

Name:

JULIAN CHANG

Team:

U13 and above

Date:

Topic:

Improve Attack from Crosses

**TRAINING OBJECTIVE(S):**

(1) Improve technical crossing ability of players on the flanks - #7, #11, #2, and #3. (2) Improve tactical decisions of players on when to play early crosses versus from the end line. (3) Improve the timing and trajectory of the runs of players into the box - #9, #7, #11, #10 and #8. (4) Improve the technical finishing abilities of players running onto the end of the crosses. (5) Teach the #7 and #11 when to pull the ball back with a negative pass for possibly the #2 or #3 to cross. (6) Teach #7 and #11 when to take the defender on 1v1 or to attack the goal from a wide position.

**I. WARM-UP**

Intensity: med

Activity Time: 4m

Duration: 16m

Intervals: 3

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

40 yards long by 60 yards wide; 2 full goals; 2 Gk's and 14 field players; neutral players on the outside crossing balls for central players; neutral players have 3 touches max

COACHING POINTS / KEY CONCEPTS

(1) Selection of proper technique on crosses from #7 and #11. (2) Timing and placement of runs into the box from #9 and #10. (3) Deceptiveness in runs. (4) Angle of approach on runs. (5) Selection of proper technique on finish.

**II. SMALL-SIDED ACTIVITY**

Intensity: med

Activity Time: 8m

Duration: 18m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Half field; 1 full goal and 3 counter goals; Two channels on the flanks; 3 touches in the middle zone and unlimited on the flanks; 8v8

COACHING POINTS / KEY CONCEPTS

(1) Penetrating runs from #7 and #11 towards #9 to create options for thru balls and to create space for #2 and #3. (2) Tactical decisions effecting technical selection of crosses from flank players. (3) Using combination play on the flanks to get into space behind the opponent's defense. (4) Near, far, and top of the box runs from attacking players (#7, #11, #8, #9, and #10) to create space to finish crosses.

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: 10m

Duration: 22m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Two-thirds Field; 1 full goal and 3 counter goals; 10v10

COACHING POINTS / KEY CONCEPTS

(1) Combination play and overloading to create numerical advantage on the flanks with #7, #11, #2, and #3. (2) Central players (#9 and #10) use visual cues to anticipate and time runs into dangerous areas in front of opponent's goal. (3) Selection of placement of cross from flank players (#7, #11, #2, and #3). (4) #7, #11, #9, and #10 setting up the finishing moves inside the box. (5) #7 and #11 taking outside backs on 1v1 when isolated. (6) #7 and #11 recognizing when to keep running inside when space is available.

**IV. GAME**

Intensity: med

Activity Time: 14m

Duration: 30m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

Full field; 2 full goals; 11v11

COACHING POINTS / KEY CONCEPTS

(1) Angles and timing of runs into the box (#7, #11, #9, and #10). (2) #6 and #8 switching the point of attack to create space on the flanks. (3) Diagonal runs from #7 and #11 to look to connect on penetrating passes. (4) Combination play on the flanks between #7, #11, #2 and #3. (5) #9 and #10 getting into dangerous areas in front of the goal to finish crosses.