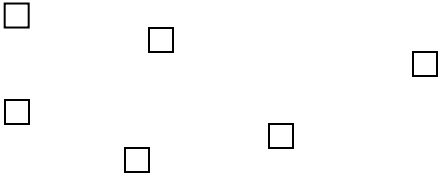
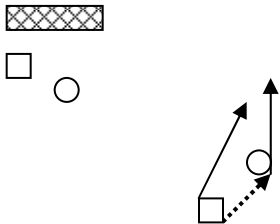
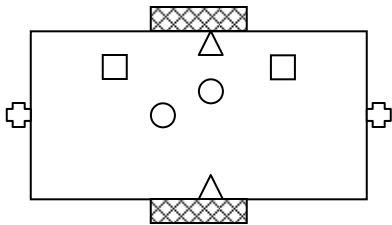
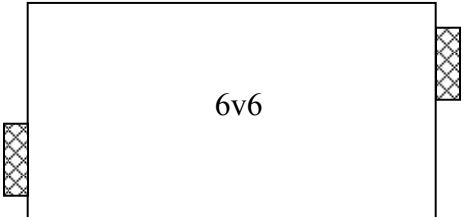




Name:

Topic: Crossing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone in a half of the field, half of the players need a ball</li> <li>Players jog around sporadically, players with a ball look to cross the ball to one of the players without a ball</li> <li>Stretch then repeat</li> </ul> <p><b>Progressions:</b> Specify which foot they must cross with</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing</li> <li>Quality of cross – weight, accuracy, timing</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Square passes ball to circle</li> <li>Circle plays ball with first touch towards end line and then crosses the ball</li> <li>As soon as square passes the ball they pressure the crosser</li> <li>One attacker and one defender by goal</li> </ul> <p><b>Progressions:</b> Switch to other side of field so crosser has to use other foot</p>	<ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing</li> <li>Quality of cross – weight, accuracy, timing</li> <li>Type of cross               <ul style="list-style-type: none"> <li>Driven to near post – flicked header</li> <li>Lofted to far post – driven header or volley</li> </ul> </li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 3v3 (2 field players and a GK) in a 30-x-50 yard box with a server on each sideline</li> <li>When the defense wins the ball they try to play the ball to the server on the sideline, who has three touches to strike a cross</li> <li>Play for two minutes then switch roles</li> </ul> <p><b>Progressions:</b> Allow flank players to come into the regular field</p>	<ul style="list-style-type: none"> <li>Hips turned to face target</li> <li>Head looking down at ball</li> <li>Angle of approach</li> <li>Preparation touch before crossing</li> <li>Quality of cross – weight, accuracy, timing</li> <li>Type of cross               <ul style="list-style-type: none"> <li>Driven to near post – flicked header</li> <li>Lofted to far post – driven header or volley</li> </ul> </li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 6v6</li> <li>No restrictions on players</li> <li>Goals moved towards touch lines to promote crossing</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with crossing</li> </ul>