

Description

Attacking from Wide Areas - Crossing and Finishing

Warm Up

Organization

Create a 20 by 20 yard square

Players at cone 1 play a long pass to the player at cone 2 and follows the ball

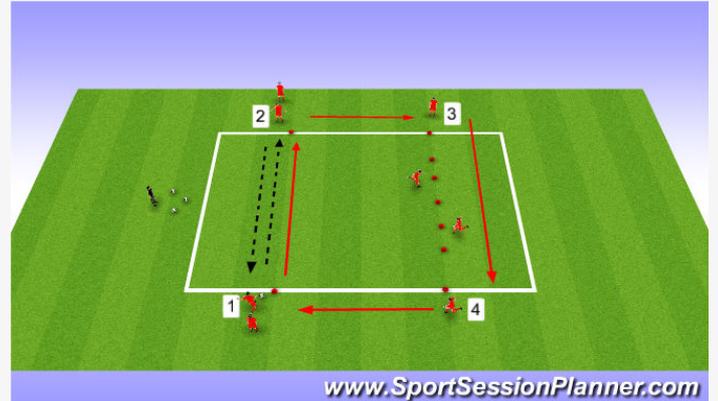
Players at cone 2 play a long pass back to the next player at cone one and then moves to cone 3

Players at cone 3 move through the cones performing a variety of dynamic movements as they progress to cone 4

Once at cone 4 the players move back to cone 1

Add in different types of pass:

- Low driven pass
- High driven pass
- High lofted pass
- Chipped pass
- Curved pass



Crossing and Finishing

Organization

Players are in pairs with one wide player left and right with the first pair are at the two attacking cones

The coach plays the ball to player 1 who drops a short pass back for player 2 who has made a movement across the front of player 1

This movement allows player 2 to have their body facing wide to create an easier pass out to player 3 or 4

The wide player takes a touch and crosses the ball into the middle where player 1 and 2 have made creative/intelligent movements to attack the goal

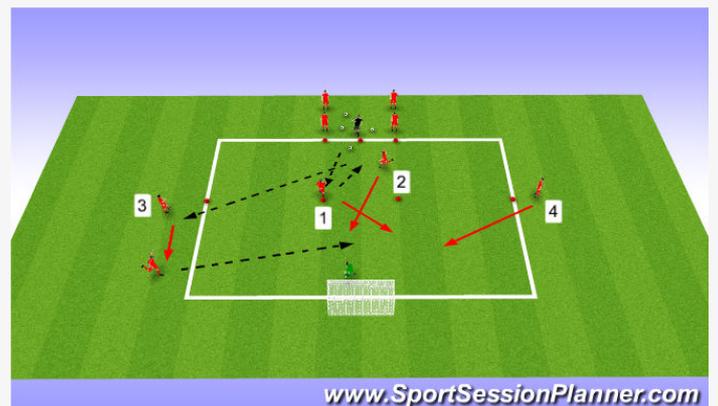
- Timing of attack
- Direction of attack
- Speed of attack
- Movement during attack
- Identify which part of the body to attack the ball with

The opposing wide player can be encouraged to attack the goal at the far post

Rotate crosses and players on each side

Progressions

- Add defenders
- Add a third attacker
- Add passing combination before ball out wide



Small Sided Game

Organization

4 v 4 or 5 v 5 with 2 wide players outside the field that play for both teams

Ball must be played outside to either of the wide players to cross before a goal can be scored

Rotate players on the outside

Add in goal specific actions:

- Header to score
- Volley to score
- Bike it !!



