

# 10 Crossing and Finish Soccer Drills



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## 1. Crossing and finishing soccer drill 3 v 2

### Set up:

- 10 x 15 yard area with two 2.5 yard channels
- 1 big goal
- 3 smaller goals
- 5 players (2 defenders, 3 attackers)
- 5 soccer balls

### Instructions:

Set up your area with the 2 wide channels and divide your players into 2 defenders and 3 attackers.

The attackers will be trying to score in the larger goal with the defenders trying to score in the smaller goals on the opposite side.

One goal will be placed in the centre with others in each corner.

The attackers will always start with the ball from behind the smaller goals and the defenders can pressure as soon as the ball is brought into play either through dribbling or a pass.

At the end of a phase a play the attackers will always start with the ball and get 5 attempts to get as many goals as they can.

The attacking team will get a bonus point for each rule they score by.

If they score a goal where the assist came from a channel that will be 1 point.

If they score a goal where the finish was a first time finish that will be 1 point.

For example if a goal was scored where the finish was a first time finish but the assist did not come from a wide area that will be 2 points.

If the defending team win the ball they will get a point if they are able to score in the 3 smaller goals on the opposite side.

At the end of the 5 attempts swap the defenders around.

### Coaching points:

- Use the whole width of the area when attacking (make the field as big as possible)
- Find a space to support the wide player either forwards or backwards
- As a wide player be confident to get away from the defender and deliver a cross as early as possible

### Questions that can lead to coaching points:

- When you are attacking do you want to be close together or spread out?
- If you do not have the ball where can you go to help support the wide player?
- When you get the ball as a wide player what should your first thought be?



## 2. Crossing and finishing soccer drill 3v3

### Set up:

- 10 x 15 yard area with two 2.5 yard channels
- 2 goals
- 3 teams of 3
- 1 soccer ball per team

### Instructions:

Set up you area with 2 goals opposite each other on the 2 10 yard lines and divide your players into 3 teams of 3 with a soccer ball per team.

Create 2 2.5 yard wide channels in the area.

This will be a continuous attacking drill that involves quick transitions from attack to defense.

Start with 2 teams behind 1 goal and 1 team behind the goal on the opposite side.

The drill will begin with one attacking team combining passes and scoring in the goal opposite them, as soon as that goal is scored (or if the ball goes out of bounds, defenders get possession) they will become defenders with the next team attacking trying to score a goal.

This will have a similar scoring system as the previous drill.

The attacking team will get a bonus point for each rule they score by.

If they score a goal where the assist came from a channel that will be 1 point.

If they score a goal where the finish was a first time finish that will be 1 point.

For example if a goal was scored where the goal was not a first time finish but the assist came from a wide area that will be 2 points.

### Coaching points:

- Attack quickly to prevent the defending team organizing themselves
- To be able to play quick scan the area before you receive the ball so decisions can be made quicker
- If you do not have the ball think about what forward runs you make to support the player on the ball.

### Questions that can lead to coaching points:

- Should you attack fast or slow? Why?
- What should you do before you receive the ball so you can make decisions as quick as possible?
- If you don't have the ball what type of runs can you make?



### 3. 3v2 playing to the striker and getting the ball wide

#### Set up:

- 10 x 15 yard area
- 2 goals
- 5 players (left defender, right defender, striker, left midfield, right midfield)
- 1 soccer ball per 5 players

#### Instructions:

Set up your area, divide your players into 2 defenders and 3 attackers and put them into their positions and set up the goals opposite each other.

For this soccer drill the left or right midfield will start with the ball, they will pass the ball to the striker. As soon as the ball is played the defenders can pressure to try and win the ball back.

With the striker having their back to goal this will encourage them to play the ball to the left or right midfield

The attacking 3 must try to combine passes and score in the goal. If the defenders win the ball back they try and score in the goal opposite.

Encourage the striker to play the ball out wide and the players in the wide position give them an option to pass to.

#### Coaching points:

- If you are the striker play the way you are facing (turn if you have checked your shoulder and know you have enough time to so)
- As a wide player can you help support the striker and look to cross the ball

- As the striker once you have passed the ball out wide create an option forward to the wider player can cross you the ball

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

- When should you play back/ when should you turn?
- How can you help support the attack as a wide player?
- Once you have passed the ball to the wide player what should your next thought be?



## 4. 1v1 crossing soccer drill

### Set up:

- 7 x 15 yard Channel
- 2 teams of 3
- 3 soccer balls
- 5 x 5 yard square
- 1 large goal
- 2 pug goals

### Instructions:

This set up is going to mimic wide players attempting to cross the ball into the box against a defender who they must to get past in a wide area of the pitch, this will represent your 7 x 15 yard channel.

The large goal is there as a reference to help players understand the concept, in front of the large goal create a 5 x 5 yard area with 2 pugs in the far corners of the square in relation to where the channel is.

The drill will start with the defender where they will pass the ball to the wide player, the wide players must then try to cross the ball into the box. the wide player can either go down the outside of the defender or cut inside and cross that way.

If the wide player is able to cross the ball and it travels through the square they will get one point, however if the wide player is able to cross the ball and they score in one of the pug goals they will get 3 points.

If the defender is able to block the cross and dribble past the cone the wide player started on then they will get 1 point.

Swap the defenders and at the attackers round to make sure they get an equal chance to defend and cross the ball.

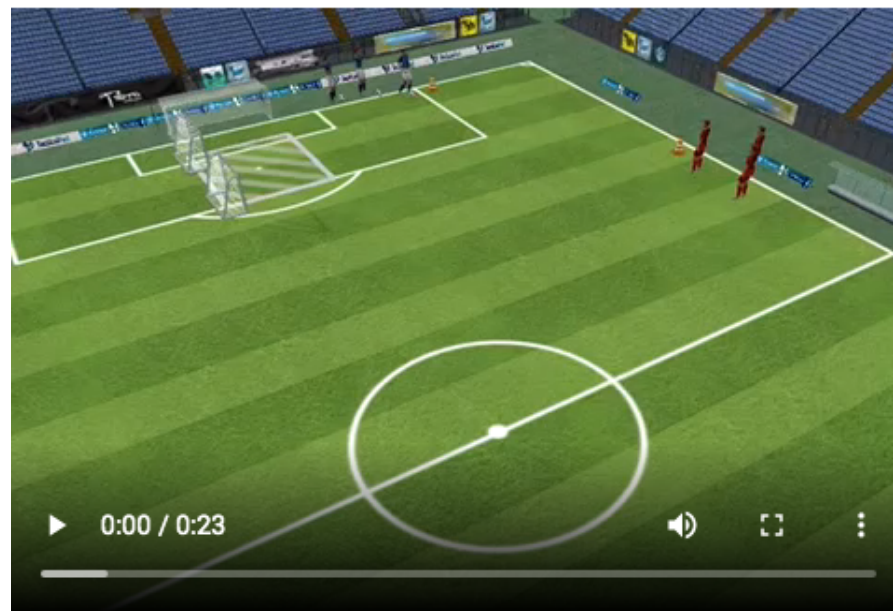
Also alternate sides from which the cross comes from.

### Coaching points:

- Use a skill to give yourself the space to cross
- Make sure the last touch you have before you cross the ball is out of your feet
- Try to deliver the cross as early as possible

### Questions that can lead to coaching points:

- How can you create space for yourself to deliver the cross?
- What should your last touch be like to make it easier for you to cross?
- When should you deliver the ball into the box? Why?



## 5. 2v2 crossing and finishing soccer drill

### Set up:

- 7 x 15 yard Channel
- 1 goal
- 2 defenders (1 central defender, 1 fullback)
- 2 attackers (1 wide player, 1 striker)
- 5 soccer balls

### Instructions:

This will have a similar set up as the previous drill however instead of the wide player crossing to a box and scoring in pug goals they will crossing to a striker who will be marked by a central defender.

For this drill the ball will always start with the wide player.

As soon as the wide player dribbles into play the defender can begin to pressure.

The phase of play comes to an end if the ball goes out of bounds, if a goal is scored or if the defender retains possession for 5 seconds.

If the striker is able to score with a first finish the goal will be worth 3. If they score goal it will just be worth 1 goal.

After 5 attempts the pairs will swap attacking and defending roles.

The team with the most goals is the winner.

### Coaching points for striker:

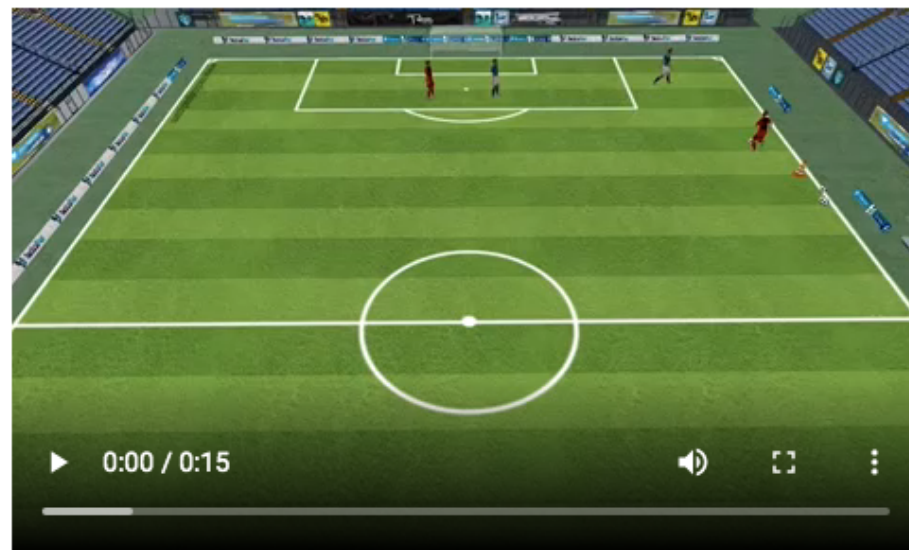
### Coaching points for the wide player will be the same as the drill above

- Create space for yourself, first movement should be away from the space the second movement towards the space

- Communicated with your wide player let them know where you want the cross played
- Time your run and keep your eye on the ball

### Questions that can lead to coaching points:

- How can you create space for yourself?
- How can you help your wide player know where to put the cross?
- What should you be doing as the cross comes in?



## 6. 3v3 crossing and finishing soccer drill

### Set up:

- 10 x 15 yard area
- 2 teams of 3 (1 defending team, 1 attacking team)
- 2 goals
- 6 soccer balls

### Instructions:

Set up your area with and divide your players into 2 teams of 3. There will be a defending team and an attacking team.

In the attacking team there will be 2 wide players, they will alternate turns trying to dribble past the full back on either side to deliver a cross to the striker in the middle.

The opposite wide player can join the attack to create a 2v2 in the middle

The defending team will be made up of 2 full backs who will try to block the cross from the wide players and a central defender who will try to stop the striker from scoring.

The wide players will start with the ball and can become live as soon as the phase of play has ended (either by a goal being scored or the ball going out of bounds). The wide defender can pressure as soon as the wide player starts dribbling.

If the striker is able to score a goal that will count as 1 point, however if the striker is able to score from the cross with a first time finish that will count as 3 goals.

If the defender wins the ball it will become a 3v3 with the defending team trying to score in either of the goal opposite.

Swap the defenders and attackers round until every player on each team has had a chance to be the striker.

The winning team will be the team with the most points.

### Coaching points:

- Try to deliver the cross as early as possible
- The Cross should be played in front of the striker
- If you are the striker use different movements to get away from the defender

### Questions that can lead to coaching points:

- When should you cross the ball? Why?
- Where should the cross be played?
- If you are the striker how can you get away from the defender?



## 7. Crossing and finishing in pairs soccer drill

### Set up:

- 10 x 15 yard area
- 2 teams of 2
- 2 goals
- 1 soccer ball per team

### Instructions:

Set up your area with 2 goals opposite each other on each 10 yard line.

In this soccer drill the player crossing the ball will not be put under pressure with the main focus of the being on the striker.

Create your teams of 2 with one of the players crossing the ball and the other plays in the middle.

The wide players will alternate taking crosses to their team mate in the middle, with other teams player becoming the defender trying to stop them.

If the striker is able to score a goal they will get one point but if they are able to score with a first time finish then the goal will be worth 3 points.

If the defender is able to win the ball and score in the opposite goal they will get 1 point.

The team with the most points will be the winning team.

### Coaching points:

- Quick movement to get away from the defender, first move away from the space second is towards the space.
- Communicate with your wide player as to where you want the ball
- Time the run, keep your eye on the ball and commit to the cross

### Questions that can lead to coaching points:

- How can you get away from the defender?
- How does the wide player know where to put the ball?
- What can you do to increase your chance of scoring first time?





## 8. 2v2 in the box for player movement soccer drill

### Set up:

- 10 x 15 yard area
- 2 teams of 4
- 2 goals
- 1 soccer ball per team

### Instructions:

This soccer drill for crossing and finishing has a greater focus on how the strikers can work together to create space for themselves and confuse the defenders.

This would be a good progression from the previous drill once players have mastered creating space for themselves.

Use the same set up as before the 4 players in middle (2 from each team) attacking and defending crosses depending on which team is crossing the ball.

With a first time finish counting as 3 goals. If the defending team win the ball they can score in the goal opposite.

Encourage your strikers to coordinate their movements. As one player moves into a different space dragging a defender with them, this has now created a new space for the other player to attack and move into.

For example if a player starts at the front post and checks to the back post, this has created space for a player to now attack the space at the front space.

### Coaching points:

- Communicate with your teammate so you know who is attacking the ball (defenders and attackers)

- Communicate with the wide player so they know where to put the cross
- Drag a defender away to create a new space for your team mate

### Questions that can lead to coaching points:

- How do you know who going to attack the ball from the cross?
- How will the wide player know where to put the cross?
- What can you do to create space for your team mate?



## 9. Finishing from crosses soccer drill

### Set up:

- 10 x 15 yard area
- 1 goal
- 6 soccer balls
- 4 players ( 3 players crossing with 1 striker)
- 3 cones

### Instructions:

This is a soccer drill that focuses on a strikers finishing ability from different types of crosses from different angles.

Create your area and set up a triangle with the 3 cones and place the striker inside the triangle, this is the player who the crosses will be delivered to.

1 player will be on the left wing, 1 will be on the right right wing and the last player will be on the touch line to provide a pull back cross.

Each time the striker has an attempt on goal they must touch and cone that makes up a triangle before the next cross comes in.

If the striker scores goal they will get one point and if they can finish first time they will get 3 points.

There will be 2 rotations so each striker will have 6 attempts. The striker with the most points will be the winner.

Encourage your wide players try different ways to cross the ball.

This can be progressed by introducing a goalkeeper or removing the triangle and adding a defender.

### Coaching points:

- Communicate with your teammates to let them know where and when you want the ball
- Time you run to make contact with the ball
- Scan the area before the cross comes in so you know where the goal is

### Questions that can lead to coaching points:

- How will you teammates know to when and where to cross it to you?
- What happens in your make your run too early/ too late?
- How do you know where the goal is before the cross comes in?



## 10. Heading 1v1 finishing soccer drill

### Set up:

- 7 x 10 yard area
- 4 players (2 throwers, 1 striker and 1 defender)
- 1 goal
- 3 soccer balls per thrower

### Instructions:

This soccer drill can be used to help introduce winning a header against a defender.

Set up your area with your defender and striker in the middle with your 2 throwers off to the side.

The throwers will alternate throwing the soccer ball to attacker, they can vary the way throw the ball to mimic different types of crosses.

For each goal the striker scores that will be one point.

Swap the players round so everyone has a chance to be the defender, attacker and thrower.

### Coaching points:

- Use quick changes of pace and direction to lose the defender
- Communicate with teammates throwing the ball in so they know where to throw it
- When heading keep your eye on the ball, using your forehead to make contact with the ball

### Questions that can lead to coaching points:

- How can you lose the defender?
- What can you do to help the thrower know where to throw the ball for you?

- What technique should you use when heading the ball?

