — Choose the target before striking.
3. **Scan-turn-shoot** — Check the space before receiving.
4. **Double movement** — Check short, then accelerate behind.
5. **One-touch cutback** — Arrive at the correct time.
6. **Two-foot challenge** — Alternate preferred and weaker foot.
7. **Wall pass** — Combine and enter the scoring zone.
8. **Protect and release** — Lay off under pressure.
9. **Reaction finish** — Adjust feet to changing passes.
10. **Safe aerial practice** — Observe local age and heading rules; substitute volleys when required.
11. **Penalty routine** — Keep a stable pre-kick routine.
12. **3v2 decisions** — Choose when to pass or shoot.

Four-week training plan

Week 1: First touch and finishing accuracy

Week 2: Scanning, movement and cutbacks

Week 3: Pressure, defenders and quick decisions

Week 4: Match play, feedback and re-testing

Player observation card

Player: _____ Age group: _____ Date: _____

First touch: 1 2 3 4 5 Scanning: 1 2 3 4 5

Movement: 1 2 3 4 5 Finishing: 1 2 3 4 5

Best action: _____

Next skill to practise: _____

Discussion and quiz

- Why does a striker check away before running towards goal?
- Where should the striker look before receiving?
- When is a lay-off better than turning and shooting?
- What can a player learn from an early setback?
- How many Bundesliga goals did Kane score in 2025/26?
- Which World Cup award did Kane win in 2018?

Answer key: 5) 36 goals. 6) Golden Boot. Other questions invite discussion.

