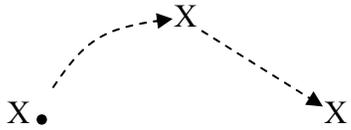
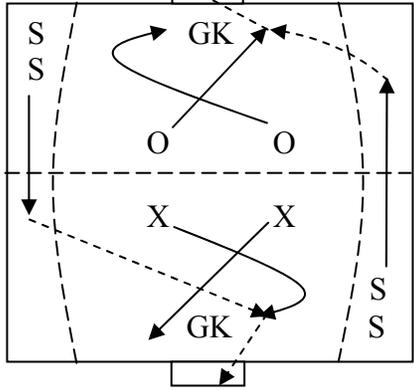
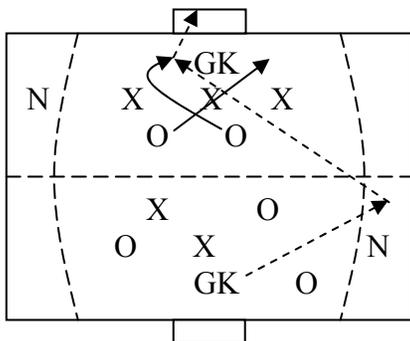
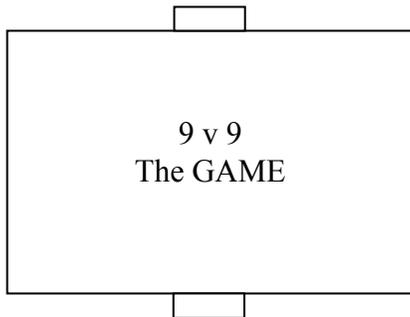


Topic: **Finishing Off Crosses II**

Organization	Variations/Principles	Diagram	Coaching Points
<b>Warm Up</b>			
<p>Technical heading work in pairs (server and header), one ball between two.</p> <p>Technical heading work in groups of three (two servers and one header), one ball between three. Stretch.</p>	<p>Phase I:</p> <ul style="list-style-type: none"> <li>Start about 5 yards apart. Check away, return and head ball from server. Focus on the top ½ of the ball and head the ball “down”. Rotate every 8-10. Rotate and repeat.</li> </ul> <p>Phase II:</p> <ul style="list-style-type: none"> <li>Check away, return and head ball to opposite server. Focus on redirecting the ball down and at an angle. Rotate and repeat.</li> </ul>	<p>1.</p>  <p>2.</p> 	<ul style="list-style-type: none"> <li>✓ Body mechanics, shape and balance</li> <li>✓ Eye on the ball – read the flight of the ball</li> <li>✓ Body in line of flight with the ball</li> <li>✓ Area of contact (striking surface)</li> <li>✓ Upper body and legs to generate power</li> </ul>
<b>Phase I</b>			
<p>Two large goals with goalkeepers (36 x 65 area) with “servers” in each of the flank channels.</p> <p>Note: be sure to have plenty of balls for both servers in the flank channels.</p>	<ul style="list-style-type: none"> <li>Flank players cross balls, focusing on various services (i.e., driven, flighted, in-swinger, out-swinger, cut-back on the ground, etc.).</li> <li>Target players begin without defenders, making both near and far post runs.</li> <li>Advance by adding defenders inside the area marking runners in the box (i.e., 2 v 0, 2 v 1, to 3 v 2).</li> <li>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.</li> </ul>	<p>36 x 65 (Full Width)</p> 	<ul style="list-style-type: none"> <li>✓ Timing and angle of runs (i.e., near and far)</li> <li>✓ Adjust starting position as ball travels</li> <li>✓ Assess flight of the ball (i.e., driven, flighted, etc.)</li> <li>✓ Always know where the goal is and follow the ball with your eyes after heading it</li> <li>✓ Head balls down and at angles away from the goalkeeper</li> </ul>

Topic: **Finishing Off Crosses II**

<b>Phase II</b>			
<p>5 v 5 + 2 with goalkeepers to two large goals (36 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"> <li>▪ Each team must stay in their own half of the field to begin.</li> <li>▪ If the neutral player receives the ball in their defending half of the field, they must serve an early cross; if they receive the ball in the attacking half, they can penetrate to the end line.</li> <li>▪ Pull the midfield line and allow free play, and then allow one defender to pressure the outside flank player once a ball is played into the channel.</li> </ul>	<p>36 x 65 (Full Width)</p> 	<ul style="list-style-type: none"> <li>✓ Aggressive and positive mentality to score</li> <li>✓ Tactical application of technique:                             <ul style="list-style-type: none"> <li>▪ Direct ball on target (the goal)</li> <li>▪ Teammate</li> <li>▪ Path of teammate</li> <li>▪ Deflect ball toward target</li> </ul> </li> </ul>
<b>Phase III / Game</b>			
<p>8 v 8 with goalkeepers to two large goals (2/3 field or as needed)</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 1:3:3:2 v. 1:3:2:3</li> <li>▪ No restrictions</li> </ul>	<p>2/3 Field</p> 	<ul style="list-style-type: none"> <li>✓ Coach within the game</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Dynamic movements and static stretching.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> <li>▪ Reduce heart rate.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Review Session</li> </ul>