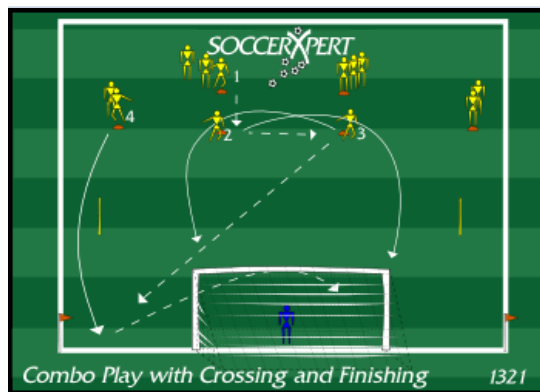




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 10+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: CROSSING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks | Full-Size Goal

Combination Play with Crossing and Finishing

Objective:

This combination crossing and finishing drill is a great cross and finish drill that allows you to focus on a short build-up, combination play, timing of runs, and crossing and finishing.

Setup

1. You will need the attacking third of the field, including a full-size goal, to perform this crossing and finishing drill.
2. Set a training stick on each sideline about 5 yards in and equal to the penalty area's top. These training sticks will serve as an obstacle for the crosser to run around to make sure they are getting as wide as possible.
3. Set a cone about 10 yards from each of the flags towards mid-field. This will be the starting point of the outside crossing players.
4. About 12-15 yards from the penalty area create a grid that is about 15 yards wide and 10 yards deep. Each of these cones will be a starting point for each player to perform the combination play.
5. You will need a large supply of balls just outside the grid on the midfield side.

Instructions

1. Player 1 starts with the ball and passes into player 2, who lays a ball off in the direction of player 3.
2. Player 2 then makes a run around BEHIND Player 3 and makes a back-post run.
3. Player 3 then passes a firm ball into the corner of the field into the space of player 4 and makes a run around Player 2's cone, and times his run onto the front post.
4. Player 4 makes a run around the outside of the training stick towards the corner flag, has a prep touch, and serves the ball into the finishing forwards. The forwards should work together to finish on goal.
5. The first two players step up to the next grid.
6. Repeat the crossing and finishing drill in the other direction for a right-footed cross.

Coaching Points

- Clean, crisp passes.
- Good movement to build up the cross.
- Time runs of forwards.
- Crosser has good prep touch and good cross into the runs of the forwards.

Variations

- Have players play in 1 touch. Allow the crosser to have 2 touches unless the pace of the ball allows him to hit it the first time.