

### ACTIVITY #1

**Set up:** The full team or midfield and attacking players work on crossing and finishing in and around the penalty area. Work left hand side, then right. Rotate crossers and finishers, but at higher level use players in their positions. 4-8 minute rotation.

**Instructions:** Wide player dribbles down the channel and crosses into the penalty area for runner looking to finish. As the activity progresses limit the touches of the winger. Have him cross on his second or third touch.

**Coaching Points:** Crosser must attack at pace the end line or space beyond the 18 yard line.

Last touch should be towards the near post.

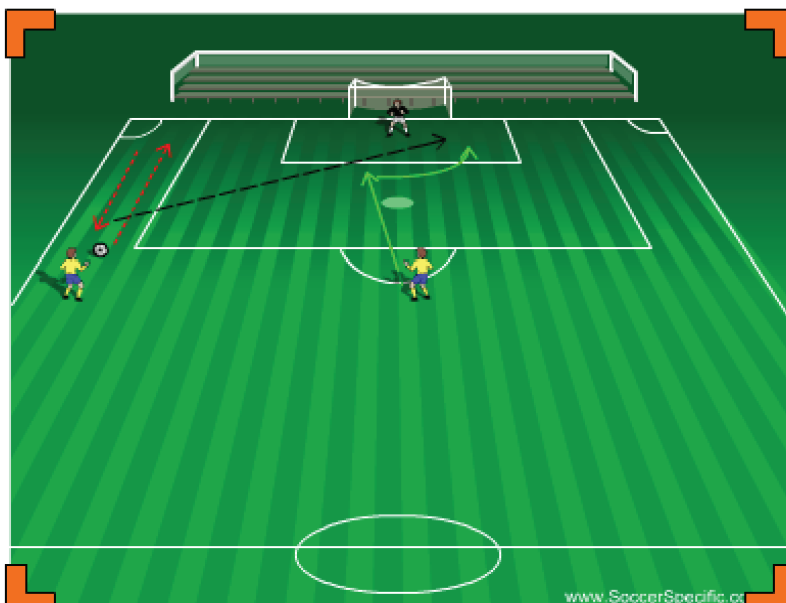
Runner should attack near post.

Crosser should look up as he plays his last touch.

Crosser should not pick out the runner, but play into the space half way between the keeper and the runner.

Forward should take off when crosser's head goes down.

Crosser should drive or bend low and hard. Can cross in air if needed.



### ACTIVITY #2

**Set up:** Same as Activity 1. 4-8 minute rotation.

**Instructions:** Crosser attacks the end line or the space beyond the 18 yard line. Instead of crossing the player turns outside with the ball, takes a touch and then crosses to the back post.

Forward looks to finish.

**Coaching Points:** Same points as Activity 1.

When the crosser turns out he should bend the ball in to the far post.

Runner should attack near post.

When the crosser turns out the runner should peel away to the back post.

Crosser should not pick out the runner, but play into the space half way between the keeper and the runner.

Crosser should look up as he plays his last touch.



### ACTIVITY #3

**Set up:** Same set up as the two warm up activities. Players now play 2v2+K.

**Instructions:** Wide player attacks the end line to cross, recovering defender closes down on first touch. Forward now has a defender marking him in the penalty.

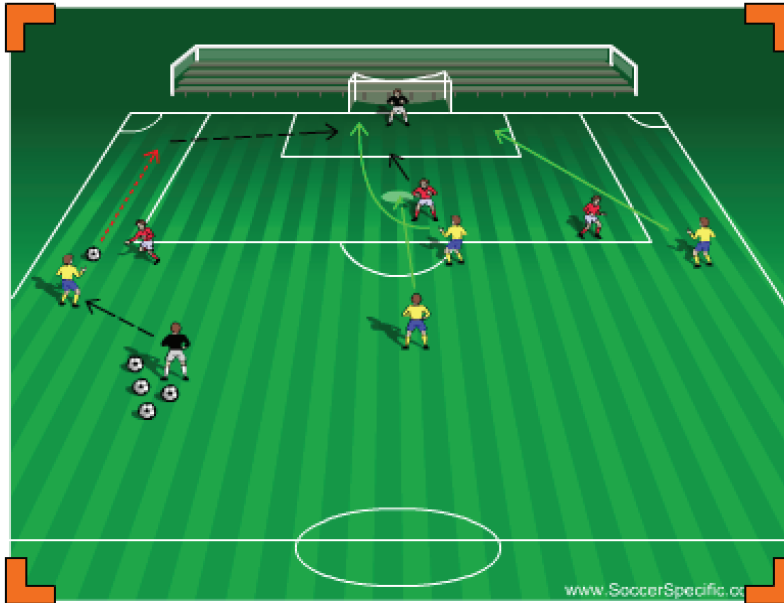
**Coaching Points:** Same points as the warm up.

Crosser's last touch must take the tracking defender out of the game. Cut across him.

Forward should attack near post and get in front of defender.

Ball should be crossed low and hard into the space between the keeper and the forward.

Can progress to the crosser taking on the defender 1v1 before crossing.



#### ACTIVITY #4

**Set up:** Same set up as previous activities. Coach now serves ball to start. Play 4v3+K for 4v4.

**Instructions:** Coach plays the ball to wide player to take on defender 1v1 and cross. Crosser can go outside for ball to near post or inside for ball to back post. Add a second forward and a trailing far side midfielder player and defender.

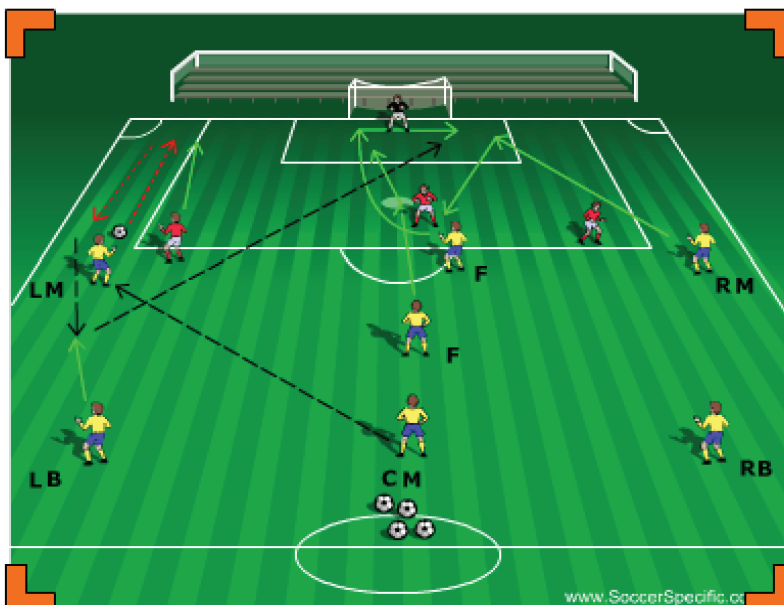
**Coaching Points:** Continue to emphasize the points made in the previous activities.

Second forward should get into the space between the 6 yard area and penalty spot.

Wide player should look to get into the back post.

Ball should be driven into the key areas.

Runners should throw themselves at the ball to get on the end of it.



#### ACTIVITY #5

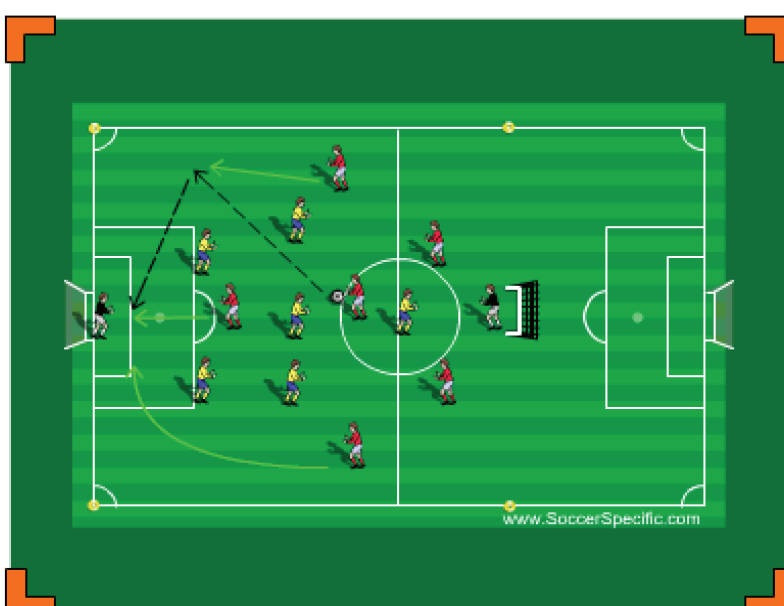
**Set up:** Expand the activity to half field attacking one goal. Progress to 7v4.

**Instructions:** CM starts the activity by playing to wide midfielder who takes on the full back. He can cross or turn back to play to trailing full back who then crosses into far post. Play continues until play is dead. Add defenders and a second central midfielder player to make 7v5 or 8v6.

**Coaching Points:** Reinforce previous coaching points.

Wide midfielder and full back can combine or overlap if on. If the full back comes inside the first forward peels off to back post, second forward goes near and opposite midfielder comes out to the penalty spot.

Don't force the play if cross is not on, go back to full back or central mid and switch the point of the attack.



#### ACTIVITY #6

**Set up:** Half field plus 18 yards. Play 7v7 or 8v8 or adjust field size for 9v9 or 11v11.

**Instructions:** Play a game with offside rule in effect and players playing by position and in a specific formation.

**Coaching Points:** Reinforce previous coaching points in flow of the game.