



Crossing & Finishing

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Description

Attacking Functional Session. 12/2016

Warmup

Receiving Balls out of the Air

Simple warmup to help progress towards receiving crosses and balls from set-pieces

Organization:

- Groups of 2
- 1 ball per group

How to Play:

- One player starts with ball in his/her hands. Tosses ball to partner.
- Receive ball out of air and pass back to teammate either by 1 touch or 2 touches.
- Various ways to receive and play back.
- Switch rolls after 5 times.

Coaching Points:

- Keep your eye on the ball
- Maintain body balance



Small-Sided Activity

Passing Combo to Cross

Activity that involves passing in the attacking third ending with a cross and runs to goal

Organization:

- 3 single cones set up beyond the 18
- Ball starts at middle cone
- Need GK

How to Play:

- Passing Sequence: CF - LF - Long Ball to RF in Corner
- CF overlaps LF
- LF makes run to near post. CF makes run to penalty area
- RF crosses the ball

Progression:

- Add defenders

Coaching Points:

- RF turn hips towards target when crossing
- Making runs: quality of movement to create space. Correct body position



Final SSG

Crossing 3v3+2 SSG

Activity with the restriction of crossing to score a goal

Organization:

- 3v3+2 with GKs

How to Play:

- 3v3 activity
- Before going to goal, the ball must be passed wide to a channel player. Second channel player makes overlapping run, followed by a cross.

Progression:

- Set up cones at the midfield line, dividing the field in half
- 2v1 in each half, giving attacking team the advantage (may add players)

Coaching Notes:

- Play ball out of the back quickly and wide to generate a lot of crosses

