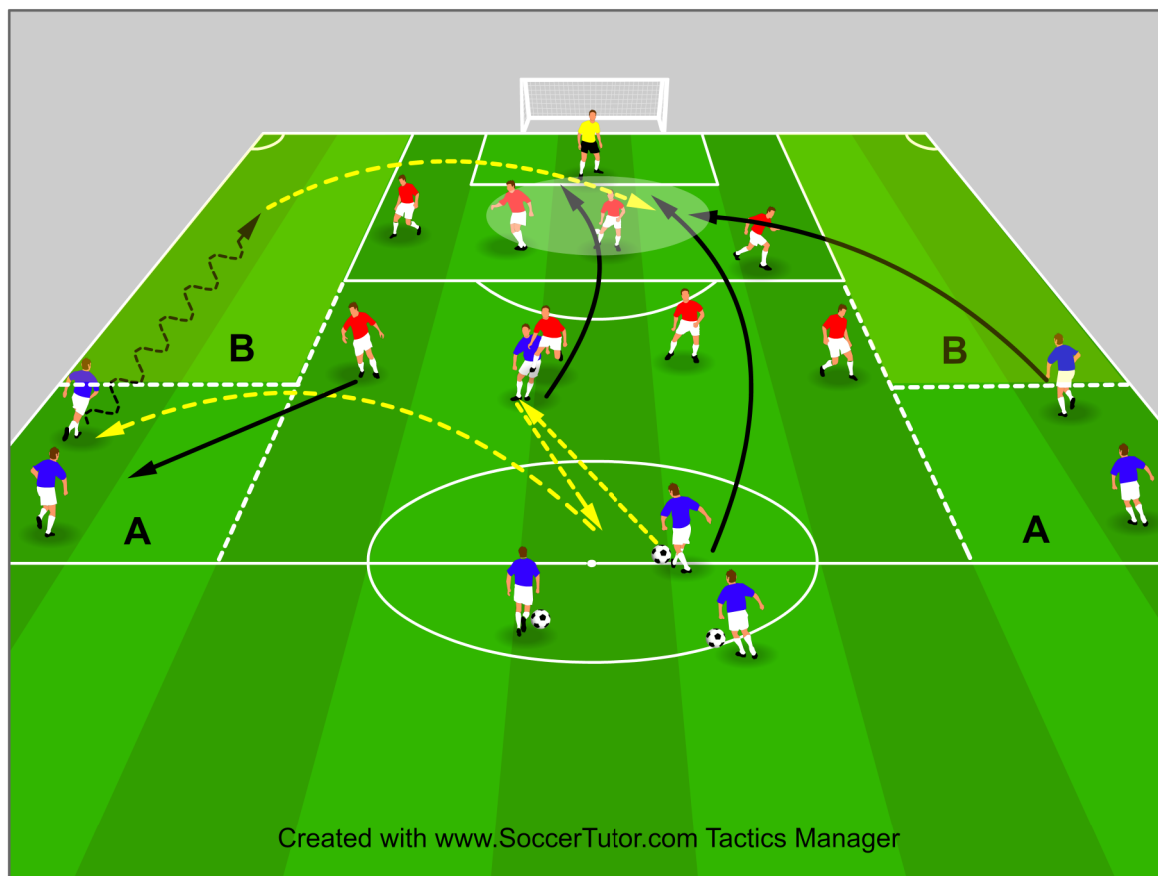


E.C. Victoria - Building Up for Crossing Opportunities



Date:	23/Sep/2011	Measurement:	Half a Pitch
Time:	N/A:N/A	Players:	16
Duration:	20	Level/Age Group:	U11 - 18+

Description: A central midfielder plays a combination with the centre forward, then play the ball to the flank. The ball arrives in Zone "A", where the winger has to receive and dribble into Zone "B". The defensive midfield must try prevent the winger from entering Zone "B".

The winger dribbles the ball and delivers a cross into the ideal target zone for the CM, F and opposite winger who time their runs accordingly.

Objective: To develop build-up and attacking play from crosses.

Coaching Points:

1. Create space before receiving the ball
2. Movement must be sharp
3. Correct body shape
4. Quality delivery of cross
5. Timing of runs and angle of runs is crucial to finish on target

Progression:

1. Allow fullbacks to start defending inside Zona "A"



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