



## Individual Training - Crossing

**Category:** Technical: Crossing & Finishing

**Difficulty:** Moderate

Eddie Lima, Bristow, United States of America  
Individual-Young Member

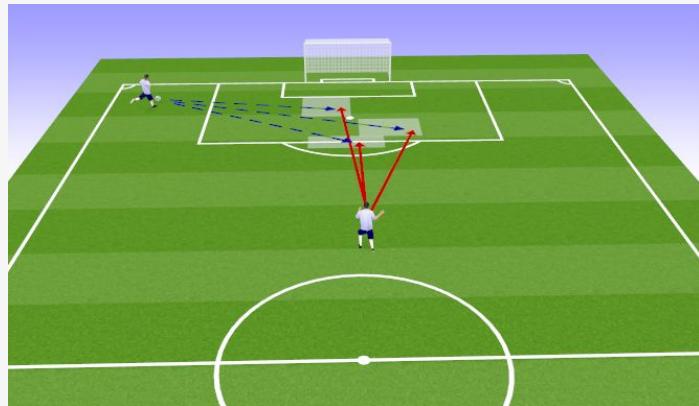
### Description

ASA Coaching Education Directors - Matt Badiie and Eddie Lima

### Crossing Technique

#### Crossing Technique:

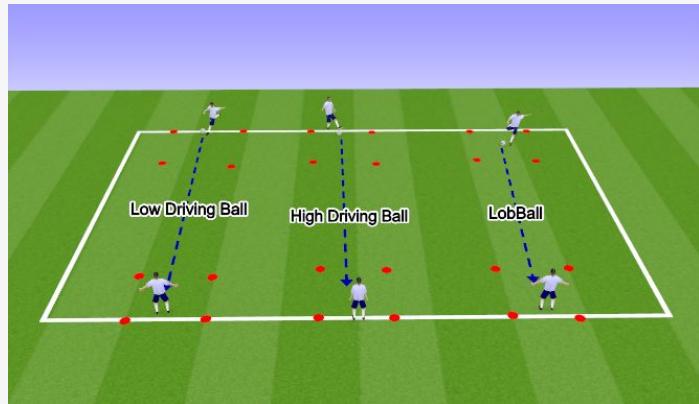
- \* Run with the ball until you reach the corner of the field.
- \* Place the ball to the angle according to how you will cross the ball.
- \* Use the side of your big toe or your shoelaces to cross.
- \* There are few ways to cross a ball: hard pass, big toe chip, banana cross, low drive, high drive, 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 on where your teammates are inside of the box.



### Activity: Small grid crossing (15 mins)

#### Activity:

- The coach and the player will be standing opposite sides from each other as shown.
- The player will send a long ball by aiming for the coach that stands opposite side.
- The player will send different types of long balls (Low driving ball, high driving Ball, and lob ball).



**Variations/Progression:** Use both feet

### Activity: Crosses from the end line (15 mins)

#### Activity:

- The player will dribble the ball with speed to the end of the line and cross the ball (low drive, high drive, or lob) towards the coach.
- The coach will make a decisive move towards the near post, far post, or 18 yards to receive the cross from the player. So, the player must look at the coach before crossing the ball.

**Variations/Progression:** Crosses from the right and left side so they can use both feet to cross the ball.



## Crosses between end line and 18 yards (15 mins)

### Activity:

- The same as the previous activity but this time the player will cross between the end of the line and 18 yards line.



## Crosses before the 18 yards line (15 mins)

### Activity:

- The same as the previous activity but this time the player will cross before the 18 yards line.

