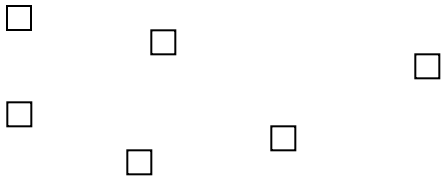
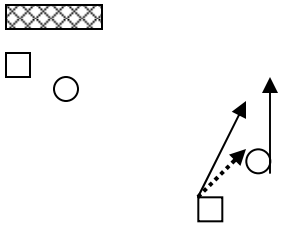
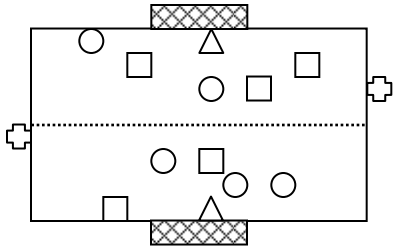
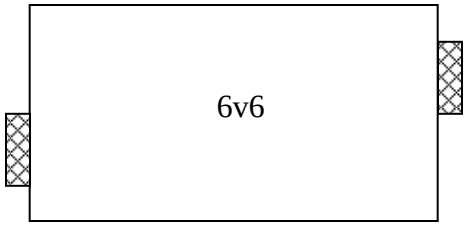
Name: Matt Callahan Topic: Crossing Date:

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ Everyone in a half of the field, half of the players need a ball ▪ Players jog around sporadically, players with a ball look to cross the ball to one of the players without a ball ▪ Stretch then repeat **Progressions:** Specify which foot they must cross with	▪ Hips turned to face target ▪ Head looking down at ball ▪ Angle of approach ▪ Preparation touch before crossing ▪ Quality of cross – weight, accuracy, timing

MATCH RELATED ACTIVITY
 
	▪ Square passes ball to circle
	▪ Circle plays ball with first touch towards end line and then crosses the ball
	▪ As soon as square passes the ball they pressure the crosser
	▪ One attacker and one defender by goal
	Progressions: Switch to other side of field so crosser has to use other foot
		▪ Hips turned to face target
		▪ Head looking down at ball
		▪ Angle of approach
		▪ Preparation touch before crossing
		▪ Quality of cross – weight, accuracy, timing
		▪ Type of cross
		  ▪ Driven to near post – flicked header
		  ▪ Lofted to far post – driven header or volley

MATCH RELATED ACTIVITY
 
	▪ Play 6v6 in a 50-x-44 yard area
	▪ 3 attackers and 2 defenders are restricted to staying in their half of the field, each team has a crosser who stays on the sideline
	▪ When defense gets ball they pass to crosser who is only person that can dribble across half line and send a cross
	▪ Looping run to far post, diagonal run to near post, one person at penalty spot
	Progressions: Remove staying in half restriction.
		▪ Hips turned to face target
		▪ Head looking down at ball
		▪ Angle of approach
		▪ Preparation touch before crossing
		▪ Quality of cross – weight, accuracy, timing
		▪ Type of cross
		  ▪ Driven to near post – flicked header
		  ▪ Lofted to far post – driven header or volley

MATCH CONDITION GAME 	▪ Play 6v6 ▪ No restrictions on players ▪ Goals moved towards touch lines to promote crossing	▪ Observe to see if session has helped with crossing