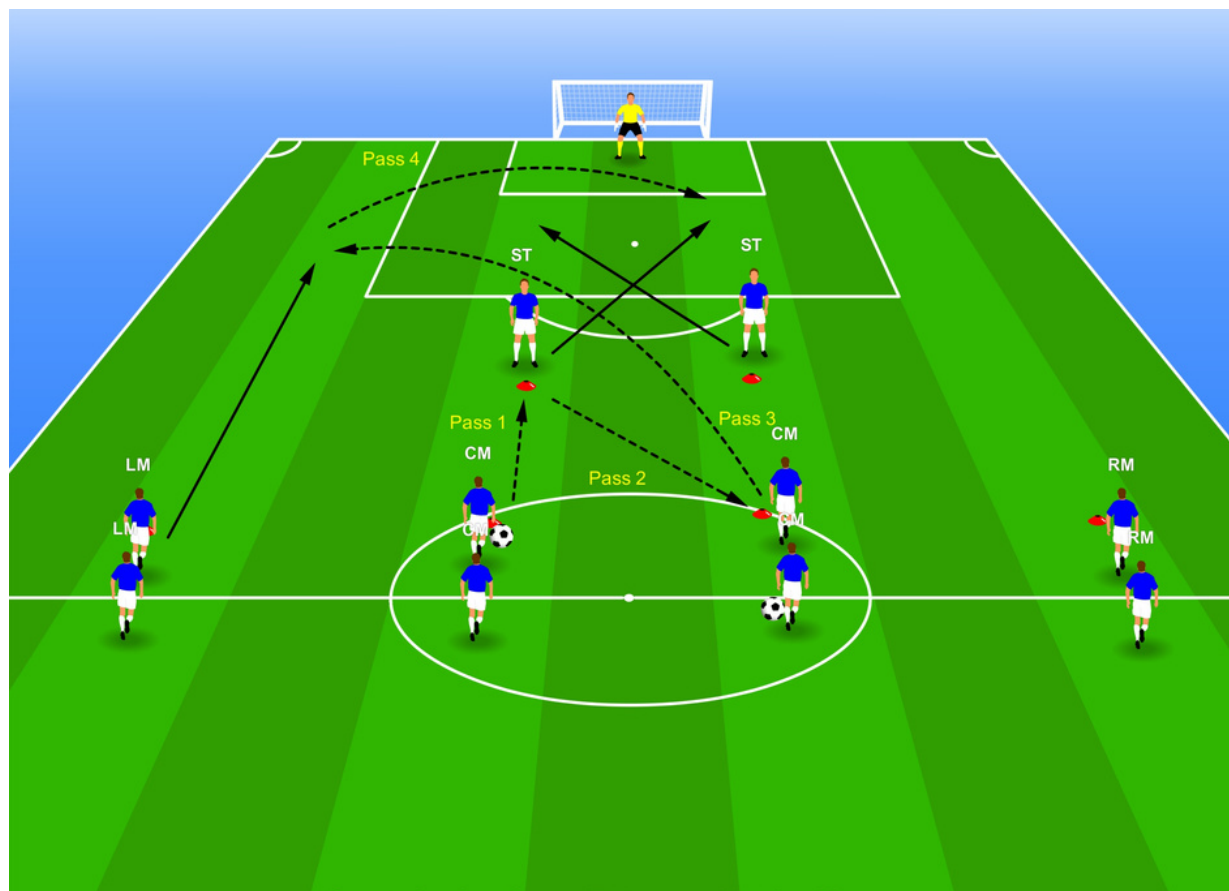


Crossing and Finishing Passing Pattern



Purpose

To help familiarize your players with passing patterns and different movements to score more goals from crosses into the box

Set up

- Soccer balls
- Half an 11vs 11 pitch
- 10 players and 1 goalkeeper
- 4 cones

How it works

The ball will start with the central midfielders who will combine passes with the strikers to play the ball out wide from a diagonal switch of play.

The strikers will then make a run towards goal with the striker closest to the ball making a run towards the back post and striker furthest from the ball making a run to the near post

The center midfielders will now become the strikers and the strikers collecting the ball and becoming center midfielders.

The center midfielders will alternate the wide players that they pass to.

As a progression you can introduce one or 2 defenders who will attempt to make the strikers as they run into the box. If the defenders can clear the ball out of the box they will get 1 point, however if the strikers score they will get 3 points

Coaching points

- Keep passing to one-touch often as possible
- Communicate with the wide player as to where you want the cross delivered
- The strikers may need to make more than one movement to lose their markers

Questions

- How can you increase the speed of the attack?
- How will the wide player know where to cross the ball?
- How can you lose your defender?

Advanced