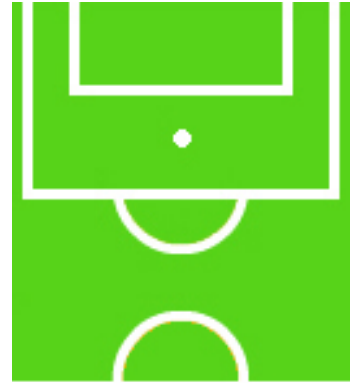


Crossing Drill 1



Set Up

- ▶ Group of players
- ▶ 6 Cones
- ▶ Large supply of balls
- ▶ Goals with nets



- ▶ Half Field

Coaching Points

This practice is designed to improve the quality of aerial crossing.

A grid is marked out extending approximately 20 yards from the penalty area. Three players are placed within this grid. One is a defender, two players as receivers. The defender wears a different colored vest. The second pair of receivers are positioned at the cones placed on the penalty area. The goalkeeper is placed goal. Two or more wide players positioned wide on the flanks near the half way line.

The coach starts the practice by serving a ball to one of the receivers within the grid. The two receivers must make a minimum of 3 passes before they can play the ball wide to either of the wide players. The two receivers can use the resting receivers to pass too, but the resting receivers are limited to one touch.

Once the ball is played out wide, the wide player runs with the ball down the channel and crosses the ball to either of the two receivers who try to score a goal.

The resting receivers change place with the working receivers. A resting defender should swap with the working defender after several attacks to goal to keep the defensive pressure intense and realistic.

Alternate all groups regularly to provide everyone an opportunity to perform different roles. Keep record of goals scored.