



Tier 3: Session 3; Advanced Shooting from CROSSES

Category: Technical: Shooting
Difficulty: Advanced

Danny Simpson, Norwalk, United States of America
Individual-Adult Member

Description

Warm Up (15 mins)

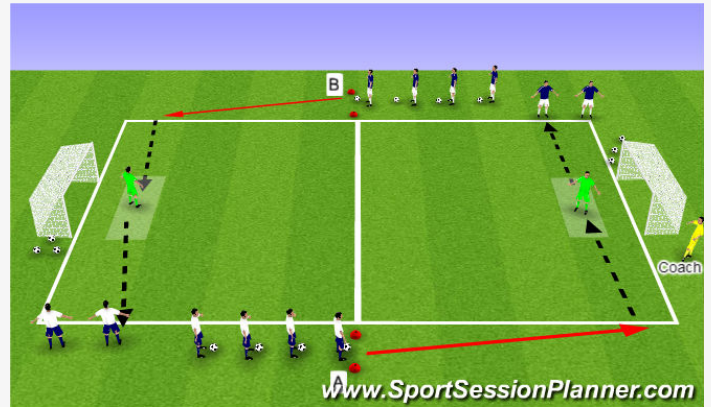
- In a 40yd x 50yd area, with 2-full size goals & 2-lines of players.
- Player's A & B run with the ball to the byline & cross into the grey area "No Mans Land".
 - GK's occupy the NML area to receive the cross. IF cross is accurate; GK's secure the ball, turn and distribute with hand to opposite line player. IF cross is wayward, player retrieves lost ball & joins opposite line.
 - Once GK's have distributed, next player in line goes. IE, REPEAT continuous flow.

Technique of Crossing to work on: Driven, Whipped & Lofted

Technique of Goalkeeping to work on: Attacking crosses, Handling & Underhand & Overhand distribution

Coaching Points

- Set Up:** Does wide player attack the byline at pace? Is his last touch inward? Does he look up after last touch & before crossing?
- Technique:** How is the quality of crossing technique? Are crosses accurate?
- Distribution:** Is GK distribution correct, quick and in the right area? Is it easy to control? Is player touch on receiving the ball off FRONT foot & FORWARD?



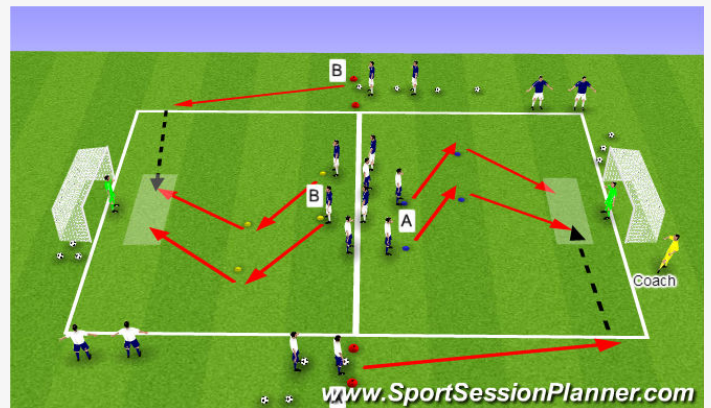
Activity One (20 mins)

In a 40yd x 50yd area, with 2-full size goals & 8-lines of players; 4-Wide & 4-central.

- Player's A & B run with the ball to the byline & cross into the grey area "No Mans Land". Vary type of cross delivered.
- Attackers A & B create space with their runs (highlighted by cones) & attack NML area to receive the cross.
- ALL finishes should be 1-touch. IF the ball goes between goal & NML; ALWAYS GK's ball.
- IF GK cuts out the cross, same distribution as before.
- Stay in same positions until coach changes job roles. Change wide players with attackers every 5-min.

Coaching Points

- Movement:** Are the attackers moving in sync with the wide players? Are they timing their runs to meet the ball in NML simultaneously? Are ALL players working at full-speed?
- Technique:** Does wide player 'pick out' a target or just put the ball in NML? How is the quality of the various crossing techniques? Are crosses away from the goalkeeper?
- Finishing:** What is the attackers body position like when attacking the ball? How is decision making regarding what type of finish to apply? Is the finish controlled or wild? Are players being **consistent** in their finishing?



Activity Two (25 mins)

In a 40yd x 50yd area; Play 6 v 6 + GK's) + 4 WM Bumper players. 1-1-3-2 formation

Rotate WM Bumpers every 5-min. WM have limited touches as they are unopposed

- NO Restrictions.
- 3pts if cross from bumper players creates a shot on goal
- 5pts in score from cross
- 3pts if score from using WM as decoys
- 2pts if over-play WM. Keep play realistic

Coaching Points

- Attacking Flow:** Are WM's used as part of attack principles (WIDTH) when possession dictates? OR is play fabricated to create width? IE, force the play.
- Attackers:** Are strikers making it hard for defender to defend with their movement OFF the ball? Does this help create natural WIDTH? Are strikers attacking crosses correctly?
- Shots:** Are shots being taken regardless of width? Are crosses



creating shots? IF GK intercepts crosses, how is transition to create width & crosses on the counter attack?

Final Game (25 mins)

In a 70yd x 50yd area; Play 9 v 9 to BIG Goals

Formation; 1 - 2 - 4 - 2

Emphasis in formation: Establish width, look to penetrate wide & create shooting opportunities.

FIFA RULES APPLY

