



# SESSION 5 Crossing and Finishing



## Warm Up : Brazilian Juggling



### Organisation

Set up a 20x20yd grid, each player with a ball. Players perform the following juggling exercises:

- Laces of both feet
- Inside of both feet
- Outside of both feet
- Thighs
- Thighs, feet
- Chest
- Thigh, chest,
- Head
- Shoulders

## Technique Practice : Volley And Move

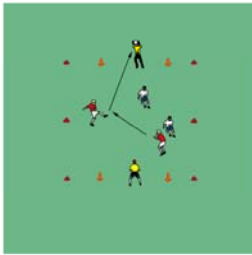


### Organisation

Set up a 15x15yd grid. Split players into pairs with one ball between two. One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following Volley techniques:

- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Receive on thigh and volley
- Receive on chest and volley
- Header

## Skill Practice : 2v2 Throw Volley Catch



### Organisation

Mark out a 20x20yd grid with 2 small goals. Players play a 2v2 game with the condition players must throw the ball for a player to volley and from a volley players can catch. The aim is to volley the ball into the keepers hands.

## Technique Practice : Serve and Volley



### Organisation

2 groups of players are lined up just outside the penalty area with 2 servers placed either side of the goal (see diagram). Players take it in turns to receive a ball from the servers and perform the following techniques:

- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Receive on thigh and volley
- Receive on chest and volley
- Header

## Small Sided Game U11-U13 : 4v4 Dutch Shooting



### Organisation

Set up an 30 x20yd field, Players play a 4v4 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper.

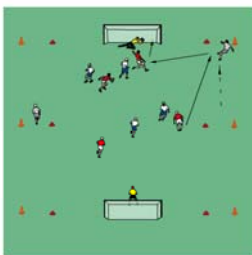
### Progression

- Players chip ball into targets hands who sets ball up for a header or a volley.

### Coaching Points

- Spread out to create space
- Take opportunity to pass to target players when space is available.
- Quality of runs to support target player to create goal scoring opportunities
- Quality of shot selection, accuracy and technique
- Quality of support and movement off the ball by other players
- Follow up shots for possible rebounds

## Small Sided Game U14-U16 : Wingers Game



### Organisation

Set up a 40 x30yd field with 2 wide channels marked by cones. Players play a 4v4 game with 1 target player on each wing (see Diagram). Goals can only be scored from a cross and 2 points are given if the goal is scored by a header or a volley. Play always starts from the keeper

### Coaching Points

- Spread out to create space
- Take opportunity to pass to wingers when space is available
- Timing and quality of runs into the box
- Cross selection and quality
- Quality of support and movement off the ball by other players

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the group:

1. **What do we need to do before we shoot?**  
Look up and observe the keeper
2. **What is more important, Accuracy or Power when shooting?**  
Accuracy.
3. **When do we look to shoot in a game situation?**  
When the space is available do so.
4. **If the space is not available to shoot what other options do we have?**  
Can I create a shooting opportunity as an individual  
Can I pass to a player in a shooting position  
Can I combine to create a shooting opportunity
5. **Once a shot has been taken what is our next action?**  
To follow up the shot for possible rebounds.
6. **When looking to volley the ball what do we need to think about?**  
The flight of the ball, selecting the surface early to strike the ball, Getting into line with the ball and adopting a good body position, watch the ball onto volley surface, quality of the execution