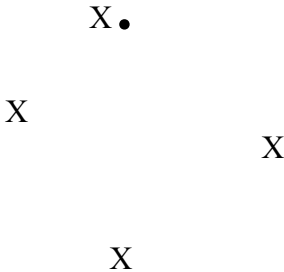
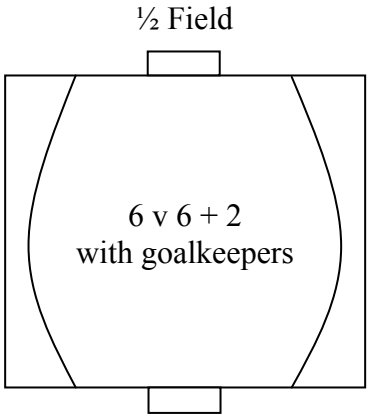
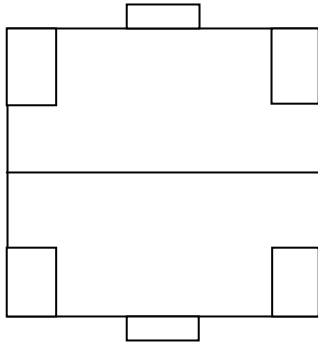
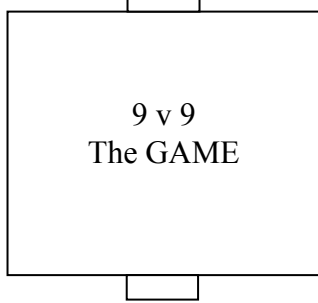


Topic: **Finishing off of Crosses**

Organization	Variations/Principles	Diagram	Coaching Points
Warm Up			
<p>Technical long passing work in groups of four, one ball between four. Stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Driven balls. ▪ Flighted balls. ▪ Bending balls. ▪ Make sure players strike moving balls versus stationary balls. 		<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Body shape and balance ✓ Preparation touch before striking ✓ Angle of approach ✓ Eye on the ball when striking
Exercise #1			
<p>6 v 6 + 2 with goalkeepers to two large goals (½ field, full width and length, with “free” channels on the flanks). Neutral flank players play unopposed in the “free” channels and service crosses.</p>	<ul style="list-style-type: none"> ▪ Balls must be serviced by flank players to attacking team before going to goal. ▪ Goals scored off crosses are worth two, while goals scored during run of play are worth one. ▪ Progress to adding defensive pressure to the flanks once the ball has entered the flank channels. ▪ Be sure to use arced or bending channels which encourage proper tactical applications of technique. 		<ul style="list-style-type: none"> ✓ Body shape and mechanics ✓ Eye on the ball – read the flight of the ball ✓ Body in line of flight with the ball ✓ Area of contact (striking surface) ✓ Use of upper body and legs to generate power ✓ Proper timing of runs to ball and target areas

Topic: **Finishing off of Crosses**

Exercise #2			
<p>7 v 7 with goalkeepers to two large goals (¾ field, full length and width). Add four “free” corner zones (25 x 20 or as needed) to each corner of the field.</p>	<ul style="list-style-type: none"> ▪ Normal rules of soccer apply, with one exception: if the ball is played into a “free” corner zone, players are allowed to cross the ball unopposed. However, the ball must enter the zone prior to the player. ▪ If necessary, 6 v 6 + 2 with goalkeepers. This may help to encourage numbers up in the attack. 	<p style="text-align: center;">¾ Field</p> 	<ul style="list-style-type: none"> ✓ Timing of runs ✓ Deception of runs (i.e., near post runs to unbalance defending unit for far post attack) ✓ Technique upon demand ✓ Tactical application of technique ✓ Willingness to attack with a purpose
Exercise #3			
<p>8 v 8 with goalkeepers to two large goals (¾ field, full length and width).</p>	<ul style="list-style-type: none"> ▪ Possible formation 3:3:2 ▪ No restrictions 	<p style="text-align: center;">¾ Field</p> 	<ul style="list-style-type: none"> ✓ Coach within the game ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session