

Crossing and Finishing 1 of 2



Date: 6 Oct 09

Measurement: 1 third

Time: .

Players: 9

Duration: .

Level/Age Group: 11+

Description: PLAYER 1 PASSES TO PLAYER 2, WHO THEN SETS IT BACK TO PLAYER 3. PLAYER 3 THEN PASSES FIRST TIME TO 4, WHO THEN SETS IT BACK TO PLAYER 1. AT THE TIME OF PLAYERS 2 PASSING TO 3, PLAYER 4 CHECKS TO THE YELLOW CONE TO CREATE SPACE.

Objective: To develop attacking combinations, switching play, crossing and finishing.

Coaching Points: 1. Make sure the wide players check to the yellow disc cone before receiving the ball. This movement creates space as an individual e.g. in a game situation taking an opponent away before receiving the ball.

Progression:

Notes:

Crossing and Finishing 2 of 2



Date: 06 Oct 09

Measurement: 1 third

Time: .

Players: 9+

Duration: .

Level/Age Group: 11+

Description: AS PLAYER 4 CROSSES THE BALL, PLAYER 2 AND 3 TIME AND BEND THEIR RUNS TOWARDS THE NEAR AND FAR POST. PLAYER 1 MAKES A RUN TOWARDS THE EDGE OF THE PENALTY BOX. PLAYER 1, 2 AND 3 ROTATE POSITIONS OR 3 NEW PLAYERS FROM THE BACK OF THE LINE

Objective:

Coaching Points: 1.The 2 players attacking the cross must not make their run too early. They should make it just when the wide player is about to cross it, this will prevent the ball going behind them.

Progression: 1. Switch both sides before crossing.
 2. Introduce 1 or 2 defenders

Notes: