

Topic: **Crossing and Finishing**

Objective: **To improve the technical proficiency of finishing from a cross as well as developing the tactical knowledge of when to play wide.**

**Session Part: Technical Warm-up**



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<b>Organization</b>	<b>Time:</b> 15
Area: 40x40	
Numbers: 16 (Max)	
Players play small combination to start off on the side as shown, player who doesn't touch the ball makes overlapping run to cross the ball into the strikers. Strikers movement from back to front and front to back. Emphasise importance of quality of cross and timing of runs. Vary cross, lofted, driven, low, curled.	
<b>Progressions</b>	<b>Coaching Points</b>
Add a central defender - crosser must consider accuracy and attacker must beat the defender to the ball, can they finish under some pressure.	Quality of cross, into space to attack.
Add 3rd runner coming in late.	Timing of the run, make sure to attack the ball not stand and deliver.

**Session Part: Small Sided Game**



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<b>Organization</b>	<b>Time:</b> 20
Area: 30x30 plus x5 channel	
Numbers: 7	
2v2+1 to goal with goal keepers and wide player in channel. Attackers try to score in the goal against the goalkeeper, 3v2 with neutral. Defenders look to defend the cross and counter, they should look to use the winger to finish from a cross. Points 1= Scoring without a cross, 3= Scoring from a cross from the neutral player.	
<b>Progressions</b>	<b>Coaching Points</b>
1 defender can go into channel as ball does to pressure winger	Recognition of when/when not to play wide. Quality of cross, into space not straight at someone as they are on the move. Timing/variety of runs from attackers.

**Session Part: Expanded Small Sided Game**



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<b>Organization</b>	<b>Time:</b> 25
Area: Half Field	
Numbers: 5v5	
4v4 to goal with goal keepers and wingers in channels. Even numbers with wide options. The winger can change (in play) with another player if it makes sense to do so e.g. an overlap, a drive inside from the wide position and a central player fills in etc. Points 1= Scoring without a cross, 3= Scoring from a cross.	
<b>Progressions</b>	<b>Coaching Points</b>
1 Defender can go in and defend the cross. Challenge each central player to release the ball after no longer than 5 seconds to increase speed of play, and hopefully release winger quicker.	Awareness of numbers attacking the ball. Prevent counter attack. Quick transitions.

**Session Part: Game**



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<b>Organization</b>	<b>Time:</b> 30
Area: Full Field	
Numbers: 9v9	
All restrictions lifted 3-4-2 vs 2-3-2-1 to give attacking team width with less pressure to enable more crosses.	
<b>Progressions</b>	<b>Coaching Points</b>
If there is little success, give wing back/winger/attacker immunity on the ball in the flank, so no defender can tackle them	Switch play quickly to use wide areas when possible. Support wide players to create options/overloads. Counter quickly once you gain possession.