



# Crossing and Finishing #1

Category: Technical: Shooting  
Difficulty: Moderate

Continental Football Club, Philadelphia, United States  
of America  
Individual-Adult Member

## Crossing Activity 6 (15 mins)

### Set Up

As Shown

### Organisation

The activity begins with 2 playing a square pass to 1 and making a large looping C run to the back post.

1 will receive the pass from 2 and lay it off to the coach, then move into the space where 2 left from, asking for the ball in return from the coach. The coach will play it back to 1 and 1 will receive and play the ball out wide to 3. Once the ball is laid off, 1 will streak to the near post.

3 will collect the pass and touch into space and play a cross back into the box for the two runners.

The runners should attempt to put a shot on goal.

Drill is set up already to run from the left side.

### Coaching Point

Quality of Pass

Timing of Run

Finishing technique selection

Execution



## Crossing Activity 4 (15 mins)

### Set Up

As shown (multiple balls all pumped)

### Organisation

Activity begins when 2 plays the ball out wide to 4. the player in line 4 will combine with coach/designated player at the corner of the box with a give and go pass.

Player who made initial pass takes off up the field and then crashes to the near post.

Player from line 3 takes off once pass is made out to 4 and then loops around to the far post.

Line 4 makes a cross into the box to one of the players. The two players look to finish for a goal. Line 1 is not involved when the play goes to the right side.

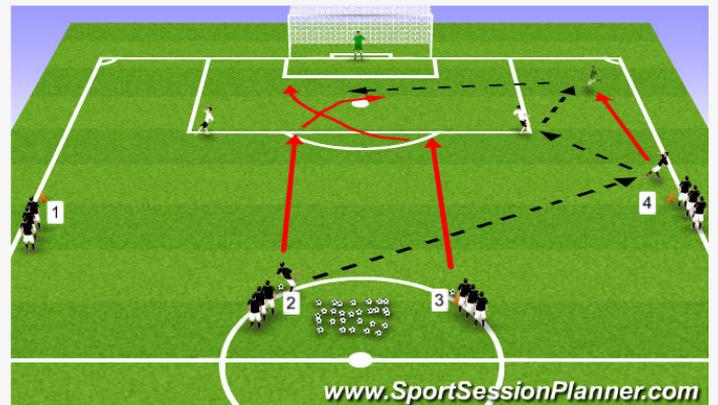
### Coaching Point

Quality of Pass

Timing of Run

Finishing technique selection

Execution



## 8v8 POST PLAYERS (30 mins)

### Set Up -

8v8 for U12 - U18

6v6 nothing bigger for U12 and below

### Instruction -

2 players on each team off the ends of the field restricted to 2 touch but the players on the field must play to them before scoring.

### Pogression:

Players switch with the post player after they have passed the ball in

### Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

