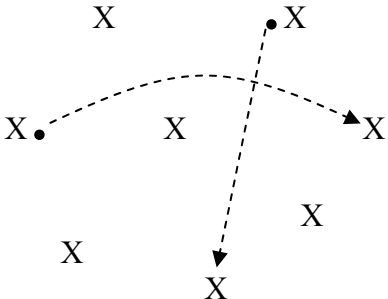
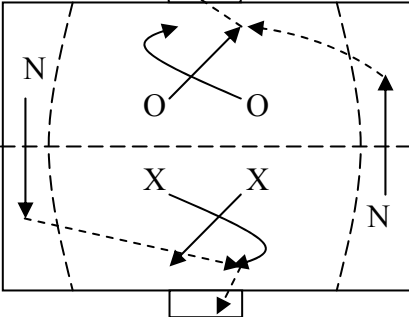
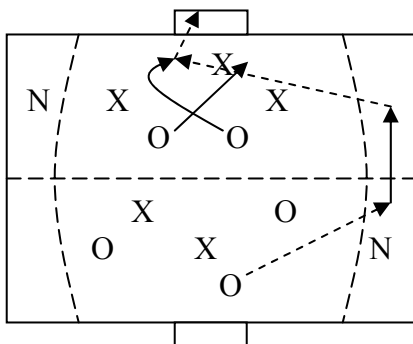
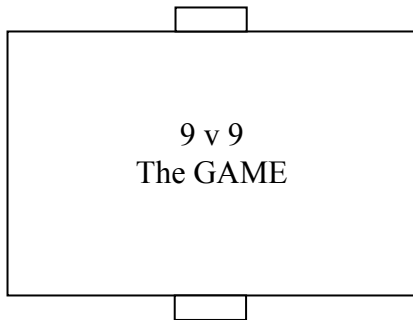


Topic: **Crossing**

Organization	Variations/Principles	Diagram	Coaching Points
Fundamental			
<p>Technical passing (crossing) warm-up. Half field, 16 players, and four balls.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Utilize the entire half field, and begin with simple long-passing between players. Continuous. ▪ Vary service to include: <ul style="list-style-type: none"> ✓ Driven balls on the ground ✓ Driven balls in the air ✓ Flighted (lofted) balls ✓ Bending balls 		<ul style="list-style-type: none"> ✓ Body shape and balance ✓ Preparation touch ✓ Speed and angle of approach (hips and shoulders toward target) ✓ Shape of foot on the ball (appropriate striking surface)
Match Related I			
<p>Two large goals with goalkeepers (36 x 65 area with neutral channels). Neutral flank players play unopposed in the “free” channels and service crosses.</p>	<ul style="list-style-type: none"> ▪ Flank players cross balls, focusing on various services (i.e., driven near post, flighted far post, cut-back driven on the ground, etc.). ▪ Target players begin without defenders, making both near and far post runs. ▪ Advance by adding defenders inside the area marking runners in the box (2 v 0, 2 v 1, to 3 v 2). ▪ Award points for scoring out of the air (i.e., header or volley), and award defenders a point for clearances outside the 18 yard box. 	<p>36 x 65 (Full Width)</p> 	<ul style="list-style-type: none"> ✓ Positive 1st touch into space, and preparation touch ✓ Proper [type] of cross based on timing of runs and defending shape ✓ Accuracy and weight of the cross (i.e., flighted versus driven) ✓ Vary the service (i.e., near post and far post crosses)

Topic: **Crossing**

Match Related II			
<p>5 v 5 + 2 with goalkeepers to two large goals (50 x 65 area with neutral channels). Neutral flank players play unopposed for team in possession and service quality crosses.</p>	<ul style="list-style-type: none"> ▪ Each team must stay in their own half of the field. ▪ Pull the middle line and allow free play and allow one defender to pressure the outside flank player once a ball is played into the channel. ▪ Award attacking and defending points appropriately. 	<p>50 x 65 (Full Width)</p> 	<ul style="list-style-type: none"> ✓ Read the cues from the attacking team ✓ Timing of cross; decision whether to cross early or to penetrate and cut-back cross into a run ✓ Tactical application of technique (i.e., creating space to get a cross off, timing of runs, etc.)
Match Condition			
<p>8 v 8 with goalkeepers to two large goals (¾ field, full length).</p>	<ul style="list-style-type: none"> ▪ Possible formation 1:2:3:2 ▪ No restrictions 	<p>¾ Field</p> 	<ul style="list-style-type: none"> ✓ Coach within the game ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session