

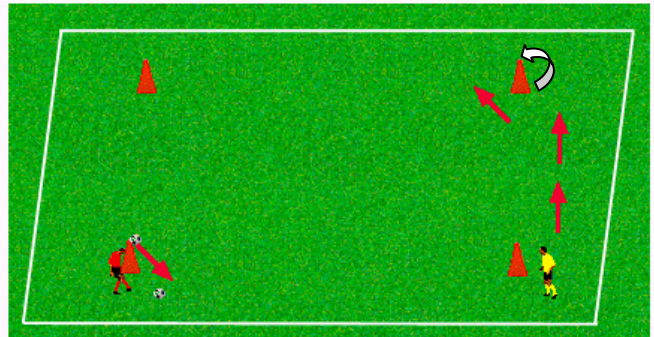
Crossing

Coaching points: Preparation of ball, placement of non-striking foot, Striking foot is slightly bent (like a wedge), hips and shoulders face target, Eyes on ball, Strike ball with laces, land on striking foot.

Warm-up

Pairs Crossing

Players pair up and set down two cones about 25-30 yards apart from each other. Player with ball has to dribble to the cone, push the ball inside the cone, run around and cross ball over to partner who receives and repeats.



Match Related

4v4w/4 neutral wingers

Three teams of four. Two teams has 4 players who are inside a middle zone. The third team has 4 players go out in the flanks and are neutral players who look to cross balls in. When a team successfully plays a ball from the middle zone to a neutral flank player, two may run in from the middle zone to receive a cross from one of the neutral players to serve in. Play and then switch teams so that all players get the opportunity to cross.



Match Related

4v4+2

Now divide into two teams of 6 players except 2 of the 6 players are designated as flank players and go into a channel that is marked by cones. Goals can only be scored off a cross. Channel players can't be marked. Change up the channel players so that all players get the opportunity to cross balls in.



Match Condition

Play 6v6

Take away the channels and play 6v6 and tell them that the only way they can score is with a cross. Then after a bit, let them play. Could reward more points for a goal scored off a cross.