



Gavin Pugh, Director

Coach:

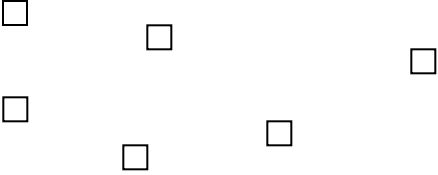
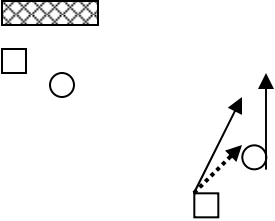
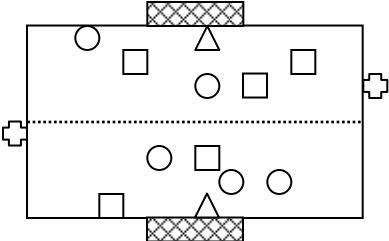
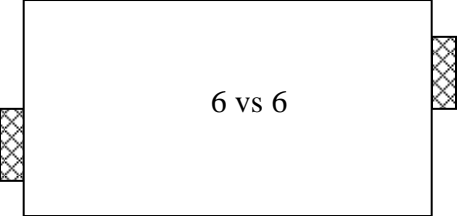
Team:

Topic: Improve Crossing

Age:

Date:

Level:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone in attacking 1/3 of the field, half of the players need a ball ▪ Players jog around randomly, players with a ball look to play progressively longer balls (10, 20, 30, 40 yds) to one of the players without a ball ▪ Stretch then repeat <p>Progressions: Specify which foot they must pass with</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Hips turned to face target ▪ Head looking down, focus on ball ▪ Preparation touch before crossing ▪ Final angle of approach to ball ▪ Clean contact, ankle locked, follow through in direction of target ▪ Quality of cross – weight, accuracy, timing
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ (See diagram) ▪ 'Square player' passes ball to 'circle player' ▪ 'Circle player' plays ball with first touch towards end line and then crosses the ball ▪ As soon as 'square player' passes the ball they pressure the 'circle' crosser ▪ One attacker and one defender by goal <p>Progressions: Switch to other side of field so crosser has to use other foot. Introduce overlapping fullbacks who provide the crosses</p>	<ul style="list-style-type: none"> ▪ As above ▪ Type of cross <ul style="list-style-type: none"> ▪ Driven to near post – flicked header ▪ Lofted to far post – driven header or volley
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 + 2 GKs in a 50-x-44 yard area ▪ 3 attackers and 2 defenders are restricted to staying in their half of the field, each team has a crosser who stays on the sideline. ▪ When defense gets the ball, they pass to crosser who is only person that can dribble across half line and deliver a cross ▪ Looping run to far post, diagonal run to near post, one person at penalty spot <p>Progressions: Remove staying in half restriction.</p>	<ul style="list-style-type: none"> ▪ As above ▪ Have the attackers initiate their runs which in turn initiates the type of cross – not the other way around! ▪ Emphasize preparation touch ▪ Emphasize timing of runs ▪ Coach forwards to not only look for the primary chances to score, but secondary chances from GK saves, mis-shots, rebounds off the posts etc.
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 ▪ No restrictions on players ▪ Goals moved towards touch lines to promote crossing 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with the recognition of when/where/how to make effective runs, the technical ability and timing of crossing ▪ Coach individuals off the field where necessary.