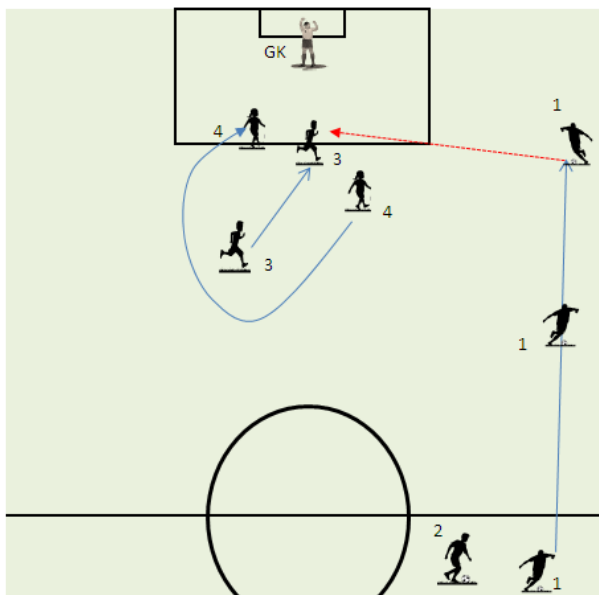




Crossing

Training Plan

Title:	Crossing
Objectives:	Improve technique of crossing
Age range:	U8's +
No. of Players:	Min 4 + GK
Time:	20 - 30 mins.
Organisation:	<p>Players in pairs (see diagram 1,2 and 3,4) plus one GK (optional). A few balls next to GK to keep drill moving. Age appropriate to reflect half length of pitch and full width (all dimensions in yards). 5v5 grid L20xW30. 7v7 grid L30xW40. 9v9 grid L40xW50. 11v11 grid min L45xW55. If no markings use discs to mark starting point, touchlines, goal, pen area.</p>
Drill:	<p>Player 1 starts from halfway line, running with ball and crosses aiming for players 3 or 4 to shoot / head. Once move ends with save, goal, miss the GK gets ball and distributes (throw or kick) to player2 who then repeats sequence. Players 1 and 2 have 3 turns each before swapping places with players 3,4 and sequence repeats.</p> 
Coaching Points:	<p>Crossers (1,2); Ball out of feet. Drive aggressively down line with pace. Push ball quickly into space with laces. Positive cross. Cross with pace between attackers and GK. Attackers (3,4); Finish positively. GK; Protect near post from shot from crosser. Decide to come out or stay in goal. Claim cross or save shot. Can also coach accurate throw, kick to player 2.</p>
Progression:	<p>Crosser; Different types of cross (whipped, high, floor, by-line and cut back, early cross from deep). Attackers (3,4); Movement, crossover, run onto cross from deep. Drop back to attack late.</p>