

KEY FACTORS

Quality of cross

Type of cross

Timing of runs to finish

SET UP

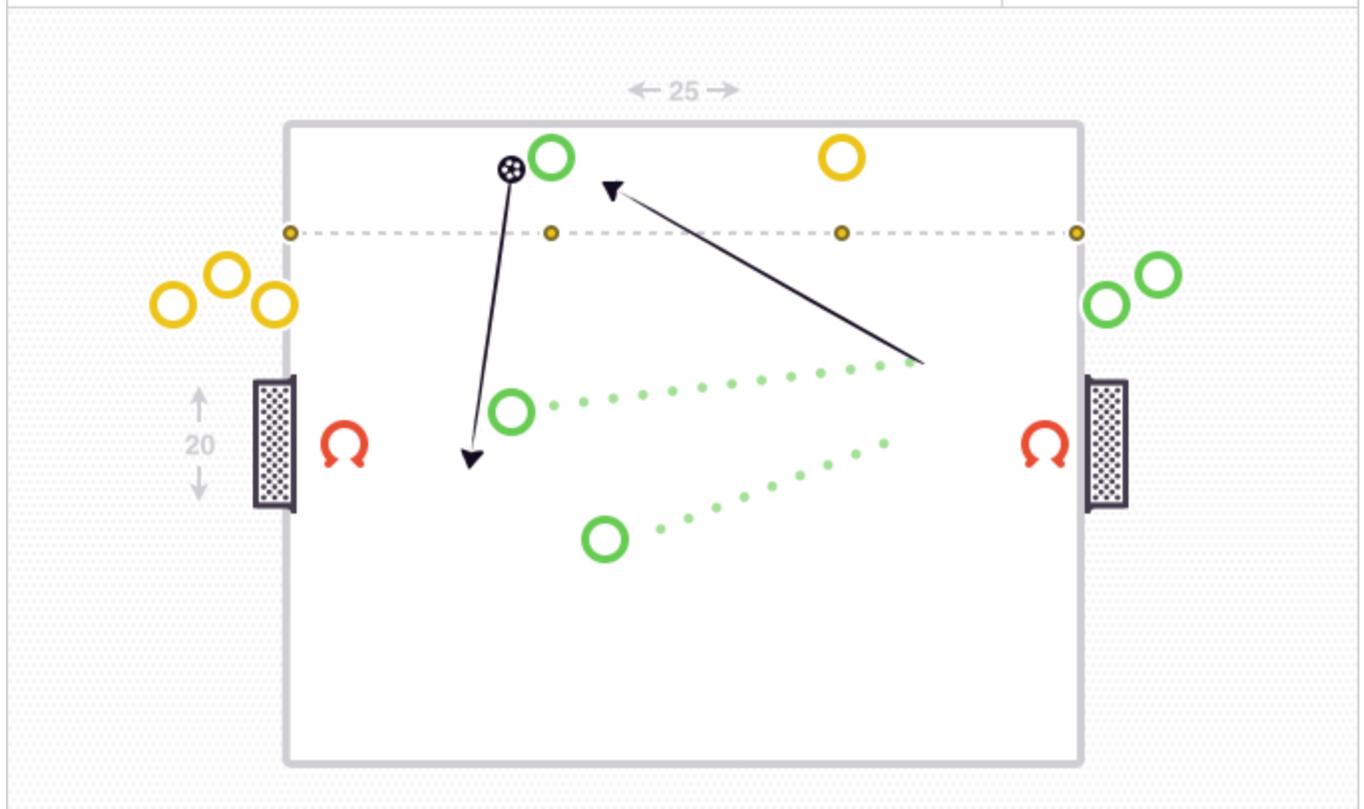
2x Areas 20 x 10 with 6 mannequins between the 2 x areas. Players divided into 2 teams with each team in 20 x 10 area passing and moving. On coaches call, teams deliver and cross the ball from one area to another.

PROGRESSION

Include goals and GKs. On coaches call ball is transferred from one area to the other. Receiving player drives out of the area and crosses the ball as player from opposite area makes a run to finish the cross past the GK.

DETAIL

1. Communication. 2. Quality of cross. 3. Type of cross (lofted/driven/swerved). 4. Body shape to receive. 5. Timing of runs to finish. 6. Type of finish (header/volley/half volley/touch & finish). 7. Be clinical



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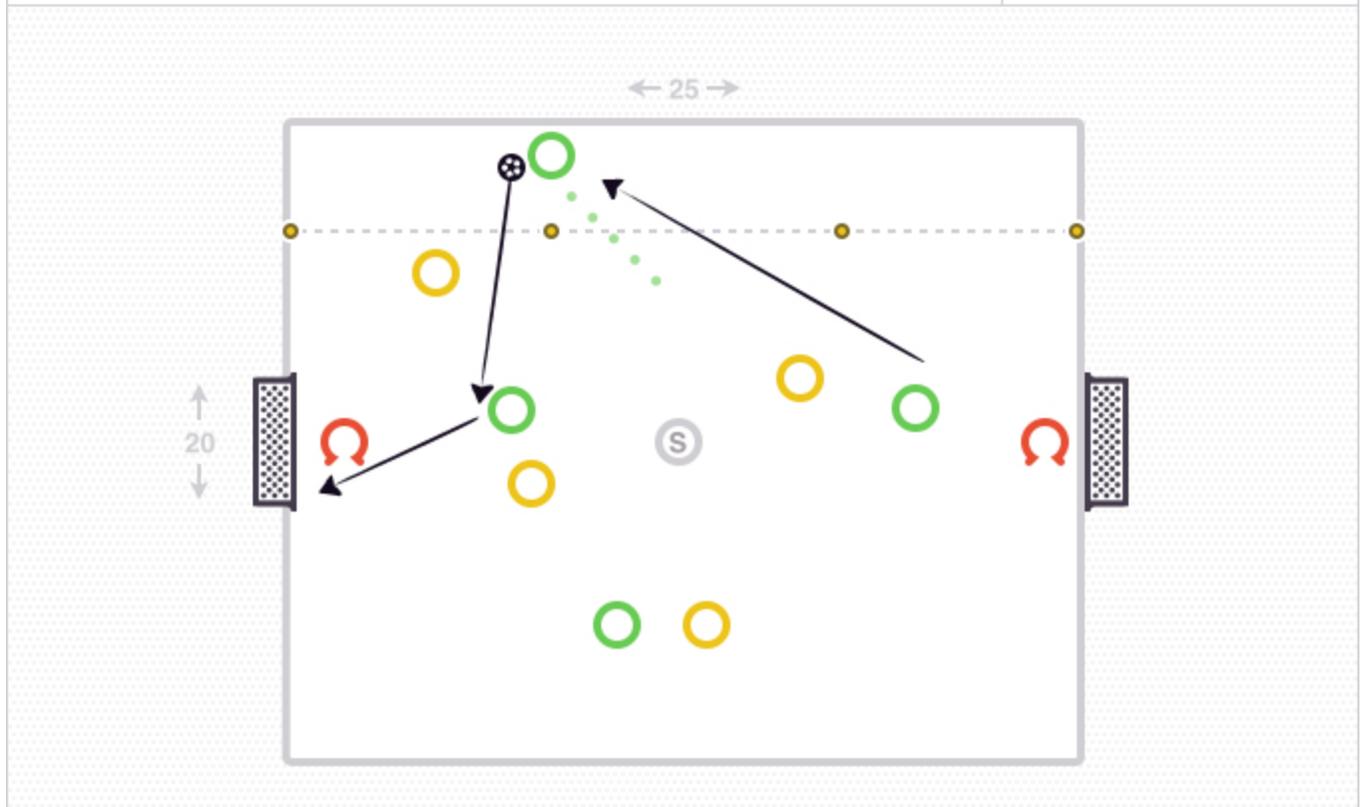
25x20 area with goal and GK at each end. Ball is played to wide player X and 2 X team mates make a run towards the goal to attempt to finish from wide players cross. X's join back of the opposite goal and O's play ball to O wide player for finish in the opposite goal.

PROGRESSION

1. Include 1 defender to create a 2 vs. 1 to finish. 2. Opposition wide player can pressure the wide player delivering the cross. 2 defenders and additional attacker to create a 3 vs. 2 to finish

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KEY COACHING POINTS

Quality of cross

Type of cross

Timing of runs to finish

SET UP

25m x 20m with goal and GK at each end. 2 x teams of 4 + floating player (S) who plays for team in possession. When a team is in possession, a player can dribble or move to receive in the wide area to deliver a cross unopposed (defending team not allowed in to wide area). If team finishes from a cross = 3 goals.

OTHER COACHING POINTS

1. Communication. 2. Quality of cross. 3. Type of cross (lofted/driven/swerved). 4. Body shape to receive. 5. Timing of runs to finish. 6. Type of finish (header/volley/half volley/touch & finish). 7. When to create finishing opportunities from wide areas and when to create opportunities through central area. 8. Be clinical