

Crossing & Finishing, Rotation

Category: Attacking

Length: 00:30 Rec. Players: 14

Published: January 23, 2014 @ 17:42

Practice Theme/Topic

Crossing and finishing

General Notes

Practice to improve crossing and finishing techniques, providing lots of repetitions. Can be altered to suit players and outcomes required

Aims & Objectives

To give players lots of opportunities to practise crossing and finishing, both with and without pressure from defenders

Organisation & Setup

Pitch size suitable for match-realistic practise.

Two goals, with two GKs

Channels out wide for crossers, with starting box/area to use in possible progressions

Supply of balls with crossers

Attackers starting gate in central position

After each go, players can rotate around each of the four stations, or as coach requires

Coaching Factors & Outcomes

Crosser pass into forward player in middle of pitch, who plays the ball back out to the channel for the wide player to deliver a cross. Forward makes run into the box and tries to hit the target

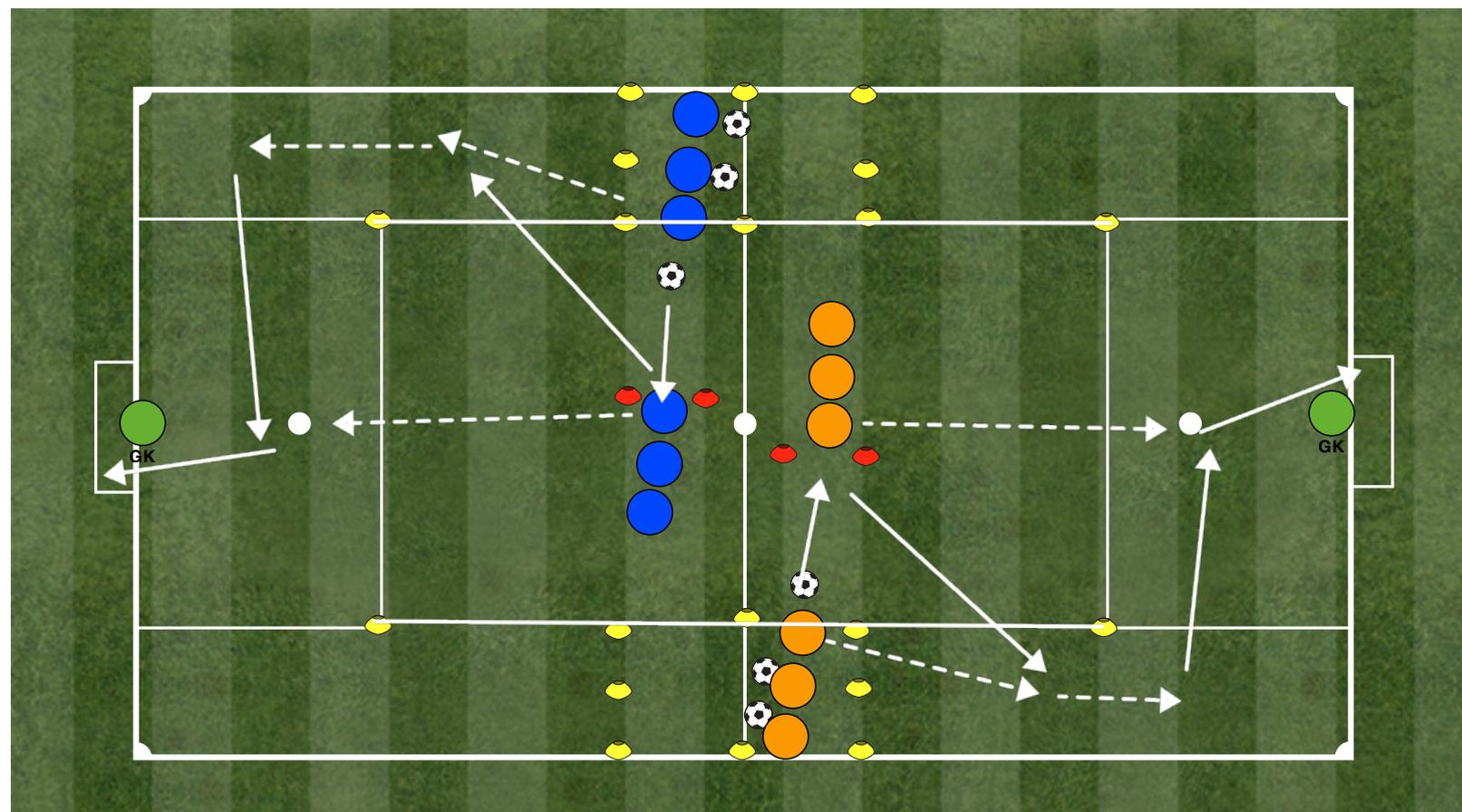
Adaptation & Progression

Encourage one or two-touch cross or finish

Introduce central defender, or defenders. Second central defender could close crosser down

Introduce 'recovering' defender in the channels

Add in a second central attacker



Coaching Point #1

Good passing from wide player and forward to enable crossing opportunity.

First-touch

Coaching Point #3

Forward players run, back to front post, front to back post.

Coaching Point #2

Wide-players look up for options

Two-touch crossing/finishing

One-touch crossing/finishing

Coaching Point #4

Practice: 01 Length: 00:30
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Slide: 01/02



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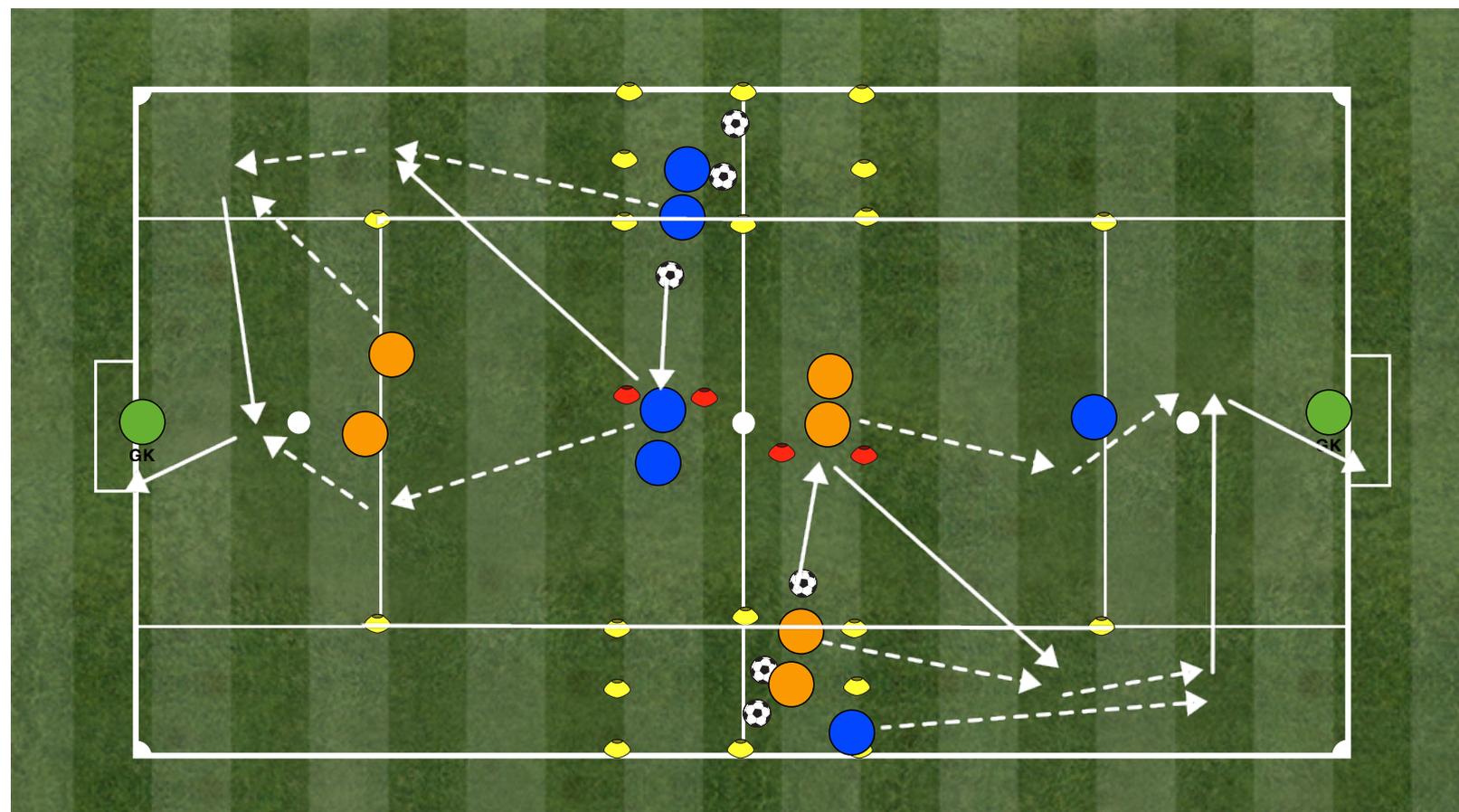
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Slide: 02/02

