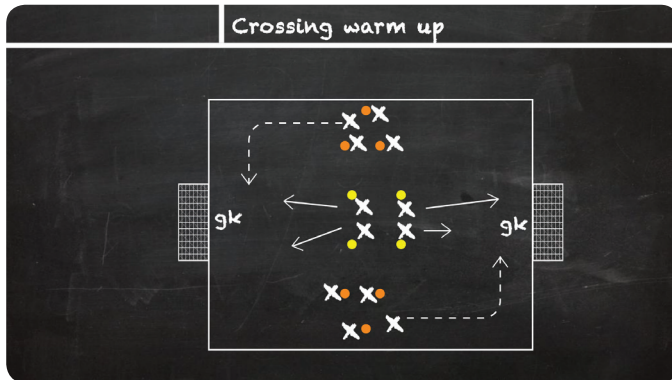


TECHNICAL PRACTICE

SESSION CROSSING AND FINISHING		PLAYERS 12 – 18
AREA 40 X 30	AGE 11+	TIME 20 – 40 MINS



KEY FACTORS

Quality/Variety of Crosses – target area (front, middle or back)

Timing/Movement of strikers

Technique of finishing

SET UP:

1. You need 3 groups with 4 players in each group. Plus 2 GKs. You will be working both goals and both halves of the pitch (NB If you are short on numbers this could be adapted to less people using one GK and half a pitch).
2. 1 group stands in the middle. They are attackers.
3. The other two groups stand out wide.
4. The wide groups start with a ball each. They exchange 3 or 4 passes between the players in their group. After each pass, the passing player moves to receive the ball again if possible.
5. After 3 or 4 passes, the ball is released by the wide group to their winger.
6. At this point – the attackers become active. Look to make the attackers vary their runs and vary their movement into the box.
7. The winger crosses the ball which either attacker should try to finish.
8. Make sure the wingers vary their crossing (long/short/in the air/on the ground etc).
9. The GK should try to collect the cross/ save the shot.
10. Interchange the players and make sure all teams get to operate from both wings (left and right).

PROGRESSION: Play 2v1 or 3v2 in Strikers' favour to increase strikers' chances (this is an attacking session). Introduce defenders to actively challenge strikers.

SKILL DEVELOPMENT: Interchange, handling, shot stopping, tackling, blocks, decision making, understanding.