



Individual Training - Finishing from across

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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

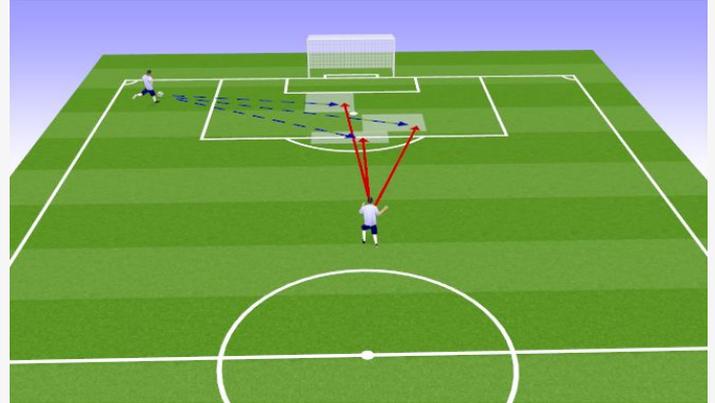
Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Finishing from a cross Technique

How to score from across:

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 approaching 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: Finishing (15 mins)

Activity:

- 2 cones at the end of the line on both sides (#1 and #4). About 5 yards from the goal. 2 cones in the same line as the penalty line (#2 and #5). 2 cones on the top of the box line (#3 and #6)

How the game is played:

- The coach will be on station #1. The coach will throw the ball to the player that will be on station #6.
- The coach should aim towards the penalty line ... Player on station #6 should run towards the penalty line to finish on volley kick.
- After a few repetitions, the coach should move from 1 - 2 - 3 - 4 - 5 - 6. The same should happen with the player so he/she can finish from different angles.

Variations/Progression:

- Coach #2 = Player #5
- Coach #3 = Player #4
- Coach #4 = Player #3
- Coach #5 = Player #2
- Coach #6 = Player #1

Important:

- Receiving the ball from 1, 2, and 3, players must finish with the right foot on the volley kick
- Receiving the ball from 4, 5, and 6, players must finish with the left foot on the volley kick

Important:

- Make the player finish going to the near post, far post, and 18 yards line!!!



Activity: Crosses from the end line (15 mins)

Activity:

- The Coach 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 player will make a decisive move towards the near post, far post, or 18 yards to receive the cross from the player.

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 coach 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 coach will cross before the 18 yards line.

