



Crossing Early from Wide Areas

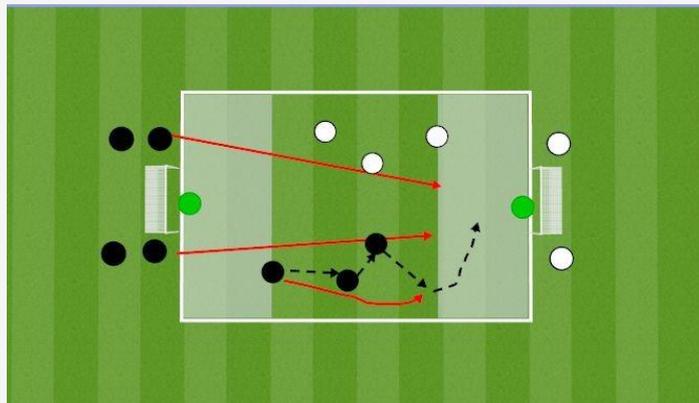
Organization

- Set up the area with 2 teams
- Black team shoot from left to right, with the white team shooting from right to left.

Instructions

- One team starts with the ball in a wide area. The team can combine in any way they wish, but the first player to pass must receive the ball to cross and all 3 players must touch the ball. Crossers of the ball must deliver before the red line. At the same time, 2 attackers from either side of the goal become active and make a run towards the opposition goal. The 3 mannequins closest to the goal they are attacking represent defenders and also the offside line (players cannot be beyond these mannequins before the ball is crossed). Once reaching the 3 mannequins, players are recommended to change direction to simulate losing a defender).

Once the attackers have scored, the opposite team can then start to attack in the opposite direction, creating a wave practice. Teams to keep track of their scores.



Coaching Points

- Players must concentrate on their technique to take a decision early to cross the ball either driven and low or lofted and high. Players should look to make these decisions early and cross from deep positions.
- Both crossers and strikers need to use correct timing to play the ball at the right time to attempt to cross and meet the ball behind defensive lines and into space to score goals.

Progressions

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Playing Into Wide Areas To Cross First Time Small Sided Game

Organization

- Set up to field with 2 'End Zones' with 3 areas, two wide zones and a box.

Instructions

- Two teams play a small-sided 3v3 game with 2 neutral. Both teams must only play in the central area. The end zones act as offside lines.

At any time, the attacking team can pass the ball into one of the wide areas in the End Zone. Only neutral player can enter this zone and cannot be defended. The neutral cannot receive the ball before the End Zone and take it into the area. They must receive inside the zone.

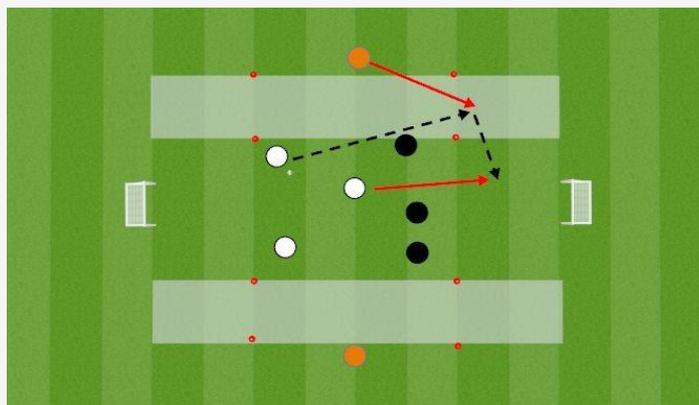
Once the Neutral player has received the ball, they have a maximum of two touches where they can pass/cross the ball into the box. The attacker then must finish in 1 touch in the mini goal. No defender can go into the End Zone to start.

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Coaching Points

- Players should use a variety of passes and identify when to play longer passes (such as switch passes, both lofted and driven) to play in behind on the opposite side, or combination play, depending on the situation the face.

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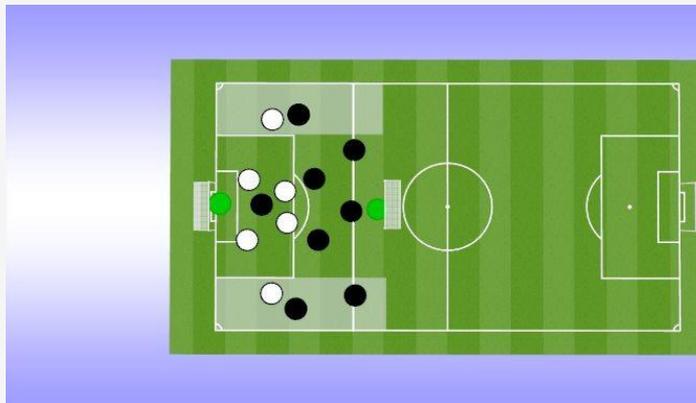
Overloads Game crossing and finishing

Organization

- Set the field with 2 channels in wide areas and 2 teams
- attacking team attack the big goal

Instructions

- An 8v6 game, the defending team can only have 1 player in each wide channel. Creating overload situations (2v1, 3v1) in wide areas and 6v5 in the middle.
- The attacking team can move anywhere but must always have at least one player in the wide channels.
- To score, the attacking team must cross the ball from the wide channel to then finish on goal. If the defending team wins the ball, they have 15 seconds to score (representing a counterattack).



Coaching Points

- on crossing to have a better chance of scoring, players should concentrate on their technique to use driven and lofted crosses to create the best chances to score.
- they must look up and find the space? is the defensive line high up? do I go deep and do a back pass?
- Strikers need to use clever movement to lose defenders and create space for themselves to score from crosses (two runs, one for the defender, one for the striker).

Scrimmage

Organization

7v7

Instructions

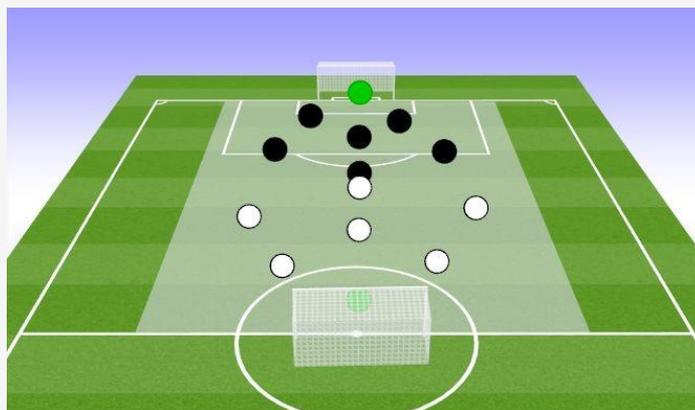
full Game 7v7 formation 1-2-3-1

Coaching Points:

as the ball is in front of the goal limit touches to find the shotset target on goal

where is the GK? Power Shot? Place/finesse the shot? stay aware of Defender Position

Progressions



Coaching Practice Review and Reflection

- ball in the wide areas. Alternatively, when combination play is progressing, can players time their run to receive at the right time?
- Attackers need to identify when and how to make a run into the box. Attackers should start to make their run as the pass is being played into wide areas to the neutral player, whilst looking to anticipate passes into the central area and use creative movement to lose a defender to score
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