

FUNCTION

EFFECTIVE CROSSING

Designed to develop the understanding of a unit such as strikers and midfield players on their responsibility to deliver quality crosses from wide areas that create goal scoring opportunities and cause problems for defenders.

How to coach the team on primary, secondary and fringe players engaging all player in the unit and the practice

PRE SESSION FOCUS

- ✓ **Create the Opportunity to cross the ball**
- ✓ **Crosses into areas that will cause the defending team a problem to solve**
- ✓ **Crosses that provide other players with a chance of an End Product**
- ✓ **Coach fine detail, player and team understanding**

Target Player



Path of the player - - - - - →

Path of the ball ————— →

FUNCTION

EFFECTIVE CROSSING

Set up

Defending Xs GK 3-2-1

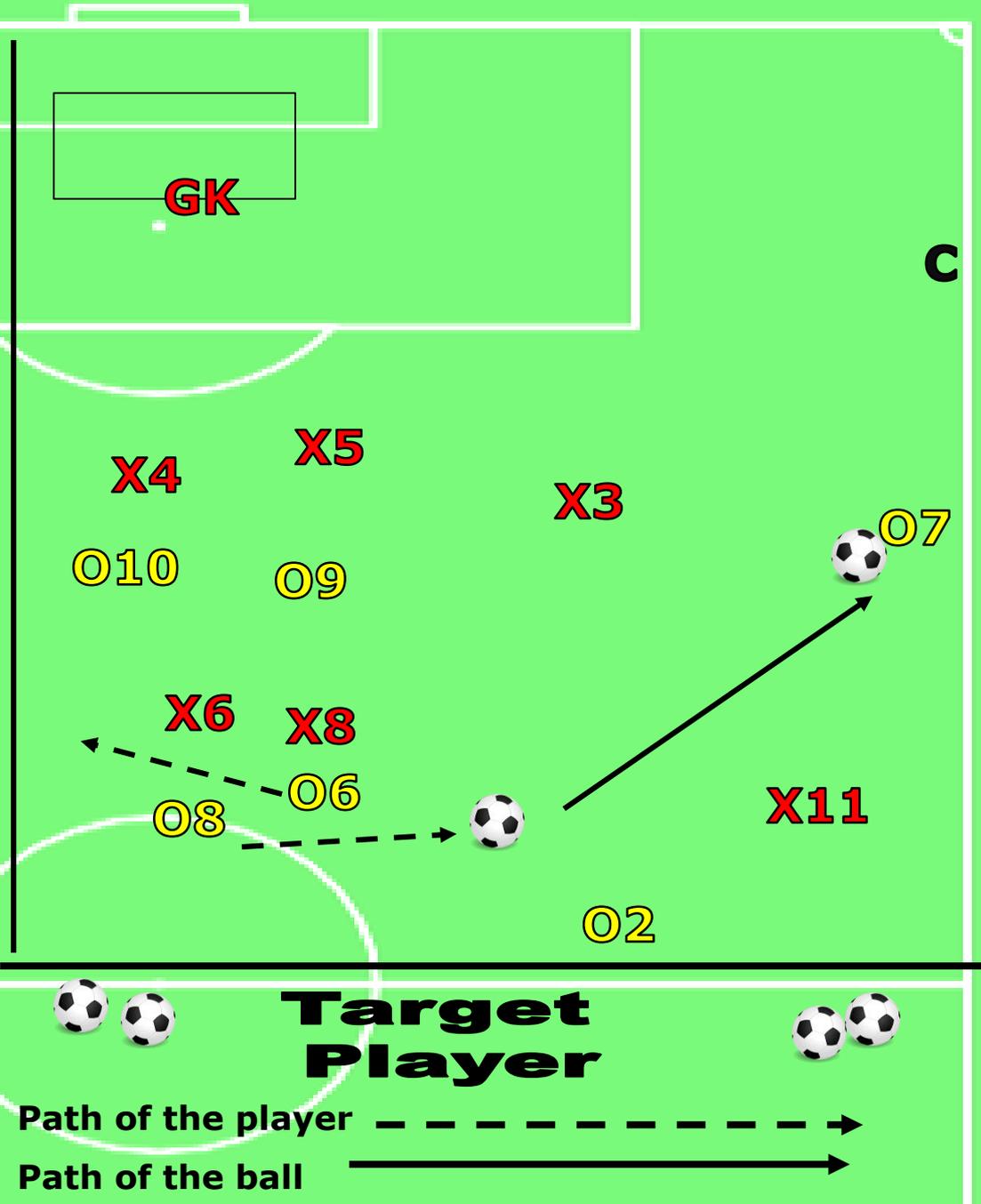
Attacking Os T - 1-3-2

Organisation

- ✓ The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the defending team can score by passing to the target player.
- ✓ Area coned off 2 yards outside far post to eliminate Right Back
- ✓ Set up in the middle 1/3 of the pitch to attack the final third straight away
- ✓ Coaching position near O7
- ✓ Set up a Prime Target Area (PTA)??

The Start Point No1

- O8 & O6 complete a take in midfield but on the left side to draw defenders LEFT
- O8 passes quickly to O7 wide.
- O7 creates space to receive and turn



FUNCTION

EFFECTIVE CROSSING

Scenario No1

Early Ball in Behind defenders

- O7 receives the ball and immediately crosses the ball behind X4 & X5 before X3 can recover.

Coach the Following

Primary Players

- ✓ **O7** on his delivery to the space behind defenders with a **LOW CURLING PASS** with quality and pace

Secondary Players

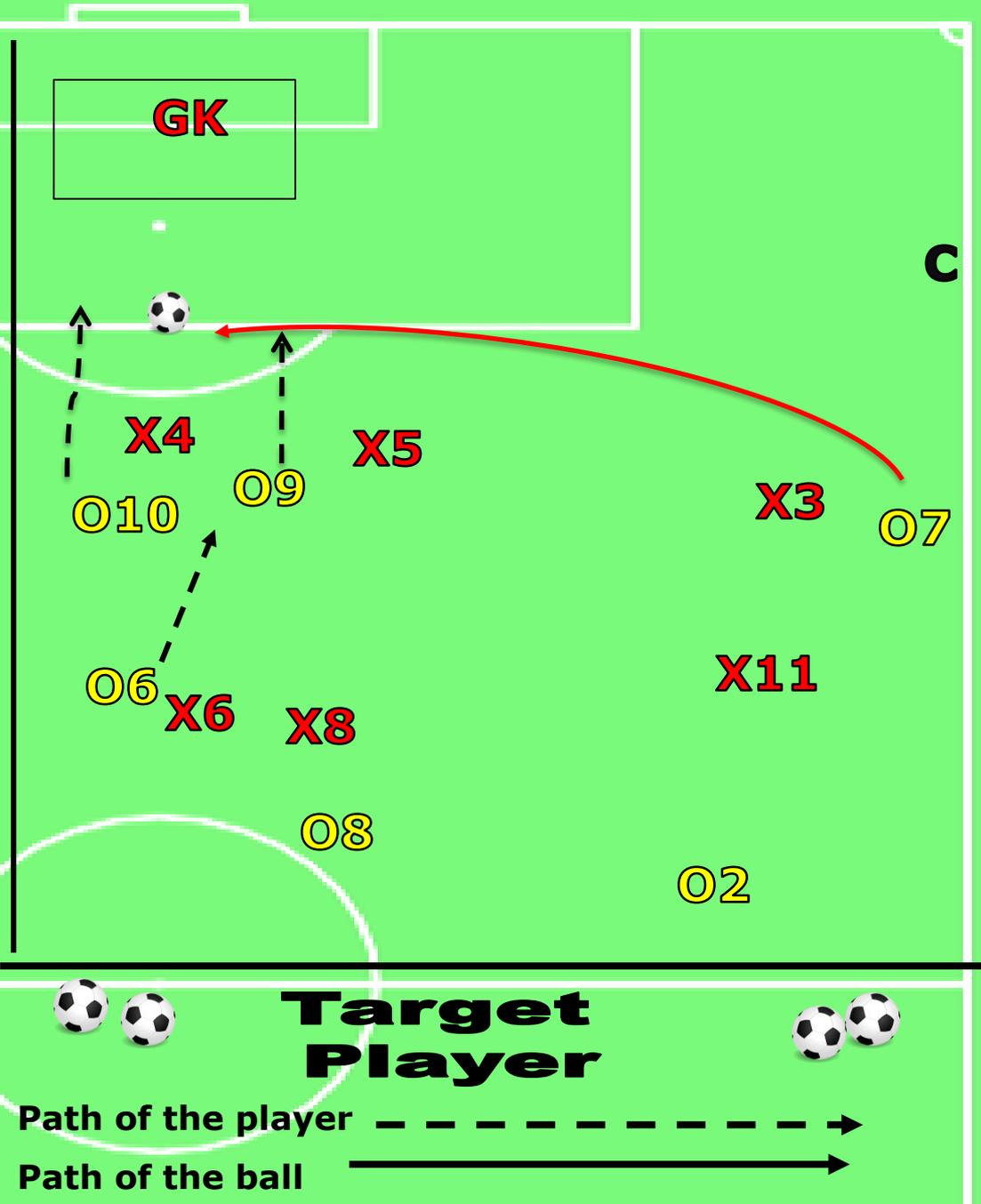
- ✓ How O9 & O10 move off the shoulder to attacking positions.
- ✓ Front and far post runs across defenders to execute an end product

Fringe Players

- O6 supports the attack with O8 Holding role

Point of Focus – Fine detail

The cross must be on the floor



FUNCTION

EFFECTIVE CROSSING

Scenario No2

Delivery from a higher position

- O7 receives the ball takes on X3 and crosses the ball into the **Prime Target Area**

Coach the Following

Primary Players

- O7 observation of runs
- Quality cross low and with pace into the prime target area

Secondary Players

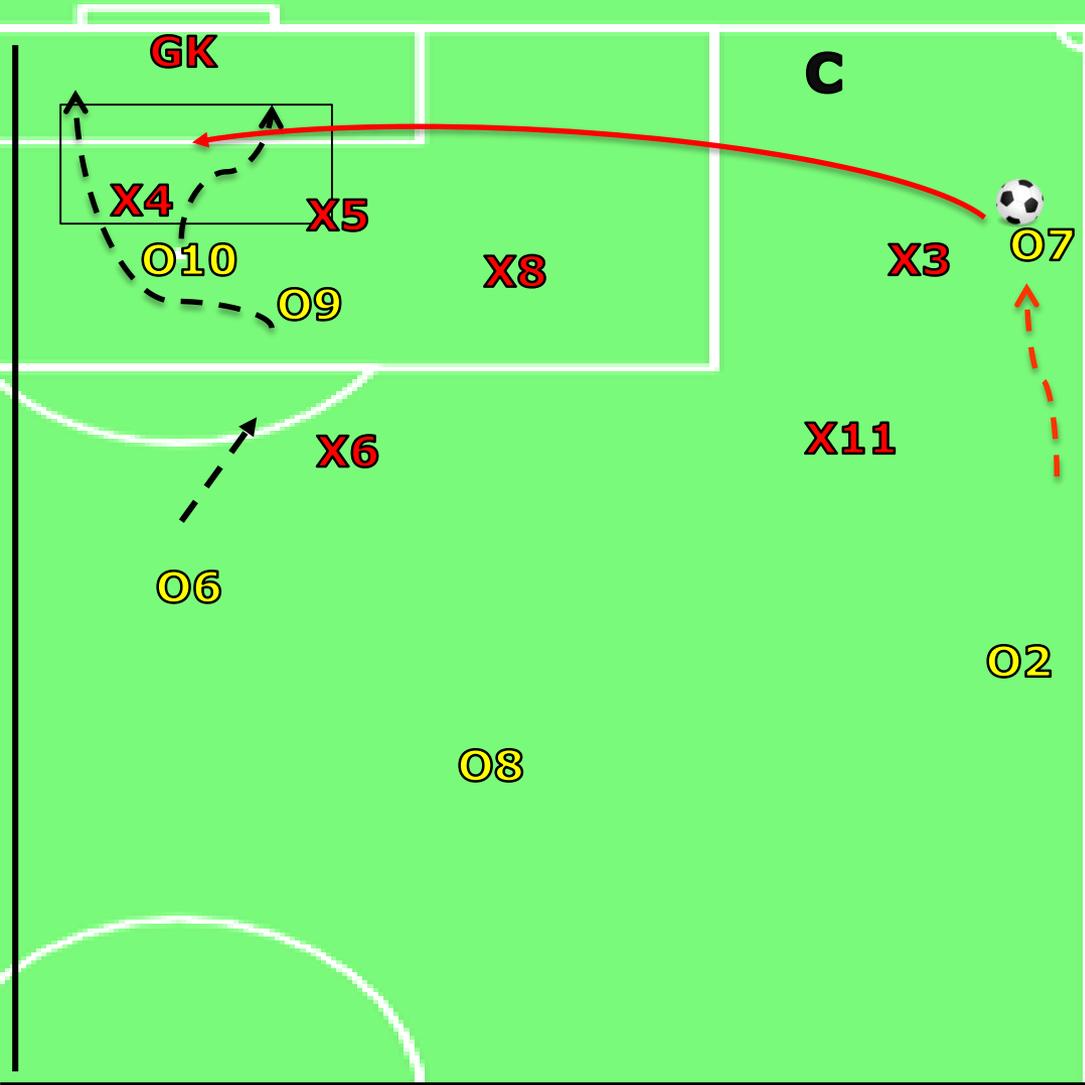
- O10 attacks the front post
- O9 makes a late run to the far post
- O6 supports on the edge of the box

Fringe Players

- O2 Supports and O8 Holds

Point of Focus – Fine Detail

The cross **MUST** eliminate the first defender and the GK



Target Player

Path of the player - - - - - ➔

Path of the ball ————— ➔

FUNCTION

EFFECTIVE CROSSING

Scenario No3

Cross from set to O1

- ✓ O7 takes X3 into the corner and sets O2 for the cross towards the front post area
- ✓ There is not a lot of time to reshape

Coach the Following

Primary Player

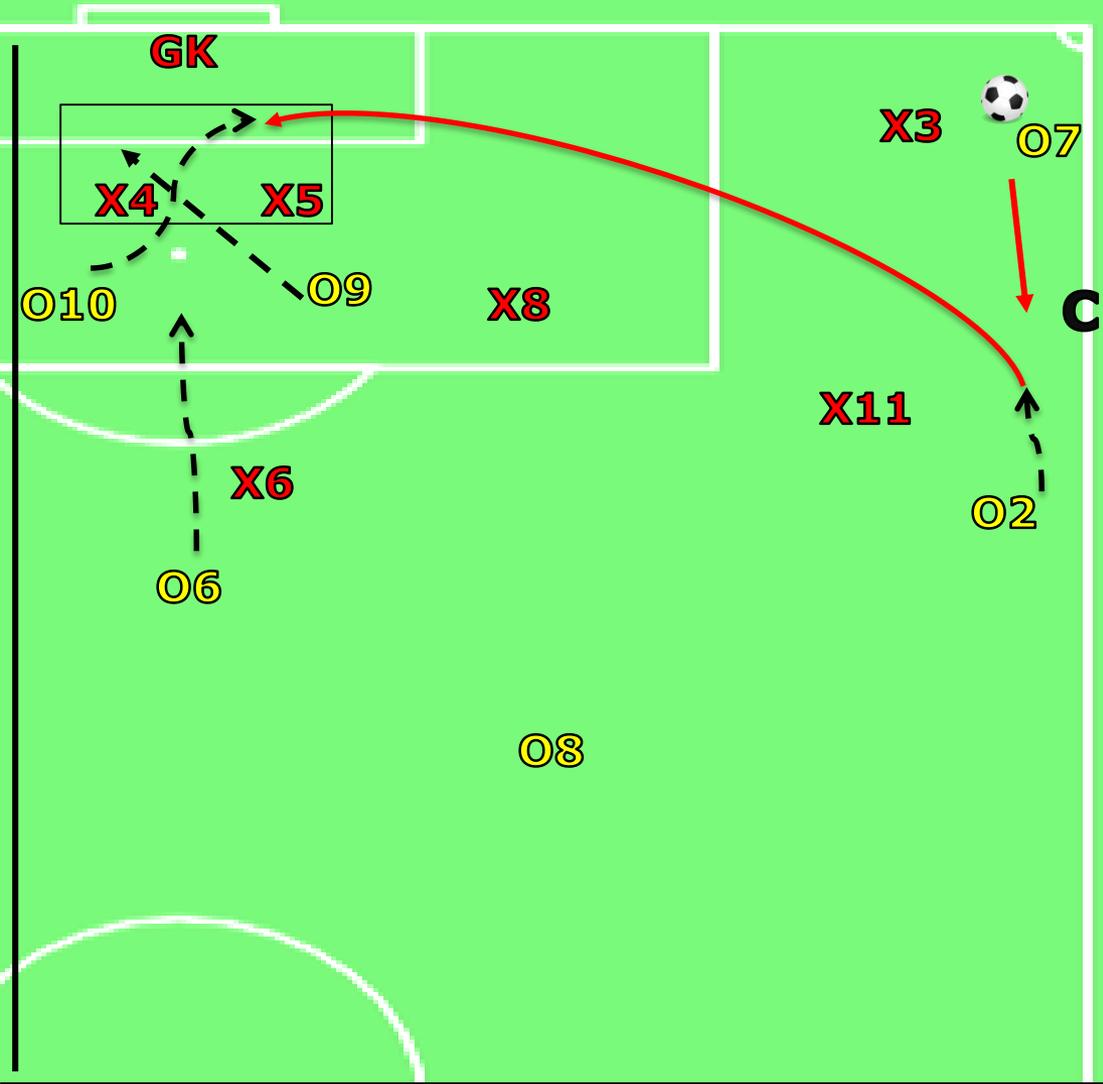
- O2 delivers a cross with pace towards the front post area

Secondary Players

- O10 attacks the front post
- O9 makes a late run to the far post
- O6 supports on the edge of the box
- O8 Holds

Point of Focus Fine Detail

- **The cross MUST be delivered with pace and MUST eliminate the first defender**



Target Player

Path of the player - - - - ->

Path of the ball —————>

FUNCTION

EFFECTIVE CROSSING

Scenario No4

Cross from Deep Position

- ✓ O7 takes X3 to the dead ball line
- ✓ There are 3 options for O7

Coach the Following

Primary Players

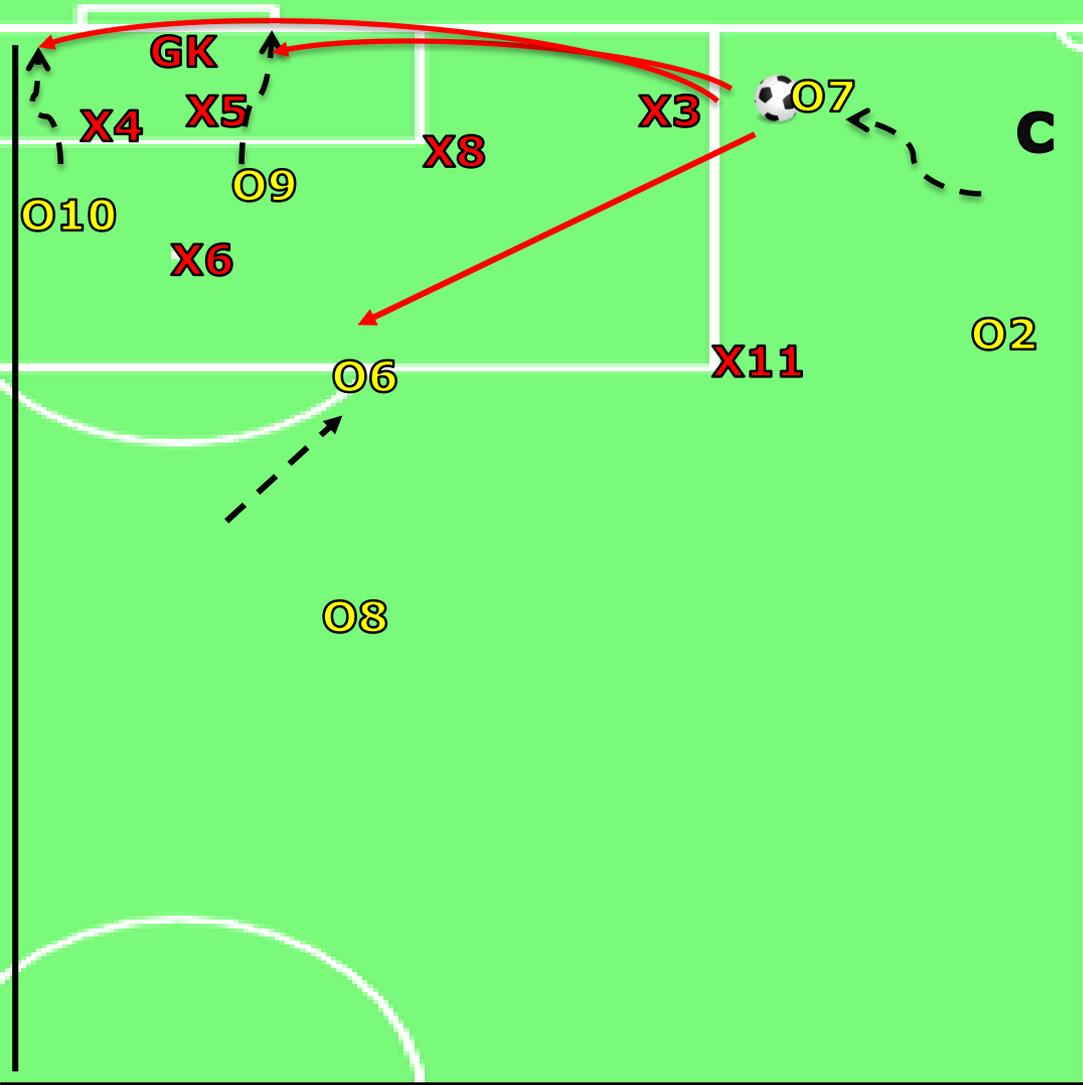
- **O7 decided where to cross the ball depending on what striker runs are available**

Secondary Players

- O9 attacks the front post to attack a low drive
- O10 makes a late run to the far post for the high chip
- O6 supports on the edge of the box for the cut back O8 Holds

Point of Focus Fine Detail

- ✓ Decision making and not rush the cross
- ✓ Cross into an area that a striker can attack



Target Player

Path of the player - - - - - →

Path of the ball ————— →

Moment of Reflection

Many crosses are delivered without thought or quality

A high number of crosses can only produce a higher goal scoring percentage

You should ensure that the wide players are capable of delivering a quality cross



Target Player



Path of the player - - - - ->

Path of the ball —————>

FUNCTION

EFFECTIVE CROSSING

Confirmation or Learning

Do the players understand ?

1. How to deliver a quality cross into the PTA?
2. How to create movement to move and confuse defenders?
3. How to work as unit to attack varying areas in the PTA?
4. Understand how you must keep cover and balance?

Have you the Coach

- ✓ Selected the right players to execute quality crosses?
- ✓ Provided the right technical information for attackers to achieve success in the session?
- ✓ Coaches primary, secondary and fringe players?
- ✓ Corrected faults???????
- ✓ Planned variation of scenarios?