



## Description

## Session Objective

- Improve players' ability to play low driven crosses in game like scenarios

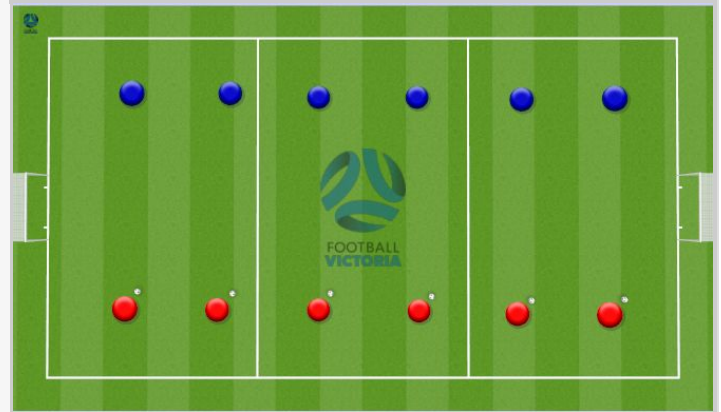
## Warm Up (Technical) (5 mins)

### Organisation

- Balls
- Cones

### Explanation

- 1 ball between 2
- Each pair standing facing each other roughly 5-10 metres apart
- Players practicing the technique of a low driven pass
- Each player to take at least 2 touches to control the ball and play back to their partner
- Alternate feet to practice on both sides



### Progressions

- Extend the distance (play from further away)

### Coaching Points

- Give yourself a **few steps run up** to generate speed and power to your pass
- Get your **shoulders and hips facing your target** to play an accurate pass
- **Plant your non kicking foot** next to the ball before you kick
- Strike the ball using your **laces** in the **middle of the ball** to keep it low
- **Follow through** with your kicking leg towards your target

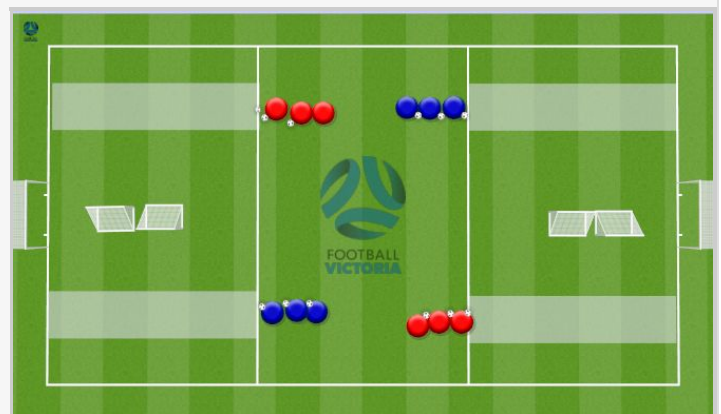
## Isolated Driven Cross (10 mins)

### Organisation

- 2-4x Wide zones (roughly 10m long x 2m wide)
- Balls
- Mini goals

### Explanation

- Players set up on both sides to maximise repetition
- Player is to drive into the wide zone to start the practice
- Once player is in the zone, they can play a low driven cross into the mini goals
- After player crosses, next player in line goes - player collect ball and go to back of line



### Progressions

- Get players to alternative sides and practice with opposite foot
- Make it a competition, player who can score the most amount of crosses in 1 minute - repeat

### Coaching Points

- Take a **positive touch into space** to create momentum
- Take a **diagonal touch toward goal** to help you align your body for the cross
- Adjust your **shoulders and hips facing your target** to play an accurate cross
- **Plant your non kicking foot** next to the ball before you kick
- Strike the ball using your **laces** in the **middle of the ball** to keep it low
- **Follow through** with your kicking leg towards your target

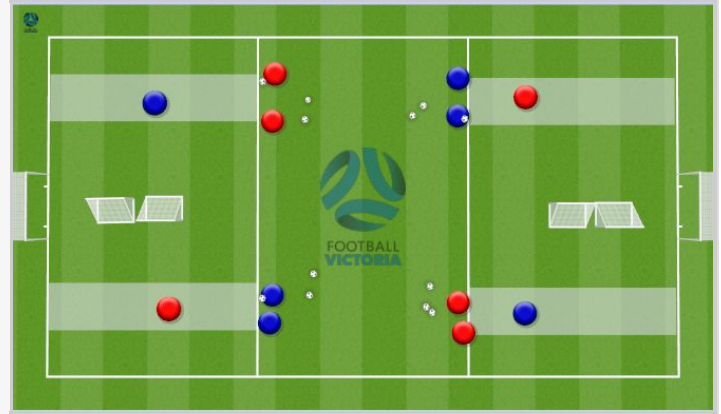
## 2v1 Wide Area (15 mins)

### Organisation

- 2-4x Wide zones (roughly 10m long x 2m wide)
  - With half way line
- Balls
- Bibs
- Mini goals

### Explanation

- Now a 2v1 game with defender starting inside the wide zone
- 2 attackers enter the ball into the zone by RWB
- Attackers can only score in mini goal after getting into attacking half of zone
- Defender tries to stop attackers get into attacking half, not allowed to drop
- Rotate defender every 1 minute



### Progressions

- Have players swap to different sides to practice left and right foot crosses
- Allow defender to drop into defensive zone

### Coaching Points

- Take a **positive touch into space** to create momentum
- Take a **diagonal touch toward goal** to help you align your body for the cross
- Adjust your **shoulders and hips facing your target** to play an accurate cross
- **Plant your non kicking foot** next to the ball before you kick
- Strike the ball using your **laces** in the **middle of the ball** to keep it low
- **Follow through** with your kicking leg towards your target

## Skill Game (15 mins)

### Organisation

- 30m x 20m area (including 3m wide zone each side)
- Balls
- Bibs
- Goals

### Explanation

- 5v5+2 game
- 4v4 in middle (plus GK) plus 1 wide joker in each side
- Wide joker is locked into wide zone and cannot be tackled, all other players cannot enter wide zone
- Standard goals are worth 1
- Goal is worth 3 if it is from the result of a cross from wide zone
- Rotate wide jokers every 2 minutes

### Progressions

- Allow defenders to enter the wide zones

### Coaching Points

- Take a **diagonal touch toward goal** to help you align your body for the cross
- Adjust your **shoulders and hips facing your target** to play an accurate cross
- **Plant your non kicking foot** next to the ball before you kick
- Strike the ball using your **laces** in the **middle of the ball** to keep it low
- **Follow through** with your kicking leg towards your target
- **Forward runs** from teammates to be in positions to score from the cross



## Game (15 mins)

### Organisation

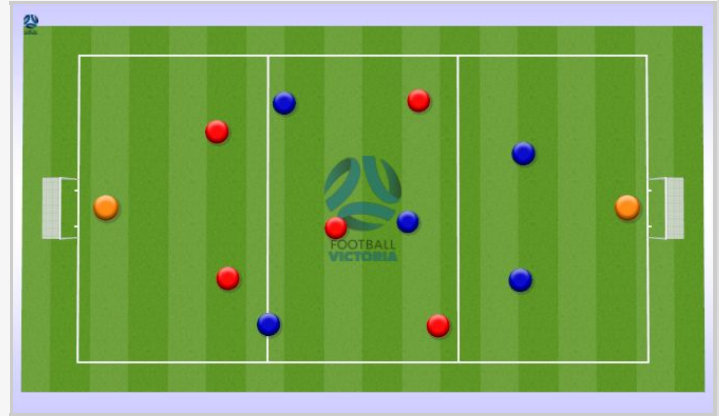
- 30m x 20m area
- Balls
- Bibs
- Cone

### Explanation

- 6v6 game
- Free game - normal football rule

### Coaching Points

- Observe behaviour
- Coach on the run



## Coaching Practice Review and Reflection

### Session Evaluation:

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### Coach Reflection:

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