



Crossing and Finishing

Category: Technical: Shooting
Difficulty: Moderate

Craig Birtwistle Continental F.C, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes. Ensure all players get to experience both fields.

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Fours (20 mins)

Set Up

Players work in groups on 4 - Cones/markers are a guideline Triangle set up - vary distance based upon age.

Organization

Players work in groups of four. Player 1 starts with the ball and plays the pass to player 2. Player two lays the ball off for 1 to drive a ball to player 3. Players 1 and 2 rotate positions. Players 3 and 4 repeat the process. You can vary the distance - start short and open it up so that the longer pass becomes a driven ball

Progression

B - Place a mannequin in the middle of the grid to replicate the first defender when crossing. the longer pass must now be whipped around the defender as you would in a cross or played over the top (Beat the first defender)

Coaching points

Quality of touch, driven or whipped cross/long pass, quality layoff



Crossing and Finishing (20 mins)

Set Up

Place a 10X10 Diamond in the middle of the half field as Shown. Players out wide on each side.

Organization

4 players in middle area with one player at each cone of the diamond. One player out wide on each side. 4 White players will work the second rotation. Ball starts with 1 and is passed into the forward who checks in (2). Two lays the ball off to one side (3) who plays a square ball to 4. 4 then drives a ball wide for the winger to run onto and cross. Players 2, 3 and 4 make varied runs into the box with player 1 holding on the edge of the box for the pullback cross. Next rotation players should work the opposite wing.

Progressions

Add in defenders.

Alternate the pattern in the middle, allow players to improvise based upon the pressure from the defenders. Have players alternate their runs into the box, no straight lines, cross cross runs.

Coaching Points

Quality of passing, quality of cross, timing of run into the box, quality of finish on goal.



Crossing/Finishing Game (20 mins)

Set Up

Over Half field place cones angled in towards goal as shown

Organization

2 teams of 3v3 with two goalkeepers and two neutrals . Players play 3v43 in the middle area. with neutral players out wide as crossers. Teams must connect 3 passes in middle before playing out wide to yellow team. Yellow team must play at game speed to deliver a cross in for the attacking team to try and connect on. Rotate outside players every 3minutes.

Progressions

Limit touches in middle area of the field, allow defenders to go out to pressure the cross, limit touches on finish after ball is crossed in.

Coaching Points

Get ball out wide quickly, quality of cross, pick out an attacker, timing of runs, speed of play.



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 5 v 5 including Goalkeepers. Regular scrimmage game with emphasis on pthe defensive side of the game. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.

