



NSSDC Coaching Clinic 3

Crossing and Finishing/Exploiting Space in Wide areas

Introduction

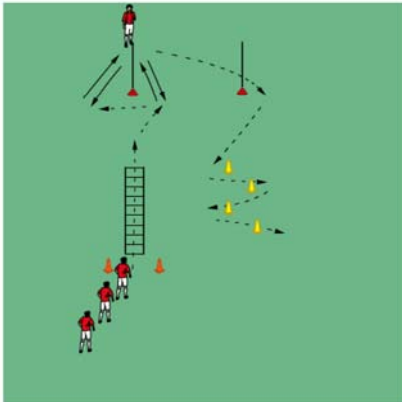
This document is to supplement the on field coaching clinic the NSSDC ran on Friday 26th Nov 2010 focusing on Crossing and Finishing and how to exploit the space created in wide areas.

Session Duration 1hr 30mins

Warm up – 10 mins

Conducted by players

Light Speed Training - 10mins



Set up area and line up players as shown in the diagram:

Players perform fast feet exercise through ladders, and then play a 1 touch passing combination around the pole, the player who passed the ball runs around the pole and shuffles through the cones before joining the back of the line. The player who went through the ladder takes the place of the passer.

Progression

- Vary Exercises through ladder and cones
- Vary techniques around pole, volley, header

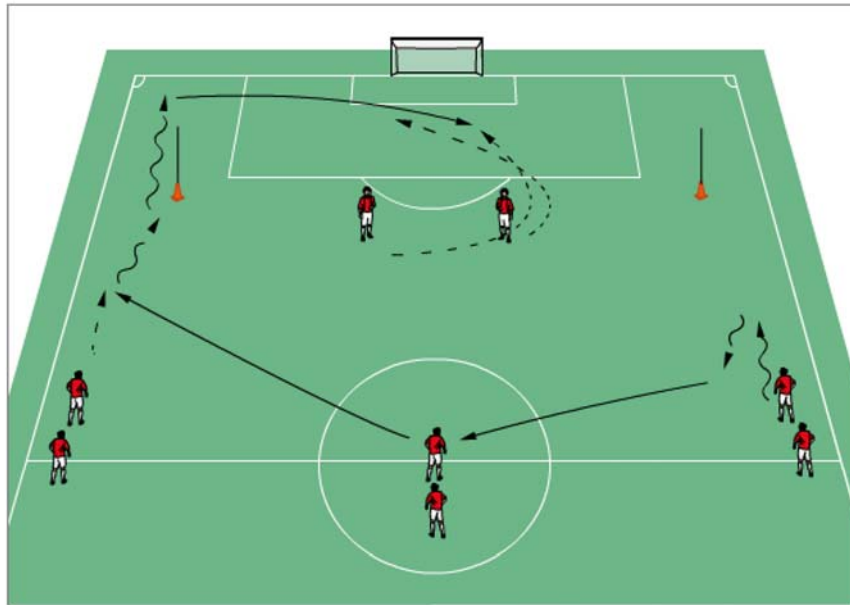
Key Coaching Points to observe:

- Opposite Movement to create space to receive pass
- Quality of the 1st touch
- Quality of the pass
- Communication

Tactical - Crossing and Finishing Combinations – 15mins

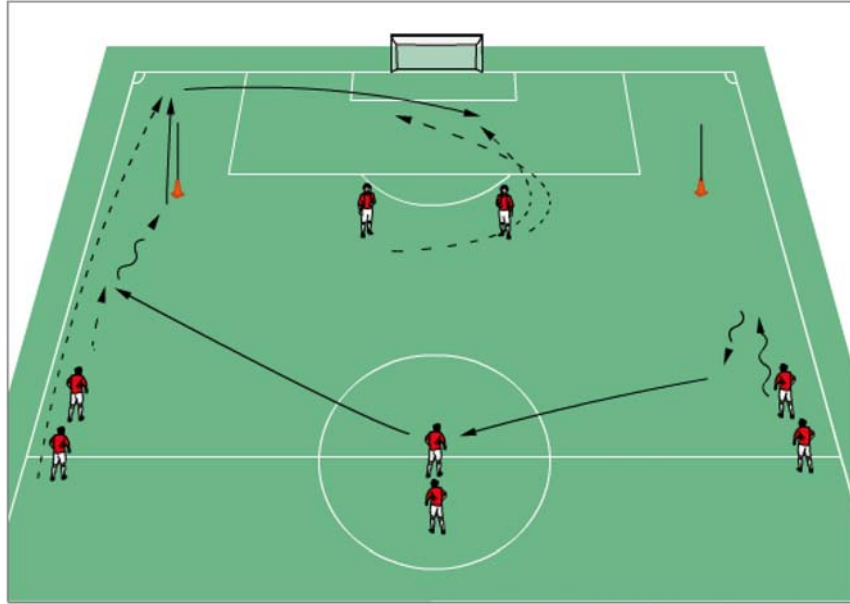
Exercise 1 – 1v1

Wide midfielder takes on full back 1v1 to exploit space and create crossing opportunity



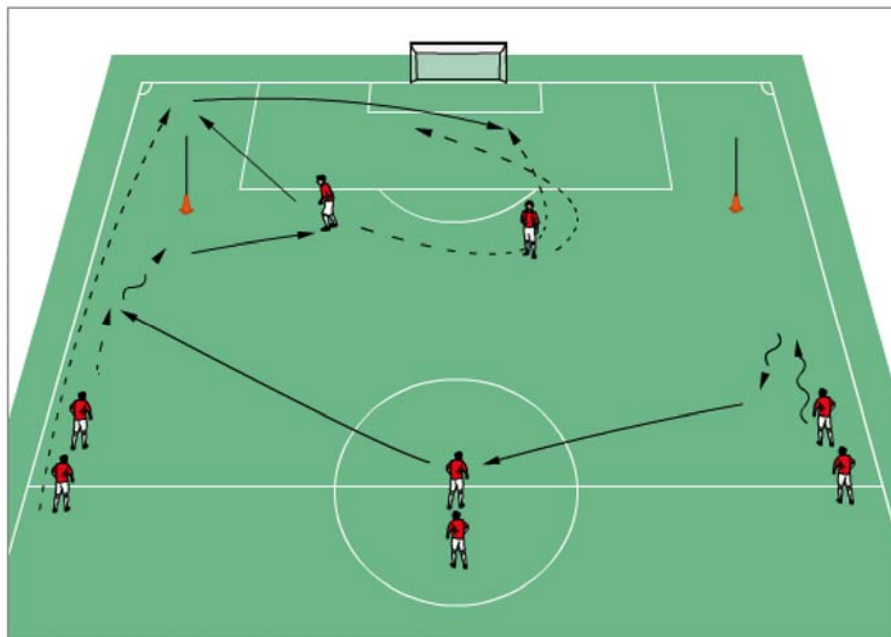
Exercise 2 – 2v1

Wide midfielder cuts inside to create space, for the full back to make the overlap



Exercise 3 – 3rd Man Run

As in previous exercise, this time the striker shows for a pass off the wide midfielder, who then passes into the overlapping full back creating the 3rd man run.



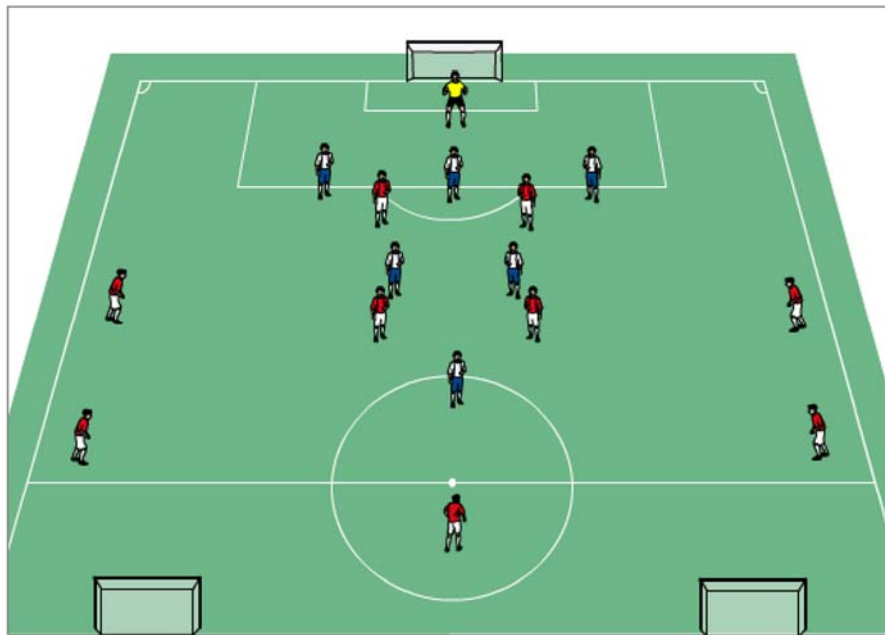
Key Coaching Points to observe:

- Quality of combination to create crossing opportunity
- Quality of the cross
- Timing and quality of the strikers run (crossover)
- Quality and timing of central midfielder run to create cut back option.
- Strikers judgement of the flight of the ball, and selection of technique to strike the ball
- Quality of Finish

Progression

- Introduce defender to mark strikers
- Players decide on combination, 1v1, overlap or 3rd man run

Phase of Play - 15mins



Set up a 9v7 Phase of play as shown above – Attackers 3-4-2, Defenders 1-3-2-1

Free Play Encourage patterns and combinations to exploit space in wide areas

Only Coach when opportunity missed to exploit space in wide area or crossing and finishing

End with 8v8 game for last 15mins

De-brief players and cool down