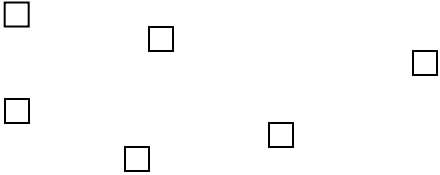
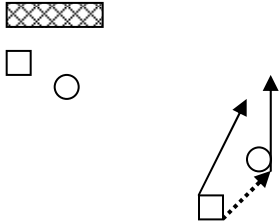
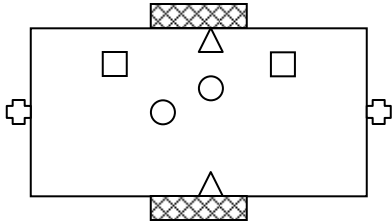
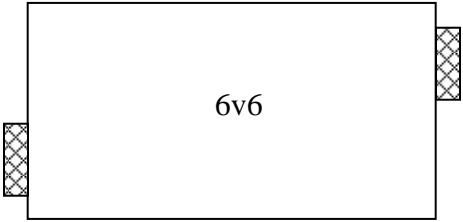




Name:

Topic: Crossing

Date:

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