



Session Date

Season

Age Group

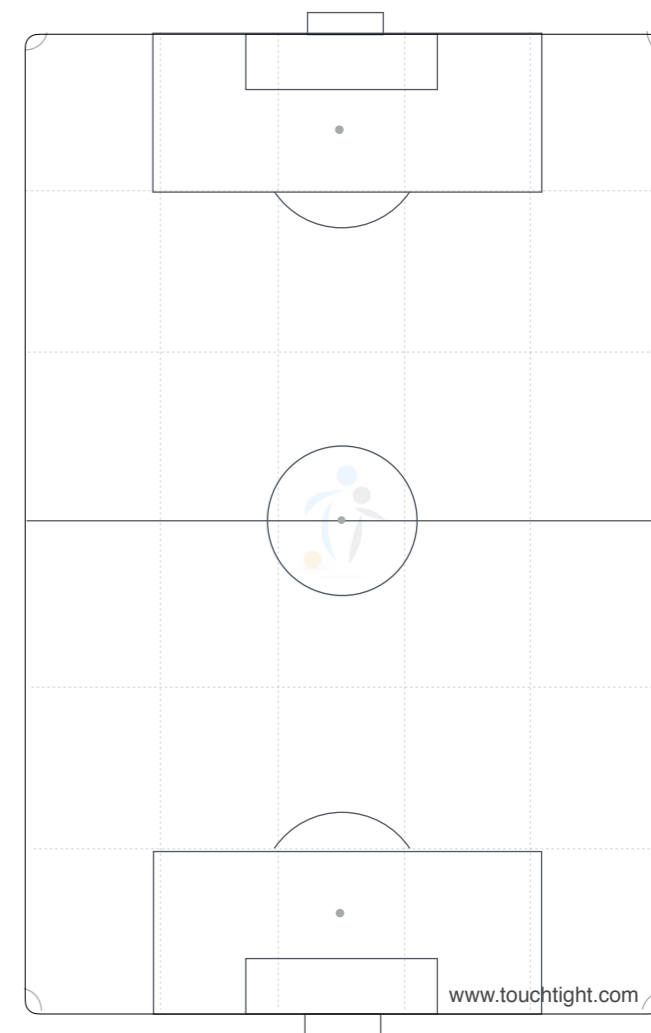
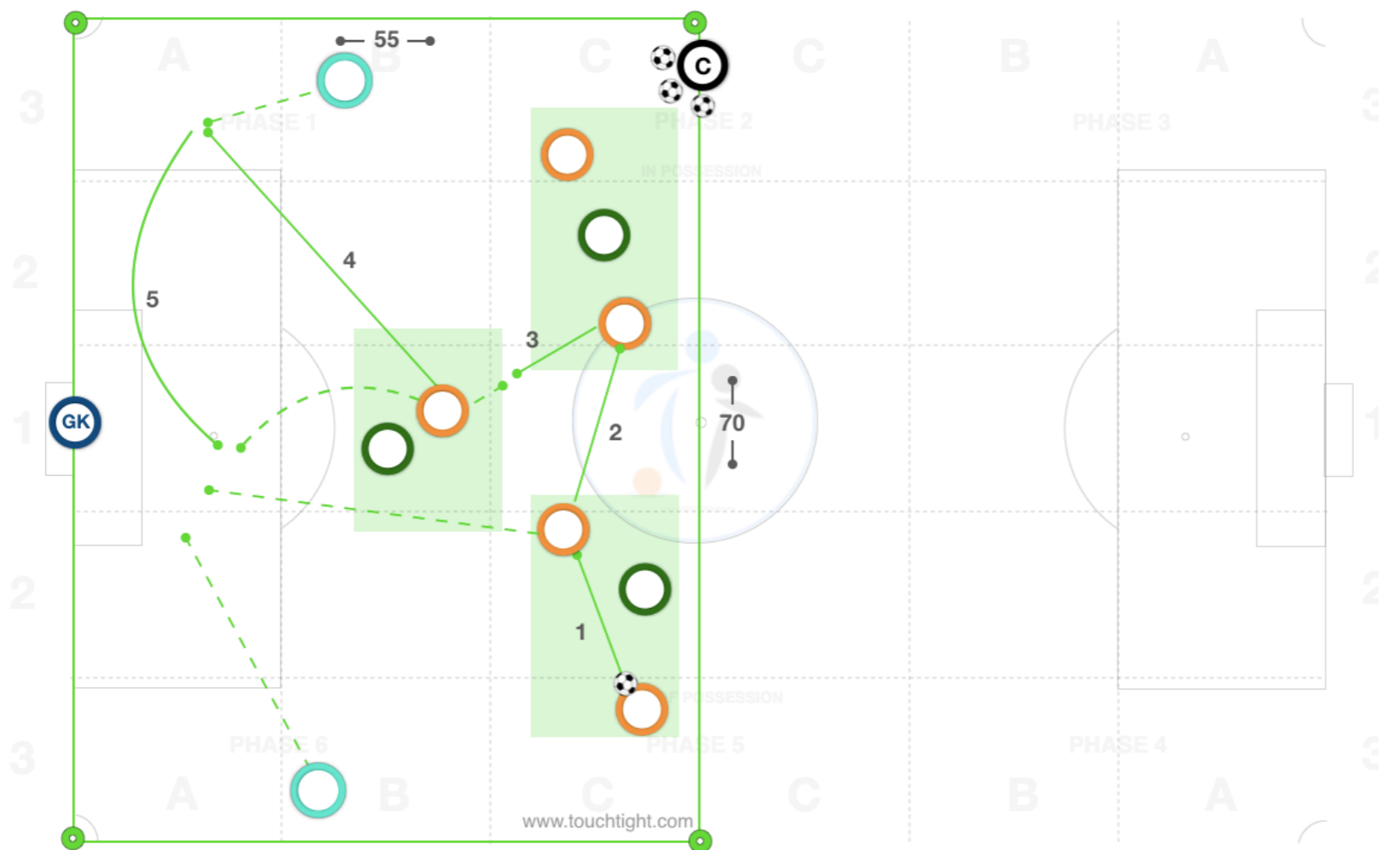
Players

Duration

Type: Skill Practice

Area:

Team Objectives: This attacking crossing & finishing practice has a clear focus on developing possession & effective movement in the final third.



Set Up & Organisation:

- Our set up shows us using half a pitch with 3 areas as shown with 15 x 10 yard dimensions. In each deeper area, we have a 2 v 1 replicating CM & inside FB players v Opposition MF player & in our advanced area we have our single striker against a single defender, with wide players rotating in each channel.
- Objective is for attacking team to make passes in each area before releasing wide player creating 3 v 1 in the box with ST, opposite wide player and joining MF runner to score from cross. If defending player wins possession, they can score in either mini goal as shown.

Progressions & Constraints:

- 2 MFs can now join in and 1 defender can recover from boxes, creating a 4 v 2 from cross. How does this progression influence runs from deeper areas? Can players get across the near post to cause problems? How does this impact on defender and GK during cross?

Key Coaching Questions:

- How can Defender win possession after strikers first touch? How does this affect the practice if constrained?
- What supporting runs can you make to support striker and make runs in the box for cross?

Questions & Notes:

- Player Focus: Strength To Hold Ball Up | Movement To Lose DF | Timing Of Forward Runs | Delivery Of Cross

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

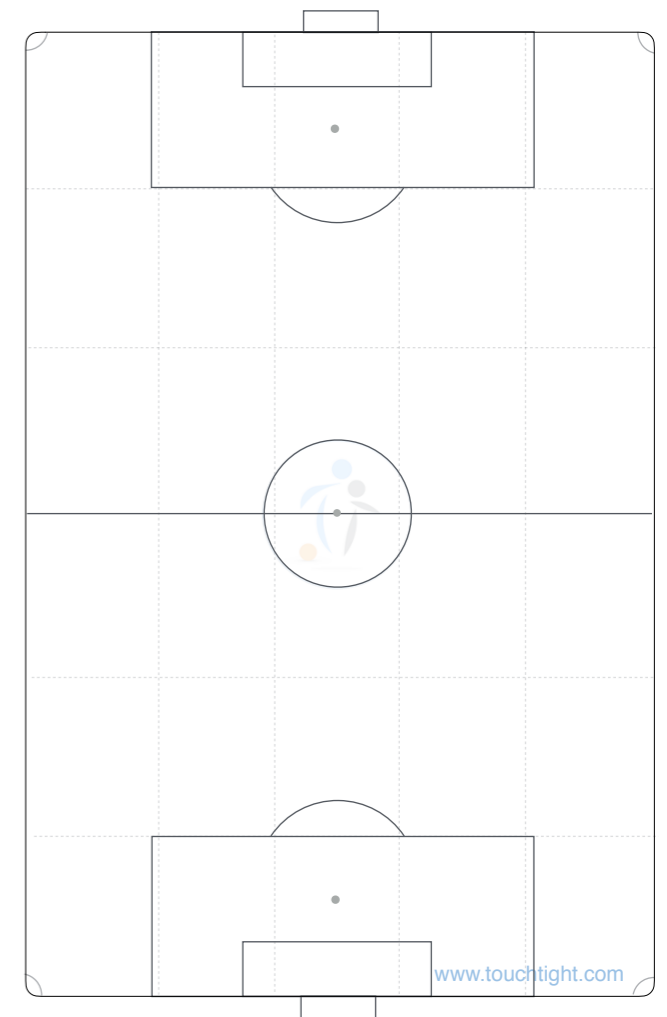
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?



