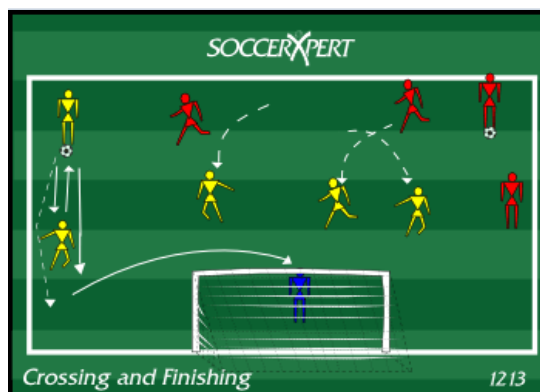




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 10+	Time: 15 mins.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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

Crossing/Finishing Drill

Objective:

This crossing and finishing drill focuses on attacking within the 18 yard box. This soccer drill mainly focuses on crossing, shooting, and heading.

Setup

1. Create five lines across the field about 5 yards from the penalty area.
2. Place your crossing players on the outside lines and your attacking central players in the middle three lines.
3. Instruct the middle three lines to attack a particular area of the goal (i.e., back-post, near-post).

Instructions

1. The first player in the crossing line steps out in front of the lines facing the crossers to become a passing player.
2. The next player in the crossing line is the crosser.
3. The crosser passes the ball to the passing player who plays the ball back to the crosser.
4. The crosser then plays a ball (to himself) past the passing player into the corner of the field.
5. He then sprints past the passer and crosses his pass into the middle players who should be running onto the cross.
6. The crosser now becomes the passing player and play repeats.
7. Alternate the crosses from the right and left sides.

Coaching Points

- Focus on proper body position from the crossing players assuring they are getting their hips facing the middle of the field.
- Make sure attackers are properly timing their runs and not getting in too quick or too slow.
- Finishers should be composed in front of the goal and look to redirect the ball past the keeper.

Variations

- Play in 1-touch on every ball.
- Add defensive players in the middle of the field to create defensive pressure.
- Specify the requested finishing style (ie. score on headers, volleys)
- Have the crossers drive the ball low.
- Have the crossers drive the ball in hard.