



Crossing, Finishing & Overlapping Runs

Appropriate for players ages 12 - adult.

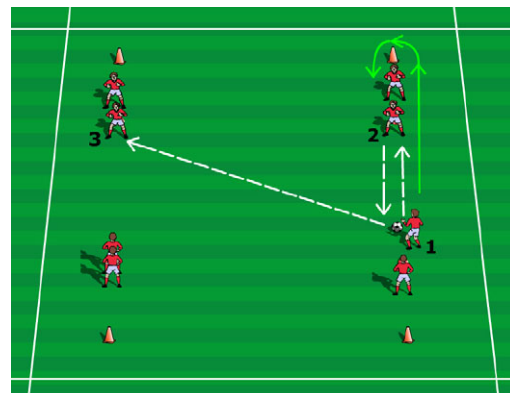
Session Aims: To demonstrate the timing and shape of runs into the box, to cross the ball into the path of attacking players and how to make an overlapping run.

Warm Up: Switch and Run

Line 4 groups up on each corner of a square. Player 1 starts by passing the ball into Player 2 opposite. The ball is returned to Player 1 with a lay off/one touch pass so they can switch the ball to Player 3. Once Player 1 has made this pass, they must sprint with a curved run around the cone joining the back of the group opposite. Player 2 follows their pass and jogs to the back of the line opposite them. When the ball reaches Player 3, the process repeats itself.

- Coaching Points:
- 1) Good first touch.
 - 2) Quality of short and long passes.
 - 3) Runs must be made quickly and curved.

- Variations:
- 1) Change the direction of the pass to encourage players to use their other foot.
 - 2) Change the type of run (zigzag), or provide two alternative runs for them to choose.
 - 2) Spread the groups out and play a lofted switch passes.

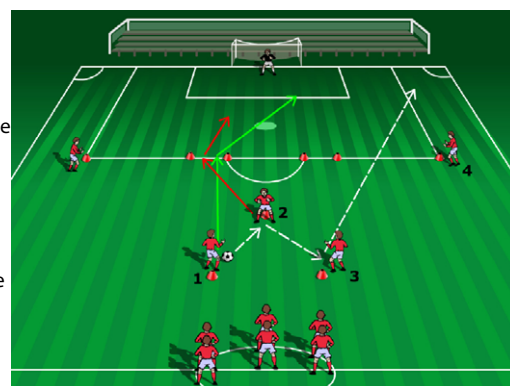


Fundamental/Individual: Crossing & Finishing

Player 1 passes to Player 2 who passes to Player 3. Player 3 makes a long pass into the channel in front of the winger, Player 4. As the ball is played forwards, Players 1 and 2 make cross-over runs through the gate on the edge of the box. The winger crosses the ball across the front of the goal and Players 1 & 2 try to score. The goalkeeper should be passive to begin with. Once the attack is over, Player 3 takes the place of Player 4 and Players 1, 2 & 4 join the back of the lines.

- Coaching Points:
- 1) As above.
 - 2) Quality of cross and runs; runners should change their pace and direction as they exit the gate, arriving to meet the ball.
 - 3) Player 1 should arrive at the 6 yard line level with the front post, Player 2 should arrive level with the penalty spot and back post.
 - 4) 1st time finish; volley, half volley or header?

- Variations:
- 1) Use both right and left wingers, runners then use the other gate.
 - 1) If the cross is over hit, allow the far winger to join the attack.

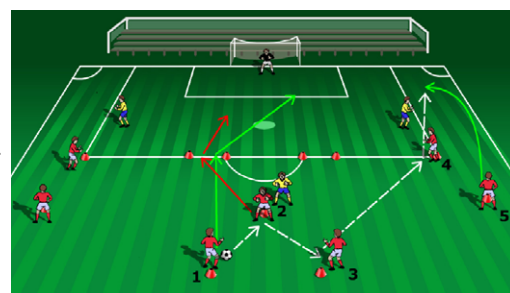


Game Related/Group (Incrementally adding pressure): Overlapping Runs

Keep playing as above, except add passive defenders to Players 2 & 4. Add a fifth player 10 yards behind Player 4. Now, when Player 3 passes to Player 4 they play a weighted pass towards the end line. Player 5 makes an overlapping run and crosses the ball.

- Coaching Points:
- 1) As above.
 - 2) Correct weight of pass by Player 4 to the end line.
 - 3) Timing of overlapping run; do not arrive at the ball too soon.
 - 4) Attacking players should now be looking to lose defenders with their runs and beat defenders with their crosses.

- Variations:
- 1) Allow defenders and goalkeeper to become more active.
 - 2) Allow Player 4 to beat the defender and cross the ball themselves.
 - 3) Allow players to play in their natural positions instead of rotating.



Game (Small-sided/Conditioned)

Play half field with 2 goals and create 2 channels down the wings. To begin with, place 1 winger on each side so that they can play un-opposed crosses into the attackers. They are always on the attacking team.

- Coaching Points:
- 1) As above.
 - 2) Encourage distribution to wide players.

- Variation:
- 1) Add a defender to the wing to play 1v1.

