

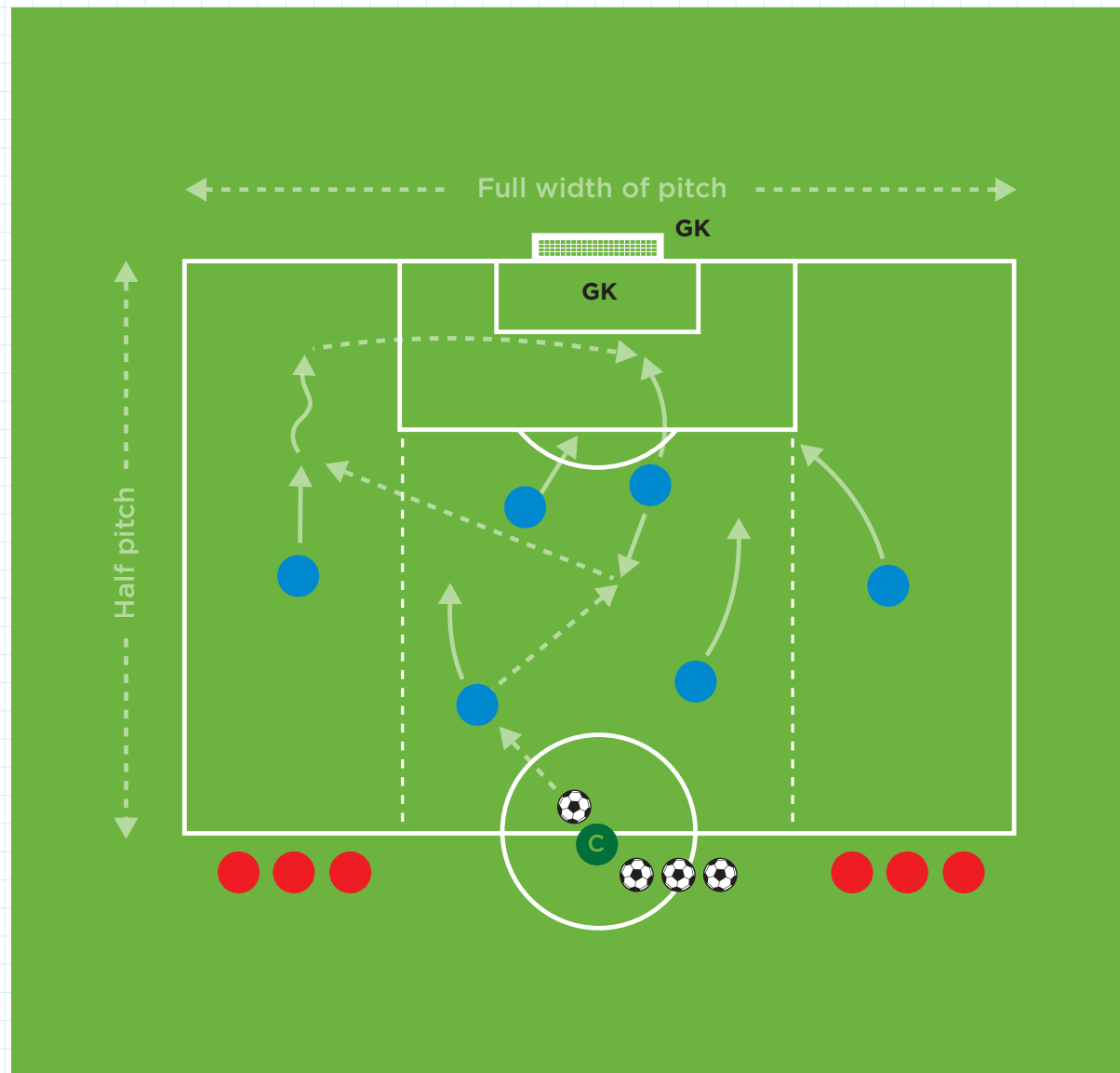
# Crossing & finishing

## Practice organisation

- Half pitch with appropriate size goal & cones extending from corner of penalty area to half-way, as illustrated.
- 14 players (incl. 2GK's), arranged in two groups of 6.
- Each group contains 2 Attackers; 2 Midfield & 2 Flanker players, as shown.
- Each group works separately, with 2nd. set of players ready to take-up position on half way line, by coach.
- Practice starts with: coach passes into MF's who combine before playing into A.
- A plays ball out to flank, for wide player to take forward & cross into penalty area for A's to strike at goal.
- MF's push forward to edge of penalty area & opposite side flank player attacks far post from cross.
- Once attack is concluded: 2nd group establish position, GK's change places & practice recommences from coach.
- 1st group quickly return to half way to prepare for next attack.
- After predetermined number of attacks: players change roles within group.

## Detail

- Delivery & type of cross from flank player may vary (near, far post, lofted, driven, cross pulled back to edge for MF).
- Encourage flowing combination play, to establish good tempo of forward passing moves.
- A's to coordinate movement (staggering entry, to prevent becoming flat) into penalty area to cover all areas.
- Good body shape & footwork to prepare for clean contact when striking on goal.
- Simple progressions for this practice are:
  - Introduce 2D's who (passively) mark A's in build-up phase, but track & defend goal in penalty area, realistically.
  - Introduce 3rd. D to track back on goal from MF position, after challenging (1v2) initial MF play into A's.



## Key coaching points

- Accuracy & weight of initial pass into A.
- Receiving, communication & combining skills of 2A's.
- Precision & speed of pass to flank player: when played in front & when played into feet, to take forward.
- Timing, velocity & trajectory of cross delivered from flank player.
- Assessing build-up play whilst making runs.
- Timing & coordination of run from opposite flank player with A's.
- Timing & coordination of runs from MF's to edge of penalty area.