



ASA Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: Crossing & Finishing

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Individual-Young Member

Description

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Crossing Technique

Crossing Technique:

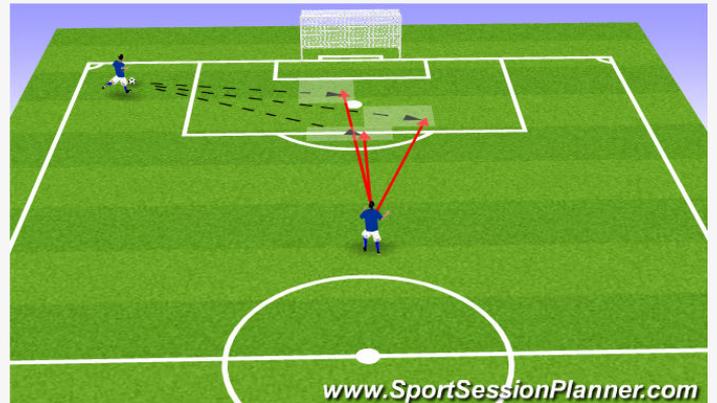
- * Run with the ball until you reach the corner of the field.
- * Place the ball to the angle according on how you will cross the ball.
- * Use the side of your big toe or your shoelaces to cross.
- * There are few ways to cross a ball: hard pass, big toe chip, banana cross, low drive, high drive, and shoelaces chip. (Hard Pass is the best /easier for the young age groups)
- * Cross the ball into the danger zone "box". Don't cross too close to the goalkeeper or too far from the goal (Between the edge from the small box to the penalty line).
- * Look before you cross to see where your teammates and opponents are.
- * Send the ball to the near post, far post or top of the big box (18 yards line) depending where your teammates are inside of the "box".



Finishing from a cross Technique

How to score from a cross:

1. Run into the "box". (danger zone - approximately the six-yard line to a little after the penalty spot). You will run only when the ball is traveling towards the box.
2. One player should run to the nearest post (approximately the 6-yard line), one player should run at the far post (10-12-yards diagonally behind the near post player) and one player should wait at the center (on the 18-yard line) for the rebound.
3. It is better to kick or head the ball to the far post, because you are facing the far corner and the goalkeeper is running in the opposite direction.
4. Tips:
 - Don't run too early or too late inside the box.
 - Run with moderate speed on approach the box, then when you get inside the box, sprint - after you make eye contact with the crosser.
 - Face your body toward the crosser and the opposite foot should face the target (goal).
 - When you make contact with the ball turn your body towards the goal.
 - If you are running inside the box with at least one of your teammates, try to change directions to make it more difficult for the opponent to defend against you.



Activity: Small side games (10 mins)

Number of players required: Full U13 and older teams

Equipment: many soccer balls 2 - 4 pug goals. if the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 grids of 20 X 20 yards marked with cones.

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like regular scrimmage to play "small side games".

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.



Activity: Small grid crossing (10 mins)

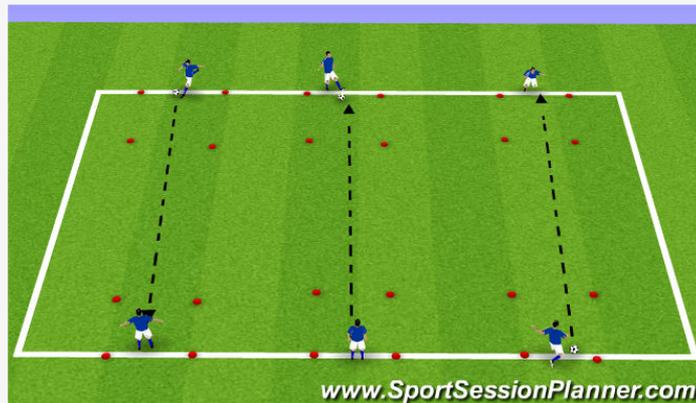
Number of players required: Full U13 and older teams

Equipment: Few cones to create the small grids around the players. Every group/partners should have a ball

Grid requirement: Create a 40 x 40 grid.

How the game is played: Put the players in pairs, standing opposite side from each other as shown. The players will send a long ball by aiming for their partner that stands opposite side. If the ball goes inside the grid is a point for the player that sent the ball. The players should send the ball back and forth. After a while, the player that has more points wins.

Variations/Progression: Use both feet



Activity: Crosses - Finishing without Pressure (10 mins)

Number of players required: Full U13 and older teams

Equipment: Few cones to create the lines. At least 1/4 of players should have a ball. You use cones or flags if you do not have a goal.

Grid requirement: Create a 40 x 40 grid.

How the game is played: Have 4 lines (crosser #1, near post runner #3, far post runner #2 and 18 yards runner #4). The player #1 (crosser) will dribble the ball towards the end of the field and cross the ball. When the crossers start to run towards the end of the line the near, far post and 18 yards runner will run closer to the goal to finish the cross. Switch every play #1 - #2 - #3 - #4 - #1. Also, after few minutes switch sides (crosses from the right and left side).

Variations/Progression: Crosses from the right and left side so players can use both feet to cross and finish.



Activity: Crossing & Finishing game (15 mins)

Number of players required: Full U13 and older teams

Equipment: Few cones to create the lines. At least 1/4 of players should have a ball. You use cones or flags if you do not have a goal.

Grid requirement: Create a 40 x 40 grid.

How the game is played: 2 teams playing against each other. 2 players per team outside the side lines/grid (1 player on the left and another on the right side of the field/grid per team) and the rest of the players should be inside the grid. They will play regular game but the only way they can score is by passing to the player outside of the grid to cross and the players inside of the grid will try to finish from the cross. There is no pressure when the ball goes to the player outside of the grid.

Switch the players outside every few minutes.

Variations/Progression: The players outside of the grid can put pressure on each other.



Activity: Scrimmage (15 mins)

Number of players required: Full U13 and older teams

Equipment: many soccer balls. For the 2 goals you can use pug goals or cones.

Grid requirement: Create a 40 X 40 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.

