

FUNCTION

ATTACKING FROM CROSSES

Designed to develop the understanding of a unit such as strikers and midfield players on their responsibility to attack crosses delivered with pace and into dangerous areas.

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**
- ✓ **End Product**
- ✓ **Coach fine detail, player and team understanding**

Target Player



Path of the player - - - - ->

Path of the ball —————>

FUNCTION FINISHING FROM CROSSES

Set up

Defending Xs GK 3-2-1

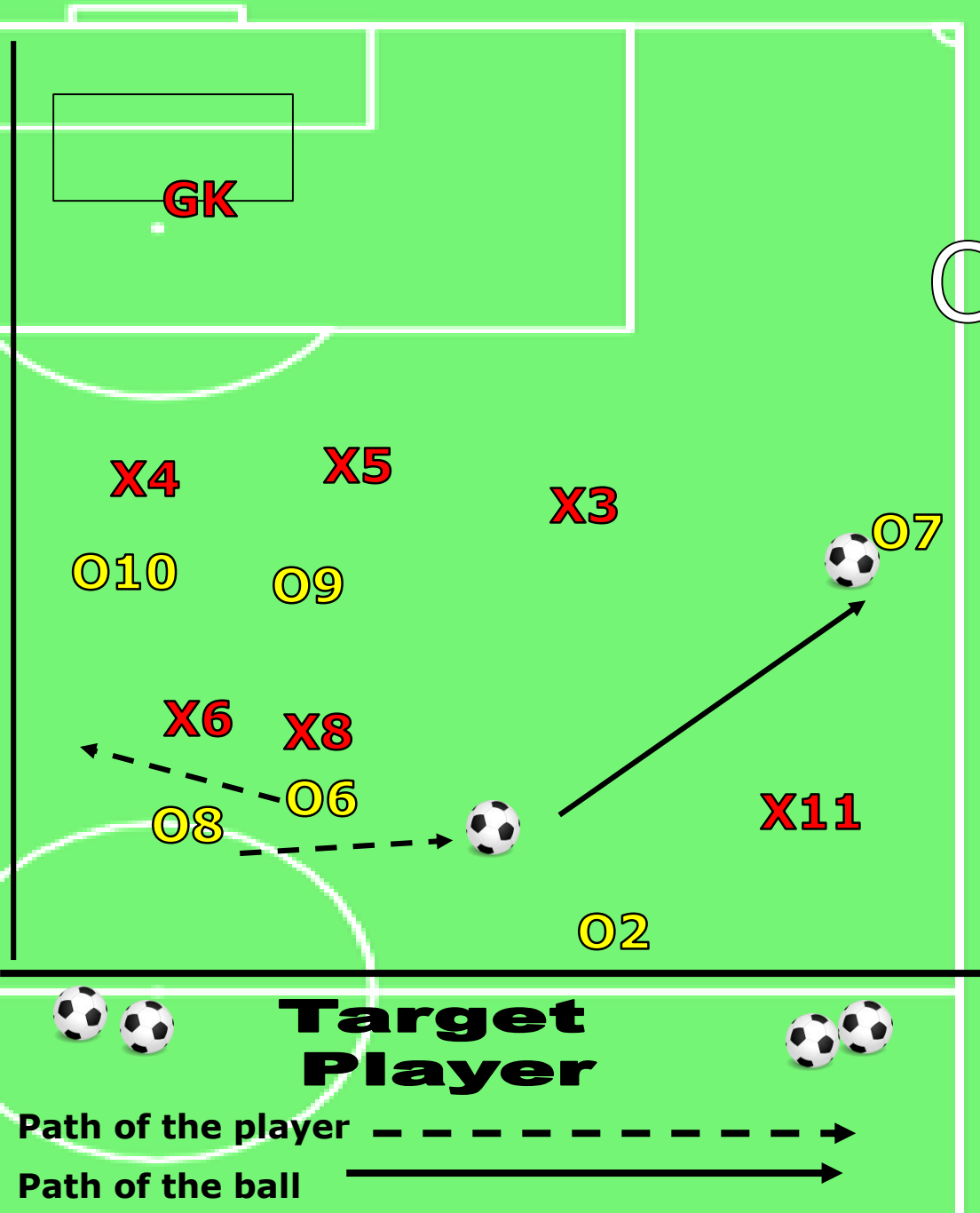
Attacking Os T - 1-3-2

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



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Scenario No1

Early Ball in Behind defenders

- O7 receives the ball and immediately crosses the ball behind X4 & X5 before X3 can recover.
- Note that there is no time for strikers to adjust or rotate positions
- The wide player may be coached on his delivery

Coach the Following

Primary Players

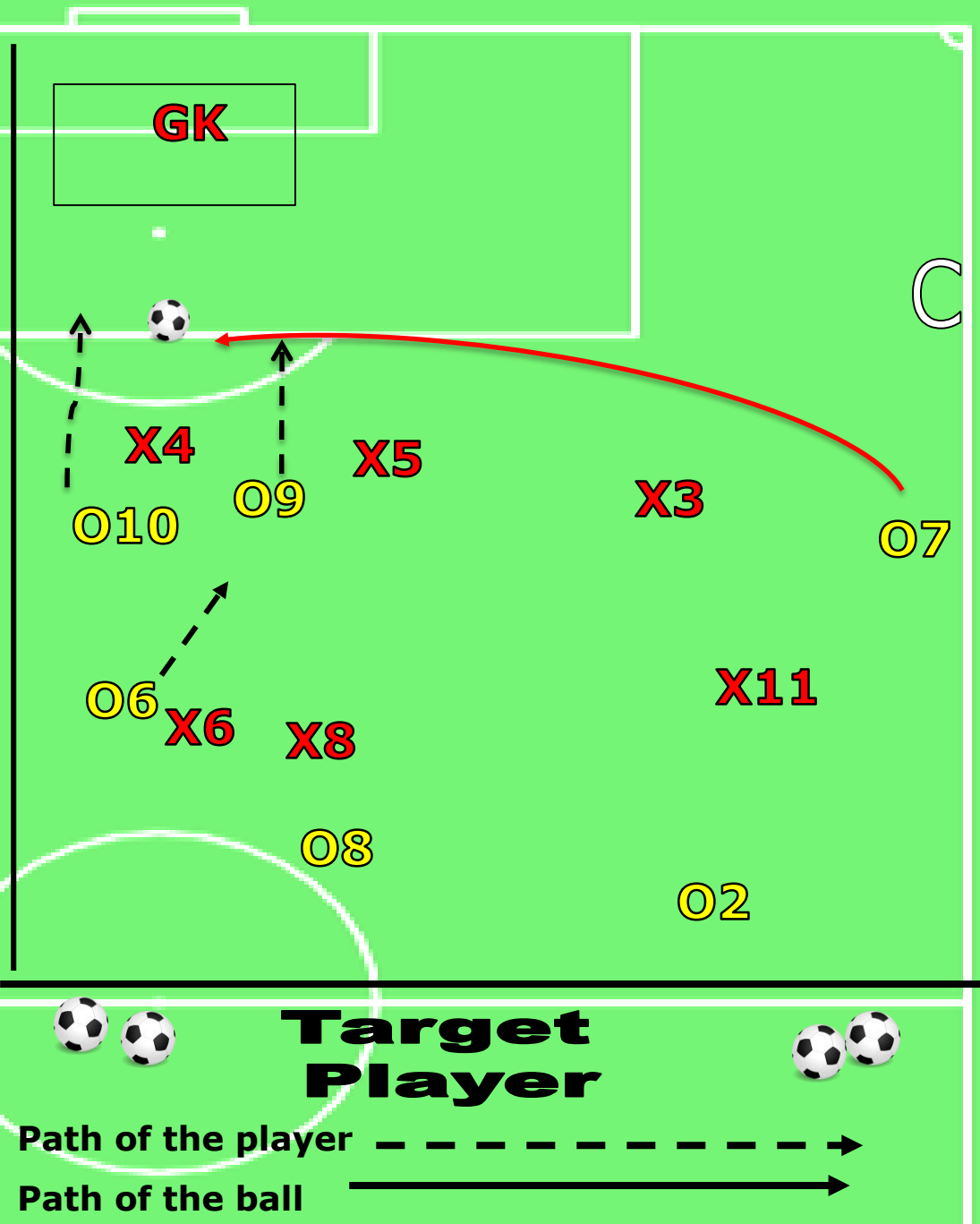
- ✓ How O9 & O10 move off the shoulder to attacking positions.
- ✓ Front and far post runs across defenders to execute an end product
- ✓ Timing of runs

Secondary Players

- Supporting run from O6

Fringe Players

- O8 Holding role



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Scenario No2

Delivery from a higher position

- O7 receives the ball takes on X3 and crosses the ball into the **Prime Target Area**
- The wide player may be coached on his delivery

Coach the Following

Primary Players

- O10 attacks the front post
- O9 makes a late run to the far post

Secondary Players

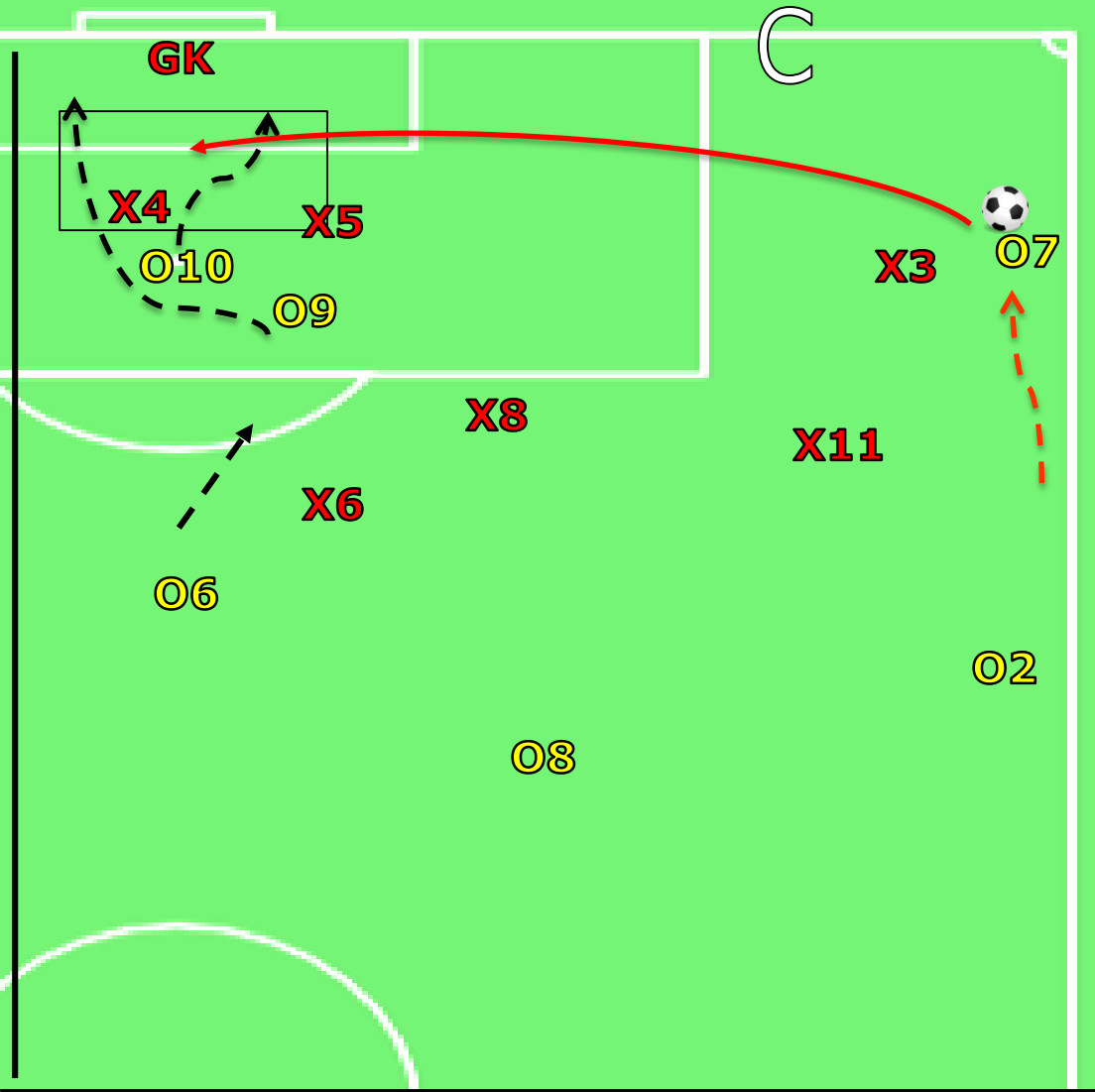
- O6 supports on the edge of the box

Fringe Players

- O2 Supports and O8 Holds

Fine Detail

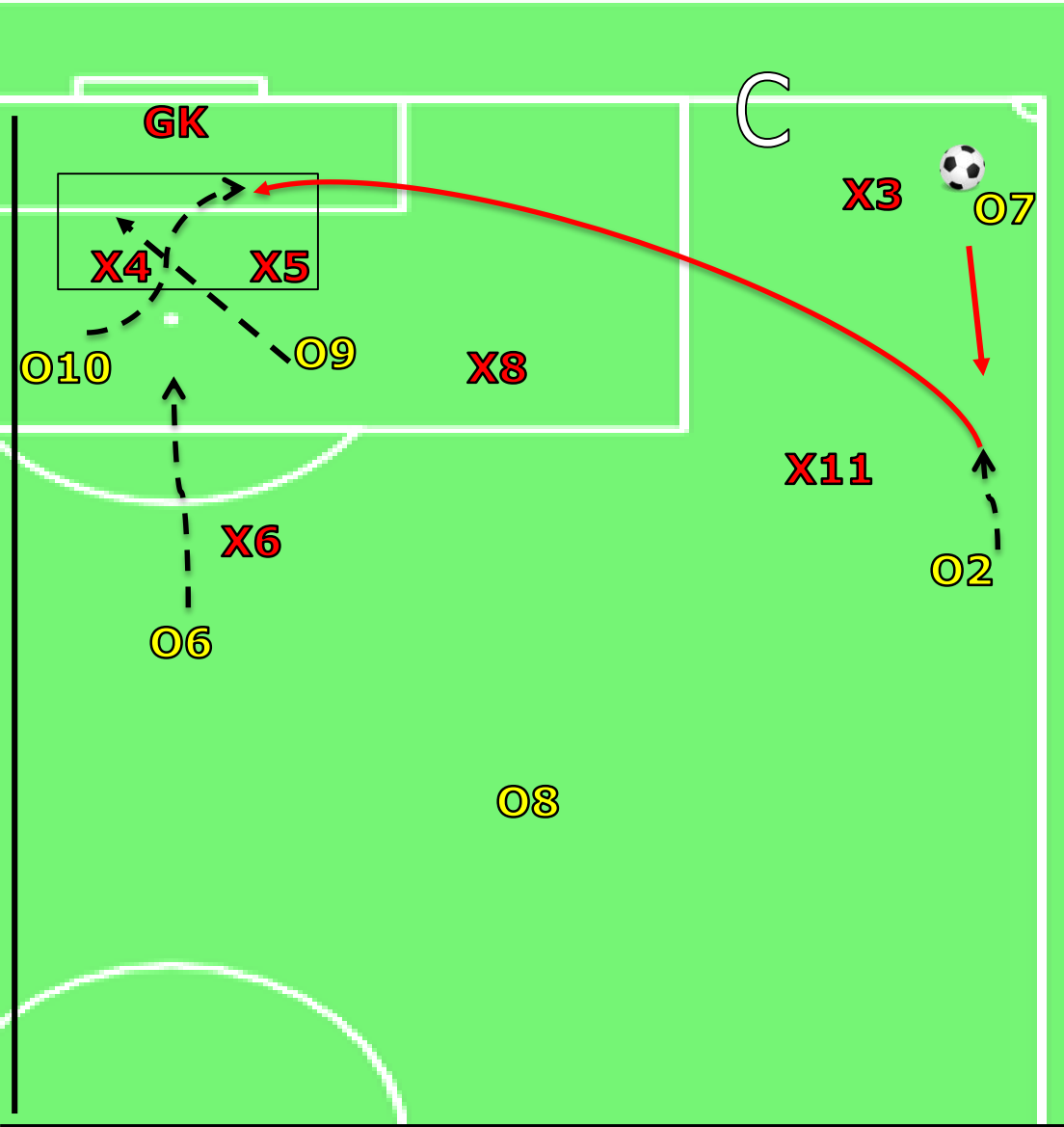
- ✓ How strikers movement causes defenders problems
- ✓ Strong runs to get across defenders and be first to the ball
- ✓ Timing of runs to attack the ball



Target Player

Path of the player - - - - - ➔

Path of the ball ————— ➔



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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 Players

- O10 attacks the front post
- O9 makes a late run to the far post

Secondary Players

- O6 supports on the edge of the box

Fringe Players

- O8 Holds

Fine Detail

- ✓ How strikers have to reshape where possible to attack the ball
- ✓ Strong runs to get across defenders and be first to the ball
- ✓ Timing of runs to attack the ball

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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

- O9 attacks the front post to attack a low drive
- O10 makes a late run to the far post for the high chip

Secondary Players

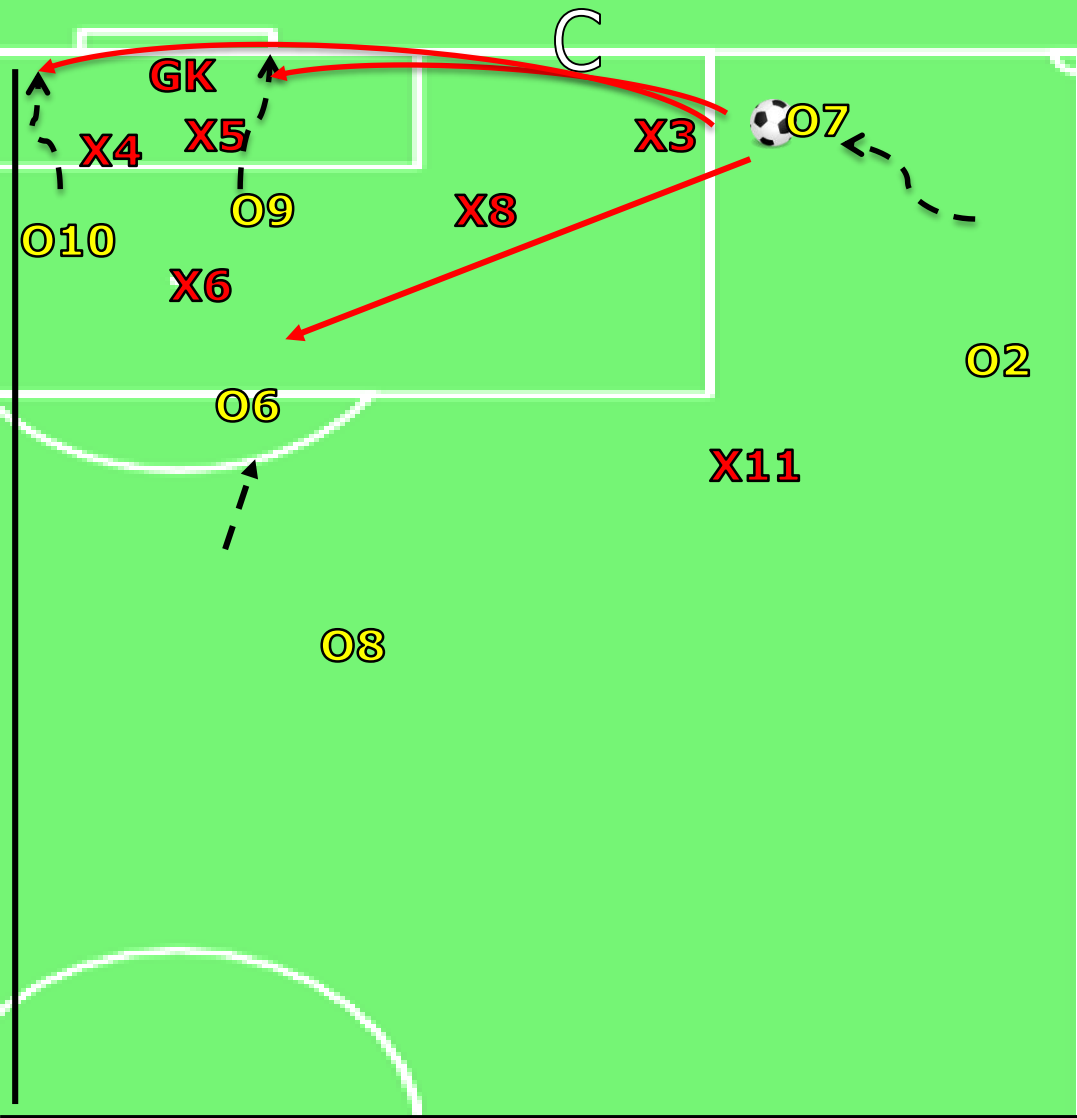
- O6 supports on the edge of the box for the cut back

Fringe Players

- O8 Holds

Fine Detail

- ✓ How strikers have to reshape where possible to attack the ball
- ✓ Strong runs to get across defenders and be first to the ball
- ✓ Timing of runs to attack the ball



Target Player

Path of the player - - - - -

Path of the ball —————

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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?

Moment of Reflection

The attack is only as good as the cross

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

Target Player



Path of the player - - - - ->

Path of the ball —————>