

Crossing And Finishing

Emphasis: Finishing with the head, volley, and half volley



Set-up:

Use the penalty area and place a goalkeeper in goal. Place two attackers and two defenders in the area. Place four servers, (labeled C1, C2, C3, and C4), from wide angles and two shooters, (labeled A1, and A2), from the top of the D. Each server needs several balls.

Objective:

The two attackers receive a cross from C1 and finish it on goal. The defenders try and prevent the attackers from striking the ball cleanly. A1 then strikes the ball on goal and the attackers try and deflect the ball into the goal. Once again, the defenders are trying to clear the ball. C2 serves the ball in and then A2 takes a shot on goal. Continue the repetitions with C3 and A1, as well as C4 and A2. Change roles and repeat the whole sequence.

Progression:

1. The crossers can dribble and penetrate to goal making it a 3 V 2.
2. The shooters can combine with the two attackers.

Coaching Points:

- Bending runs near and far post.
- Make the defender turn and face the attacker and lose sight of the ball.
- Shoot the ball where the goalkeeper just came from, low and hard.