

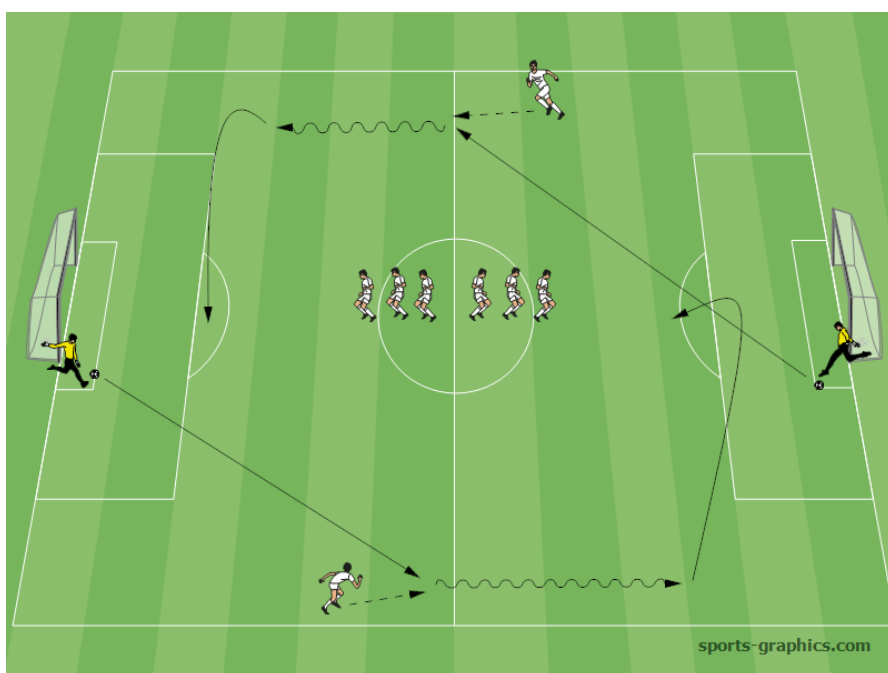
TWO FLANKS CROSSING AND FINISHING

Improve finishing from crosses

TECHNICAL

Crossing

Finishing from Crosses



Set up a 40x30 area with goals and goalkeepers.

The goalkeeper at each end starts by playing the ball out to a wide player who receives it and dribbles the ball down the flank.

The player looks to pass the ball across for an attacker who has run forward from their line in the centre.

This practice works consecutively from both sides of the pitch.

After the player has passed the ball and a shot has been taken, the shooter goes to the wide area (flank) and the passer joins the line in the centre to play the opposite direction.

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

- Develop team work.
- Improve technical execution of crossing and finishing.

KEY FACTORS

- Accuracy and execution of delivery
- Communication
- Decision of when to cross
- Good first touch (if necessary)
- Good movement
- Head up
- Quality of the finish

FOCUS AREAS

- Accuracy and weight of initial pass into attackers.
- Attackers timing of movement.
- Attacking the crossed ball.
- Communication.
- End product - hit the target.
- Observe technical execution.
- Precision and speed of pass from flank player.



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