

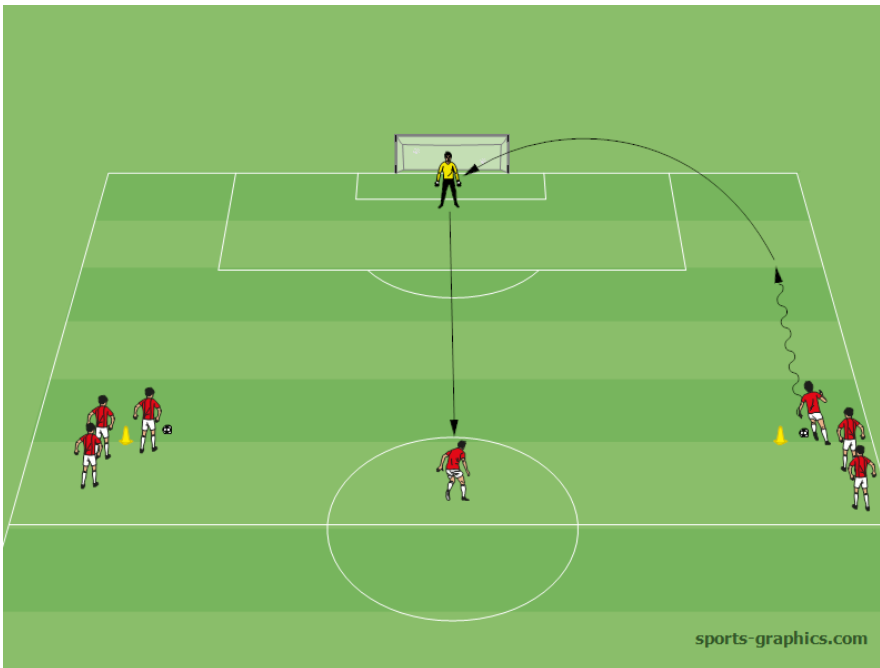
CROSSING TECHNIQUE

Improve crossing and finishing in a technical practice

TECHNICAL

Crossing

Attacking from Wide Areas



Set up the full width of a regular pitch or modify to suit.

Split group into two (right and left flanks) with a goalkeeper and a target player as shown.

Players take turns to push the ball out of feet and cross into the penalty area for the goalkeeper to catch and distribute into a target player positioned on the halfway line. The target player controls the ball and dribbles to join the back of the group. The crosser becomes the new target player positioned on the halfway line.

This practice can also be used for defensive heading by setting up the same drill but replacing the goalkeeper with a defender. The rotation is slightly different in that the crosser then becomes the defender to practice clearing the ball with the head.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Improve technical execution of crossing and finishing.
- To improve quality of crossing technique with moving ball.
- To understand the different types of crossing options.
- Understanding the options to cross (front, near or cut back).

KEY FACTORS

- Accuracy and execution of delivery
- Communication
- Contact with the ball
- Decision (where to cross the ball from and correct target area)
- Good first touch (if necessary)
- Good technique
- Head up

FOCUS AREAS

- Attackers timing of movement.
- Attackers to communicate.
- Attackers to use curved approach into areas towards near and far posts - angle.
- Attacking the crossed ball.
- Contact on ball - correct weight and timing of cross with pace.
- Decision making eg. early cross behind the defence or go past full back before crossing.
- Decision on who will go near post and far post.
- Demonstrate where to deliver the ball.
- Observe central attackers.
- Observe quality of different finishing techniques.
- Observe technical execution.
- Precision and speed of pass from flank player.

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