



SESSION TOPIC: **Crossing & Finishing** U16 / U17
 COACH: **Amanda Schmutz** AGE GROUP: **U16-17**

	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<p>SHORT TO LONG PASSING IN PAIRS</p> <ul style="list-style-type: none"> ♦ Long Passing Technique ♦ Driven balls- below waist ♦ Bending balls on ground and in air ♦ Flighted ♦ Chipped 	<ul style="list-style-type: none"> ✓ Work on angle of approach to ball. ✓ Distance of plant foot to ball. ✓ Surface of ball played. ✓ Surface of foot played.
P H A S E 1		<ul style="list-style-type: none"> ♦ X1 plays a give and go with X2. X1 takes a first time shot on goal. Following shot X1 and X2 make runs into the box for a shot on goal from a cross from X3. X1 and X2 have 2 touches between them to shoot. If GK makes a save that rebounds then X1 and X2 have 2 more touches to shoot again. Once shot is complete X1 and X2 receive and shoot a cross from X4. 	<ul style="list-style-type: none"> ✓ Quality of Crossed Ball ✓ Split GK Last Defender ✓ 6 yd. line Near/Far post ✓ Look into box-time cross ✓ Quality and Timing of Near/Far Post Runs ✓ Communicate to organize ✓ Recycle runs ✓ Contact with Cross ✓ NP Striker- must get across face. Dive/Lunge for ball. If beyond near post let ball run and frame goal ✓ FP Striker- Header/ Chest & Volley/Volley/Lunge
P H A S E 2		<ul style="list-style-type: none"> ♦ Same as Above Vary Service and Add Defenders. 	<ul style="list-style-type: none"> ✓ Service Variation ✓ Bent-early cross (between 30-18), pulled away from GK between GK and CB. ✓ Driven Low/Passed in - beyond 18 yd. line, attack 6 yd. line ✓ Chipped to back post- attack 6 yd. line ✓ Add defenders on runners, add defenders on servers
T H E G A M E		<ul style="list-style-type: none"> ♦ 6 V 6 Game or 8 V 8 Game ♦ 50 X 40 Area- 2 Goals ♦ Arched Flank Channel ♦ 1 v 1 in flank channel. 1 player allowed in on attacking team to create 2 v 1. 	<ul style="list-style-type: none"> ✓ Encourage quality and number of crosses from the flank channel. ✓ Encourage different types of service from different areas of the channel. ✓ Proper timing of Near and Far post runs during run of play. ✓ Quality of contact of cross- type of finish for service.
	COOL DOWN	♦ Jog & Stretch	