

# Soccer Drills for Crossing and Finishing



## Soccer Graphics

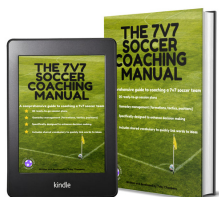


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

**Use code AFL-RMTD for 5% off**

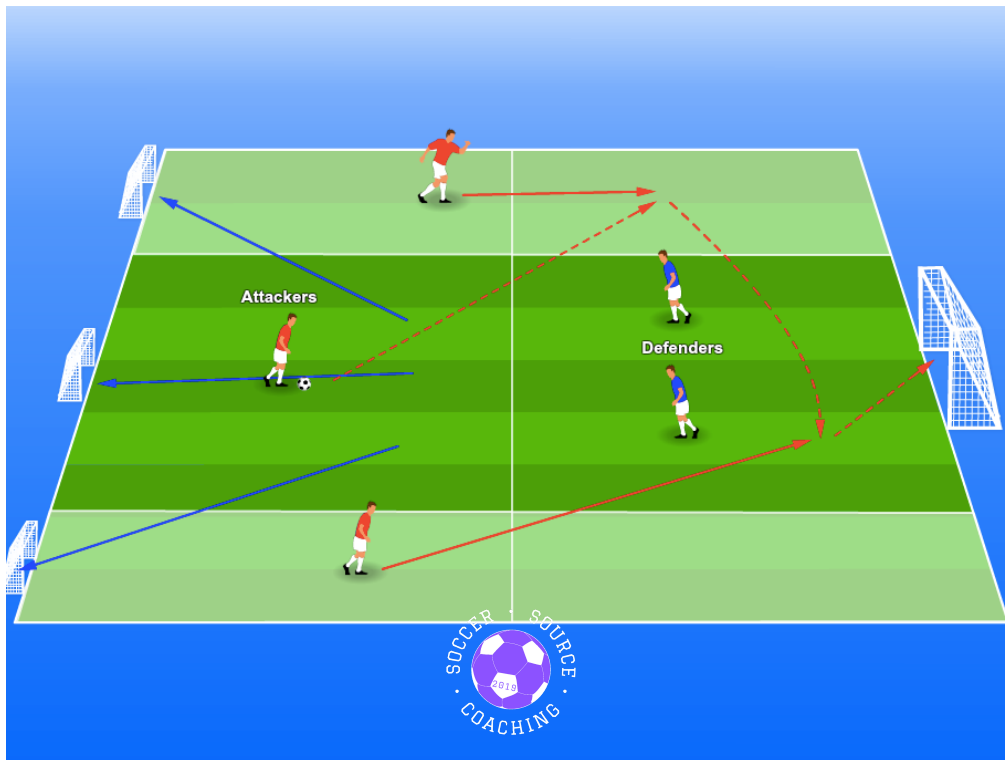
[Click here to find out more](#)

## The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

**GET MY**  
**FREE 7V7 SAMPLE**



[Click here for the video](#)

## 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:

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 of 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 wins the ball they will get a point if they are able to score in any of the 3 smaller goals on the opposite side.

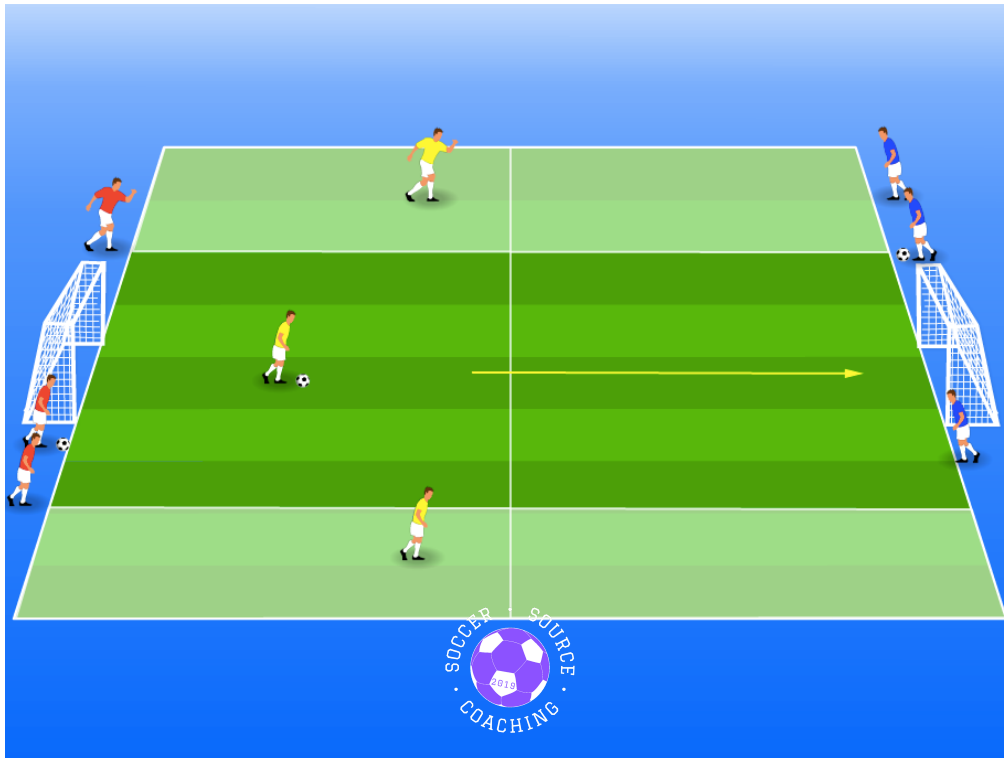
At the end of the 5 attempts swap the defenders around.

### 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 backward  
 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?



[Click here for the video](#)

## 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:

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 the goal opposite them, as soon as that goal is scored (or if the ball goes out of bounds) they will become defenders with the next team attacking trying to score a goal.

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.

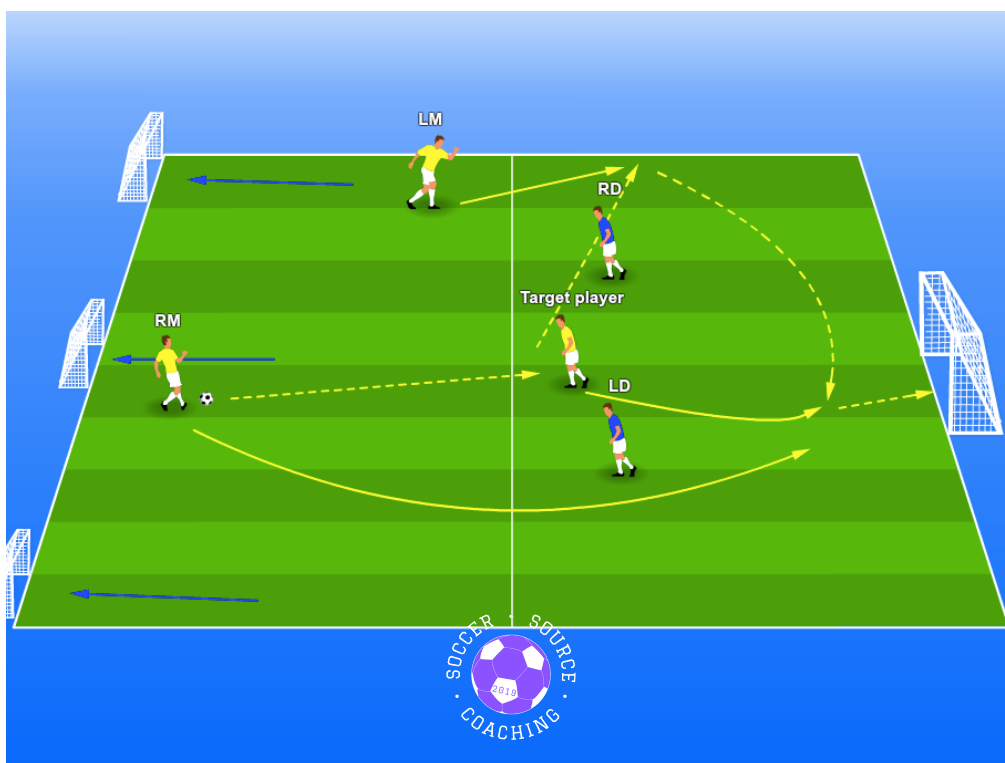
The defenders can score 1 point if they win the ball back and score in the opposite goal to the attackers.

### Coaching points:

Attack quickly to prevent the defending team from 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 quickly as possible?  
 If you don't have the ball what type of runs can you make?



[Click here for the video](#)

## 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 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 do so)

As a wide player can you help support the striker and look to cross the ball

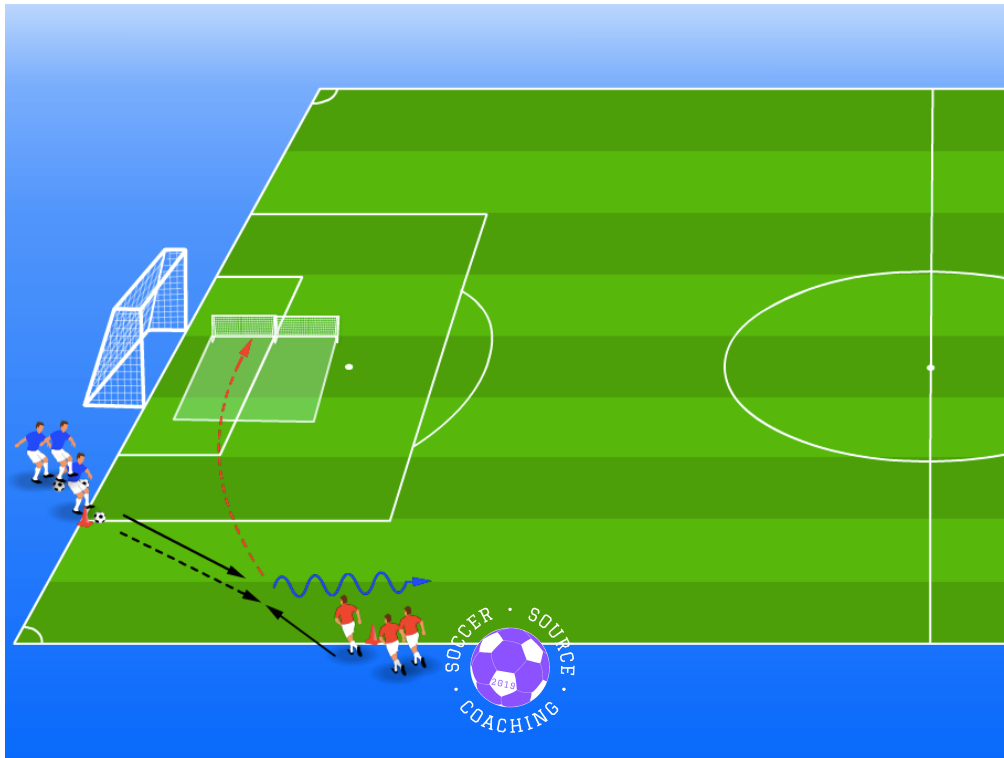
As the striker, once you have passed the ball out wide create an option forward to the wider player can cross you the ball

### 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?



[Click here for the video](#)

## 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:

The drill will start with the defender who 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 attacker's round to make sure they get an equal chance to defend and cross the ball.

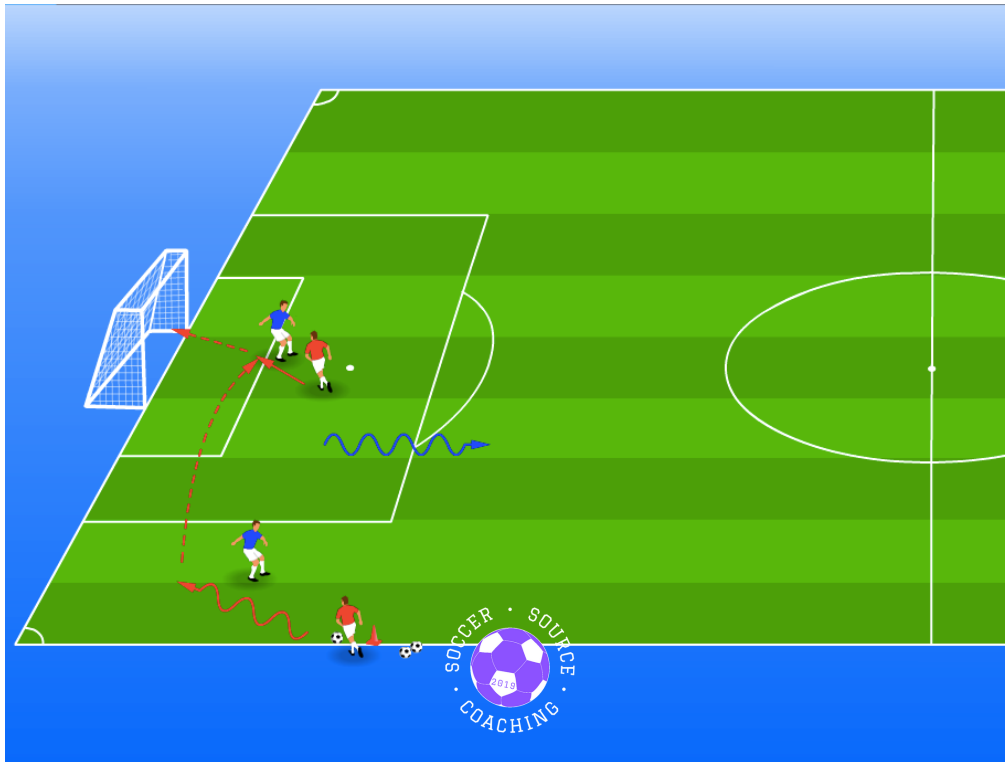
Also, alternate sides from which the cross comes.

### 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?



[Click here for the video](#)

## 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:

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 dribbles past the line that the wide player started on.

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

If the defending team can dribble past the cone the wide player started on they will get 1 point.

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

The team with the most goals is the winner.

### Coaching points:

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

Communicated with your wide player and let them know where you want the cross played

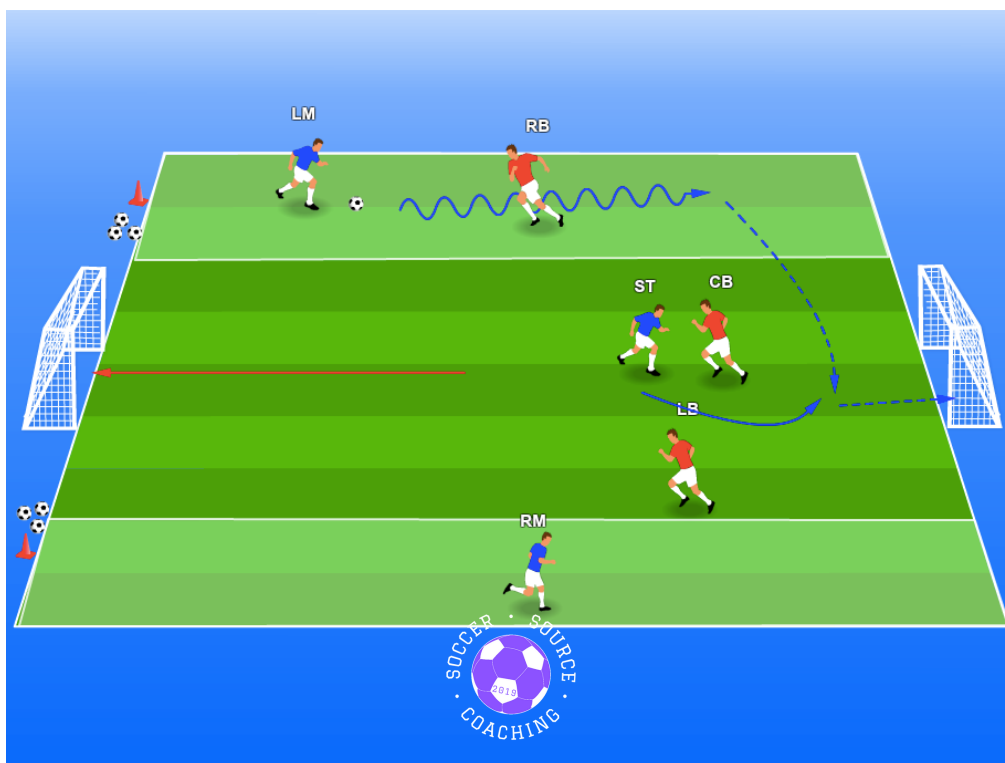
Time your run and keep your eye on the ball

### 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?



[Click here for the video](#)  
**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 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 fullbacks 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 opposite goals for 1 point

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

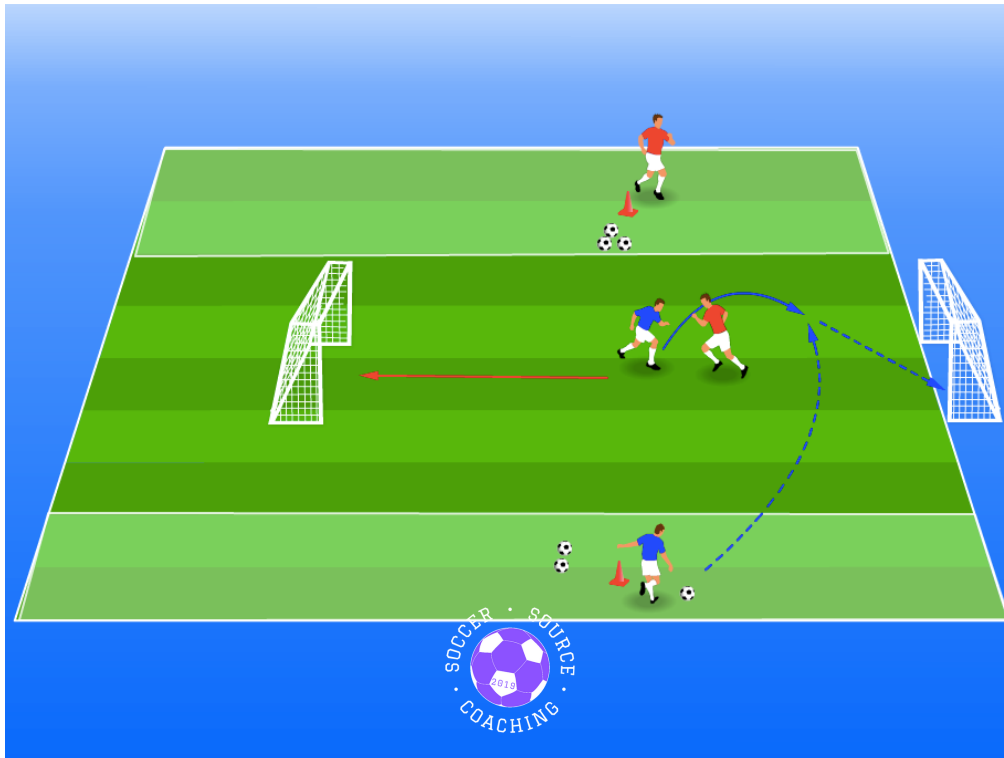
The winning team will be the team with the most points.

**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?



[Click here for the video](#)

## 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 being on the striker.

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

The wide players will alternate taking crosses to their teammates in the middle, with other teams' players 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.

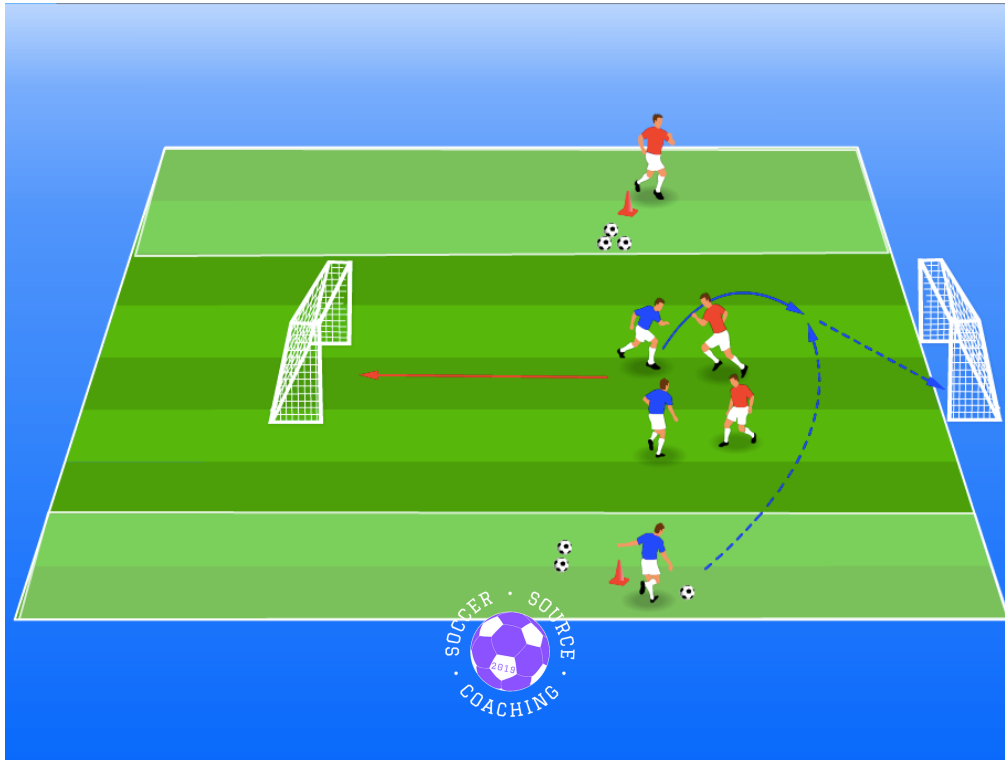
### Coaching points:

A 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 the first time?





[Click here for the video](#)

## 2v2 in the box for a player movement soccer drill

### Set up:

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

### Instructions:

Use the same setup 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 wins 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.

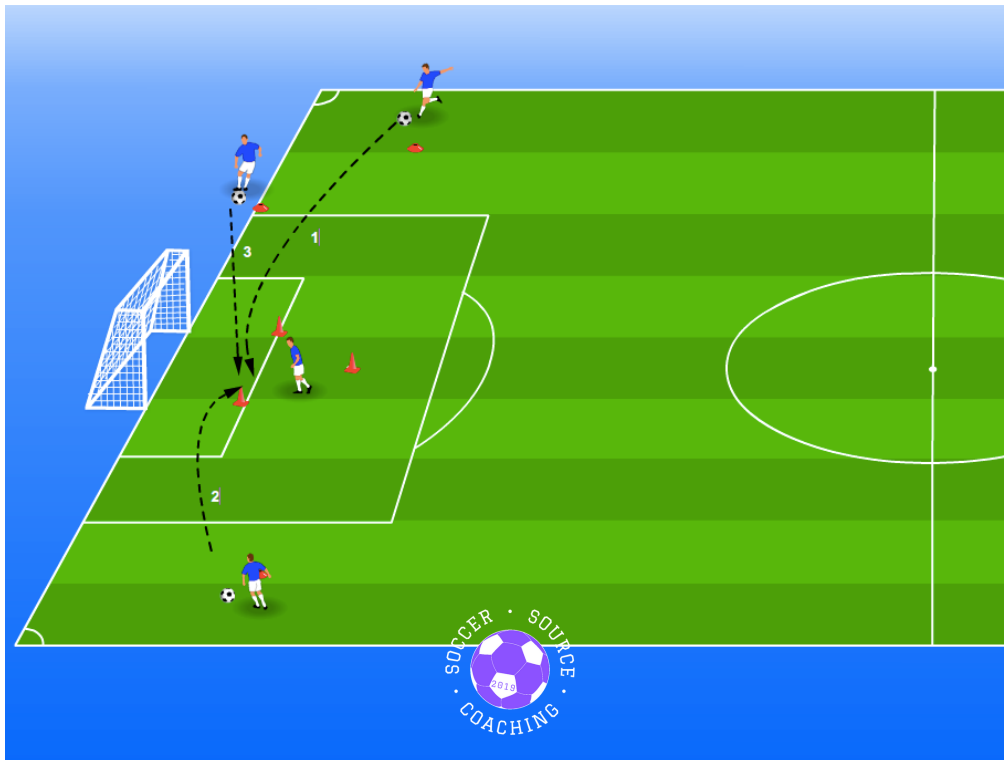
for example, if a player starts at the front post and checks to the back post, this has created space for a player to now attack the space at the front space.

### 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 teammate

### 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 teammate?



[Click here for the video](#)

## 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 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 to who the crosses will be delivered. 1 player will be on the left wing, 1 will be on the right wing and the last player will be on the touchline to provide a pull-back cross.

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

If the striker scores a goal they will get one point and if they can finish the 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 to try different ways to cross the ball.

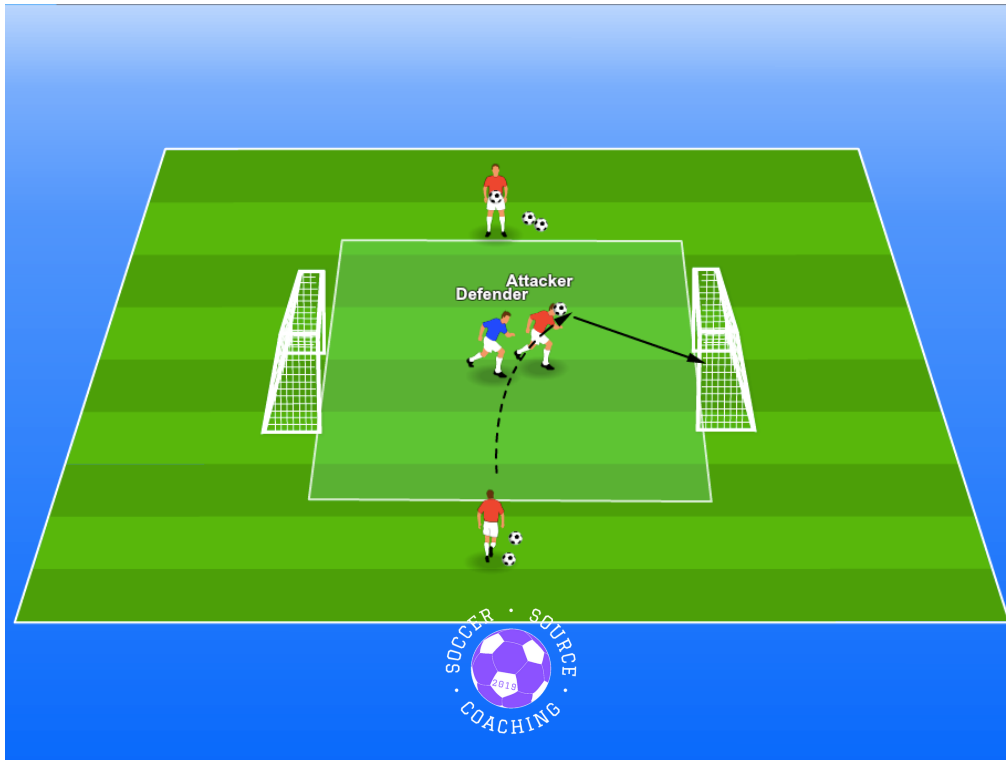
This can be progressed by introducing a goalkeeper or removing the triangle and adding a defender.

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



[Click here for the video](#)

## 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 the attacker, they can vary the way they throw the ball to mimic different types of crosses.

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

Swap the players around 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?