

# Crossing and Finishing Soccer Session

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# Crossing and finishing Warm up

**Time:** 10 minutes

**Set up:**

- 15x20 yard area
- 3 players per team with 1 soccer ball
- 2 goals
- cones to create 2 yard channels

**Instructions:**

Set up your area place 2 goals opposite each other on the 15 yard lines and Place a line of cones 2 yards in that run parallel with the 20 yard lines, this should create 2 channels.

The teams must work together to score as many goals as they can.

Once they have score in one goal they will try and score in the opposite goal.

If players are able to score a goal where team mate has crossed it from the wide area and are able to finish it first time they will get 3 goals instead of 1.

If a team scores a goal where these conditions are not met it will be worth 1 goal

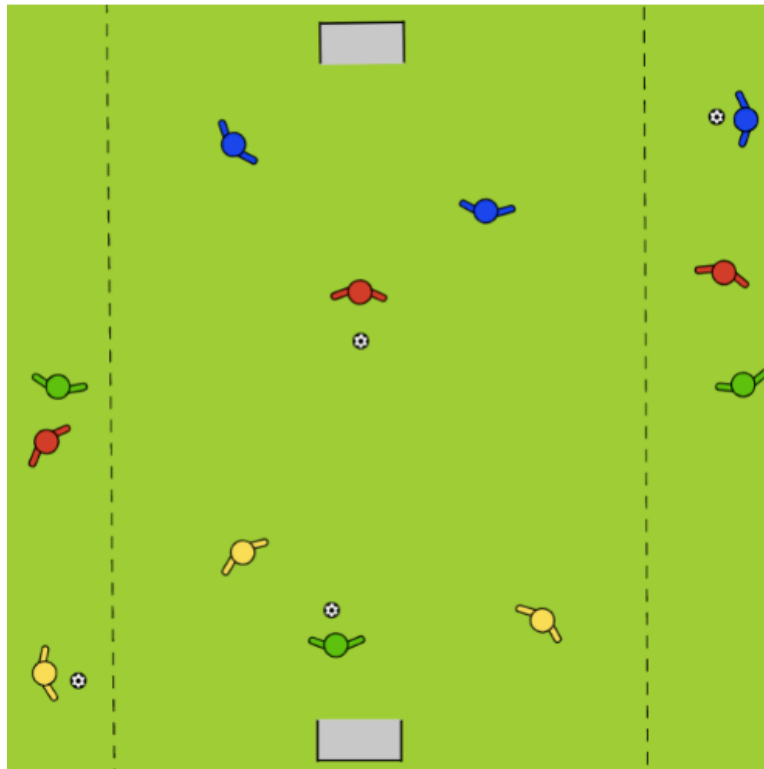
All players must be involved in the build up to the goal.

**Coaching points:**

- Use the whole width of the area
- Head up before you cross the ball
- Players off the ball should be finding different space attack the cross

**Questions that can lead to coaching points:**

- Where can go to find space if we do not have the ball?
- Before You cross the ball how do you know where your teammates are?
- Should both players go to the same space when the cross comes in?



# Crossing and finishing technical activity

**Time:** 25 minutes

**Set up:**

- 15x20 yard area
- 3 players per team with 1 soccer ball
- 2 players as defenders
- 4 goals
- cones to create 2 yard channels

**Instructions:**

With the same area ask 2 players to become defenders, they will be defending the one larger goal.

The attacking team made up of 3 players will try to score in the larger goal.

If they are able to score where the phase of play included a player receiving it in the wide area then they will get 3 goals instead of 1.

If the defending team they can score in the 3 smaller goals opposite for 1 goal.

Rotate defenders every 5 minutes.

**Coaching points:**

- Use the whole width of the area
- If you don't have the ball create space for yourself to give your teammate an option
- Keep your head up so you can see the movements of your team mates

**Questions that can lead to coaching points:**

- Where can we find space?
- What can you do to create space for yourself to receive the ball?
- If you are on the ball where should you be looking? Why?

## Crossing and finishing conditioned game

To try and help this phase of play occur more often I introduced channels on the left and right side of pitch and introduced these rules:

- When in possession of the ball the attacking team may use the channels
- When you are not in possession of the ball as the defending you may not go into the channels (depending on the success of the players this can be removed)
- If your team scores from a player crossing the ball, it will count as 3 goals instead of 1

