



Finishing crosses.

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Description

Finishing Crosses

Warm Up (10 mins)

Organization 20 x20 square

split your team in half, with half feeding the players and half working.

players jog from player to player completeing the required skills.

Start with heading back to partner, then volleys.then a mix.

add dynamic stretches, high knees, heel flicks,kick through,Skipping, open the gate and windmills.

Coaching Points

1. Headers -eyes open attack the ball with the forehed.
2. Side-on in a boxing position,on the balls of the feet.
3. when jumping arms should be out to protect against the defender and to generate power.

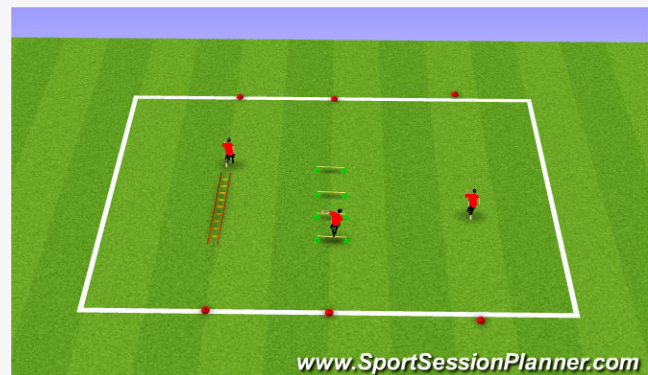


SAQ (10 mins)

Line 1 Fast feet

Line 2 Bunny hops

Line 3 Straight sprint



Technical (15 mins)

Organization is 40 x 30 square player 1 is set up out wide 10 yards up from the by line.

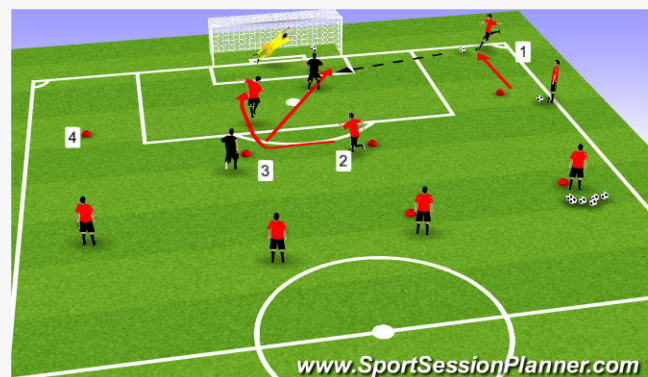
Player 2 and 3 are set up approximatley 5 yards outside of the box or 25 yards out of the goal.

Player 1 takes a 1 big touch out their feet towards the byline, then crosses into the box. cross can be high or low.

Players 2 and 3 make runs into the box to finish the cross. once completed players move to the next line.

Coaching Points

1. Types of runs, near post, center and back post.
2. Timing of run be behind crosser staggered line.
3. correct Technique for the finish. eg. downwards header.
4. is the crossing good, ask players to concentrate and to put alot of pace if possible into the cross.



Technical Adv. (20 mins)

Add defender into the middle of the field.also line 4 adds to the attack,so there are 3 attackers

Coaching Points

communication - call for the ball.

Switching positions - above player 3 attacks the near post and player 2 loops around to the center.player 4 should be last in at the back post to finish any longer balls.



Conditioned Game (20 mins)

Conditioned Game

create a smaller game field approx 40 x 30 each side create a channel,Also split the field in the middle to create two halves. only two defenders plus a GK can defend at anyone time. everybody can attack.

In the channels players can dribble and cross unopposed.

Coaching Points

Can GKS distribute wide quick

can we get good service - correct pass high or low cross

First touch finish and also rebounds



Game (15 mins)

Game

Regular game with encouragment on finishing quick.

