

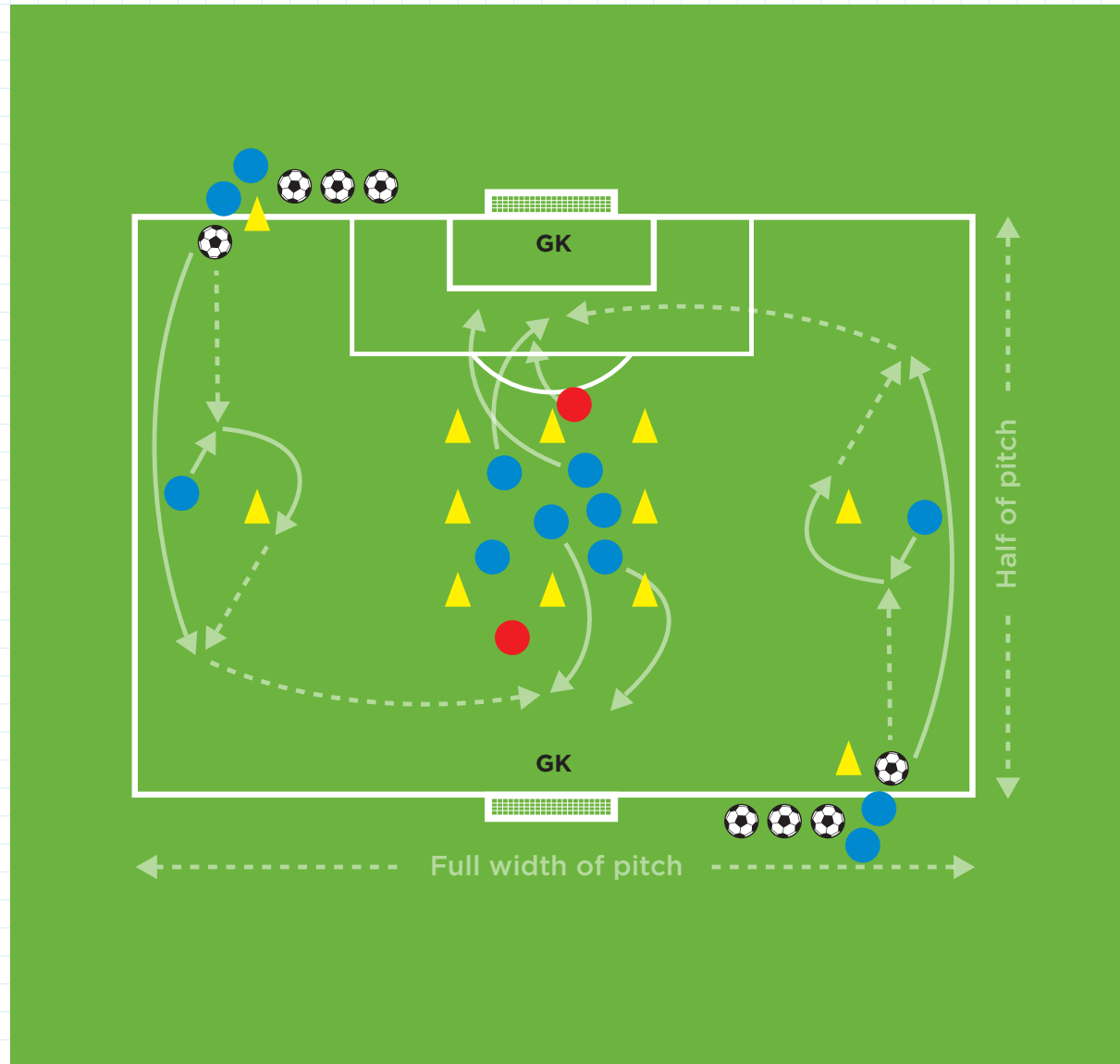
Crossing & finishing

Practice organisation

- Half-pitch, incorporating full width, with goals at each end & central grid 15x15yds with cones 5yds inside each touchline at centre of practice area, as illustrated.
- 16 players (incl. 2GK's), arranged 6 Attackers in central grid, 2 Attackers at each end, one A wide at mid-point & 2 Defenders on fringes of central grid, as shown in diagram.
- Supply of balls at each start point with A's.
- Practice operates from each end at same time.
- Practice starts with: A plays ball wide to flank player & overlaps to receive ball rolled into path.
- Overlapping A takes ball forward under control, at pace & delivers cross for 2A's attacking the goal from central grid.
- D starts on fringe of central grid & retreats to defend the cross with GK.
- Once cross & finish is complete: crosser goes to opposite end, central A's return to grid & practice recommences.

Detail

- Crosser contact on ball to spin or shape flight of ball away from GK.
- Avoiding/eliminating GK & D with cross.
- Crossing early with pace to exploit gap between GK & recovering D.
- Flight ball accurately over GK to far post/beyond far post, for headers, if necessary.
- Central A's to coordinate runs into penalty area & observe progress of wide player before attacking key areas in front of goal.
- Central A's to observe flight of ball from cross & select appropriate surface to execute finishing skill required.
- Getting feet & body shape prepared to execute finish.
- Finishing on the move in the penalty area.
- Simple progressions for this practice are:
 - A from central grid links with initial move & combines with wide players to initiate attack.
 - Introduce 2nd. D & allow 3rd. A from central grid, to trail A's attacking penalty area, looking for balls pulled-back or half-cleared by D's/GK.



Key coaching points

- Assessment by crosser of position of A's in penalty area.
- Appropriate delivery to A's, attacking near & far post areas.
- Timing of runs into penalty area & assessment of position of crosser & D.
- Recognising & attacking spaces in penalty area.
- Selection of technique & precision of contact to strike on target at goal.