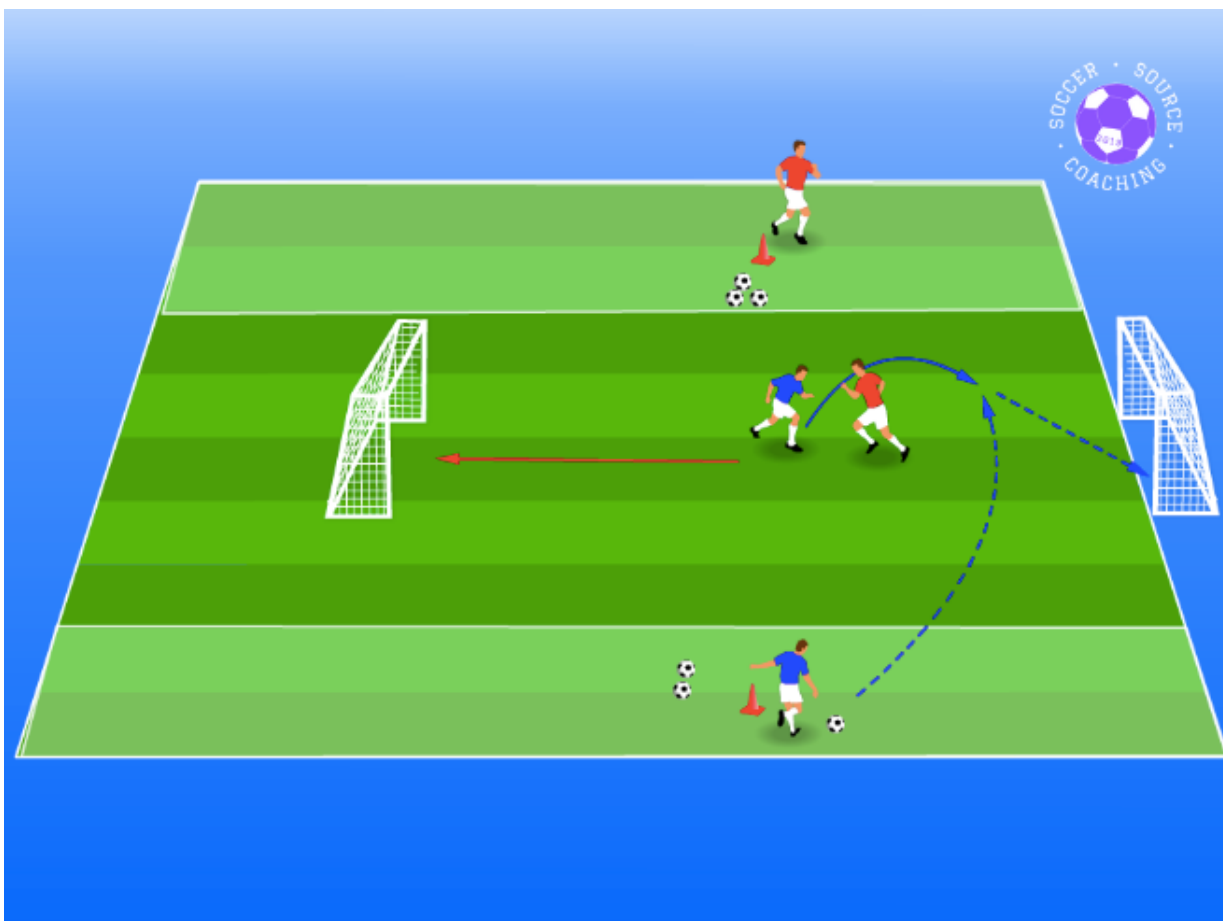


Crossing and finishing in a pairs



How it works

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

- 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?

Purpose

The purpose of this drill is to help players communicate and put crosses into dangerous areas for the striker to attack

Set up

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

Beginner