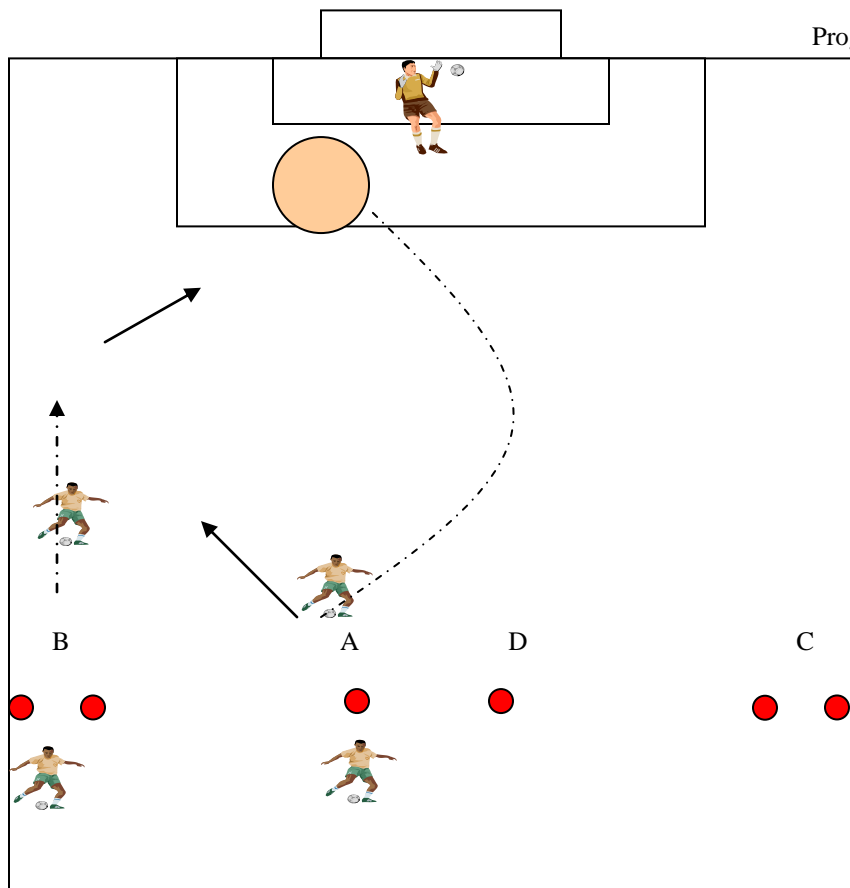


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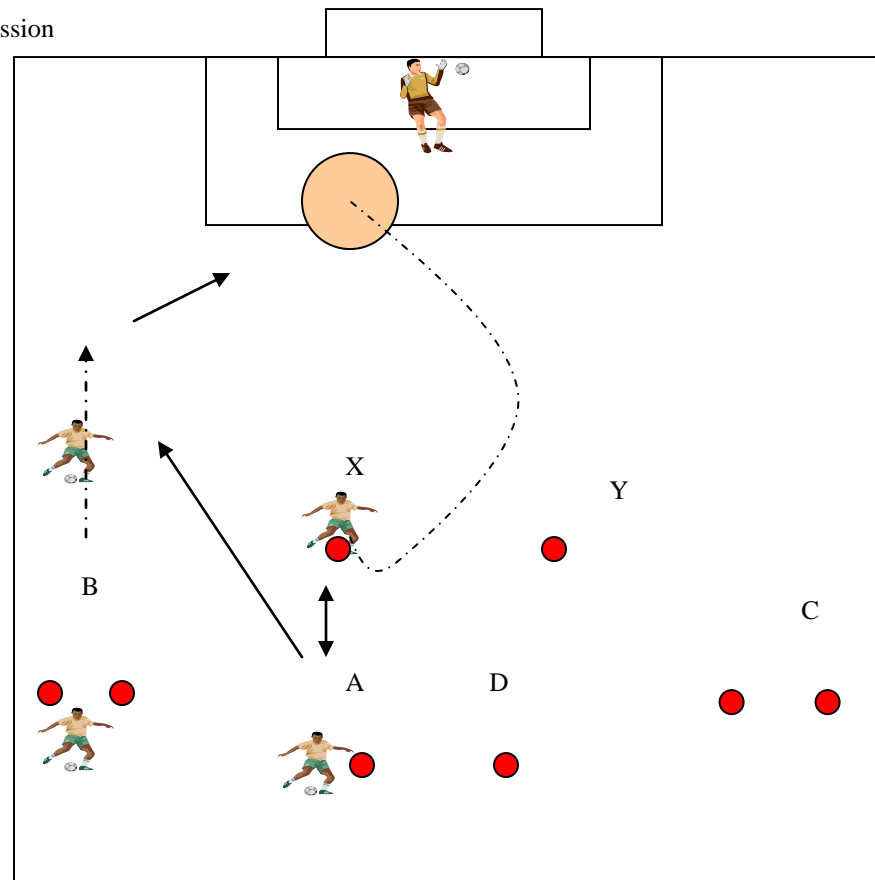
Crossing and Finishing

Activity 1



Progression

Activity 2



Activity 1

1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gate B, players stand at cones A in the middle
5. To Start Player A passes out wide into space for player B to run onto, Player A then runs away from the ball , then checks back and attacks the near / Front post area of the 18 yrd box,
6. Player B delivers the ball to the near post , Player A attempts to Score.

To play on the opposite side,repeat exercise but start in positions D and C

Activity 2

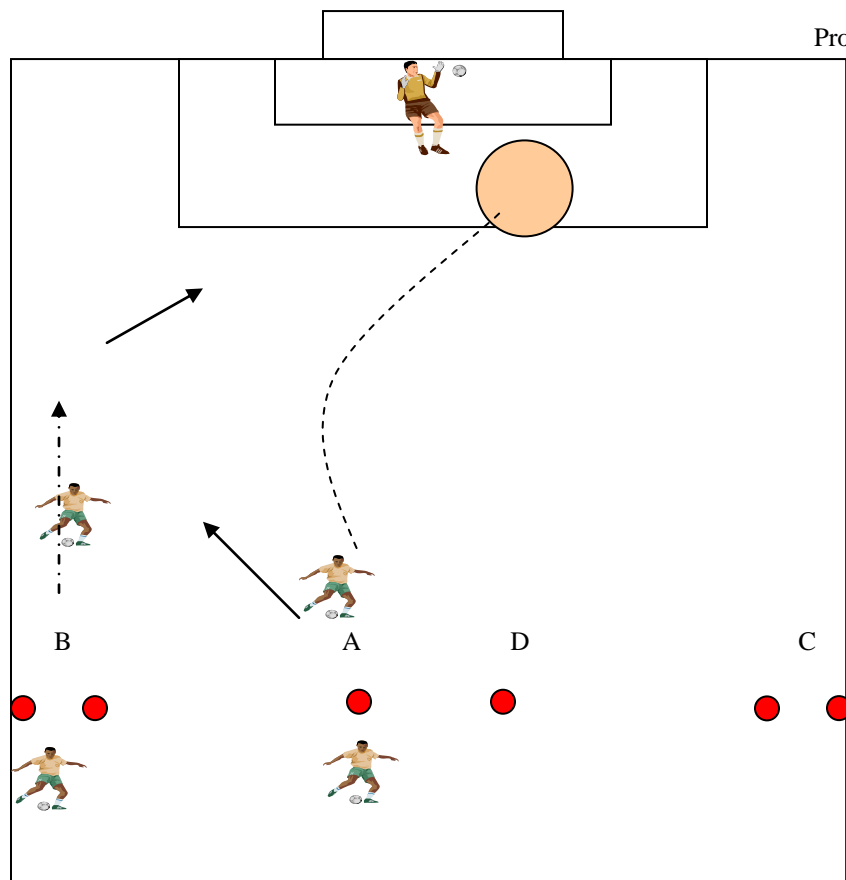
1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gates B, players stand at cones A and X in the middle
5. To Start Player A passes inside to player X, Player X lays the ball back for Player A who passes out wide into space for player B to run onto, Player X then runs away from the ball , then checks back and attacks the near / Front post area of the 18 yrd box, Once Player A passes wide they take up position X . The same organization on opposite side .
6. Player B delivers the ball to the near post , Player X attempts to Score.
7. To play on the opposite side , Start in positions D , Y , C

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Crossing and Finishing

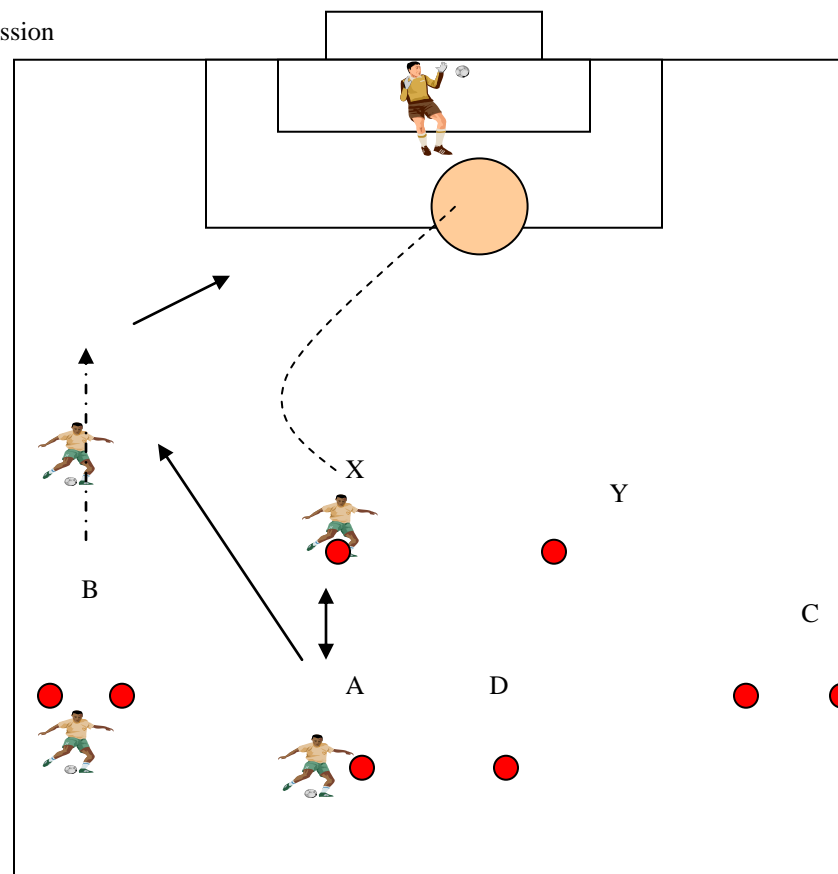
Far Post Runs

Activity 1



Progression

Activity 2



Activity 1

1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gate B, players stand at cones A in the middle
5. To Start Player A passes out wide into space for player B to run onto, Player A then runs towards the ball , then runs away and attacks the Far / back post area of the 18 yrd box,
6. Player B delivers the ball to the far post , Player A attempts to Score.

To play on the opposite side,repeat exercise but start in positions D and C

Activity 2

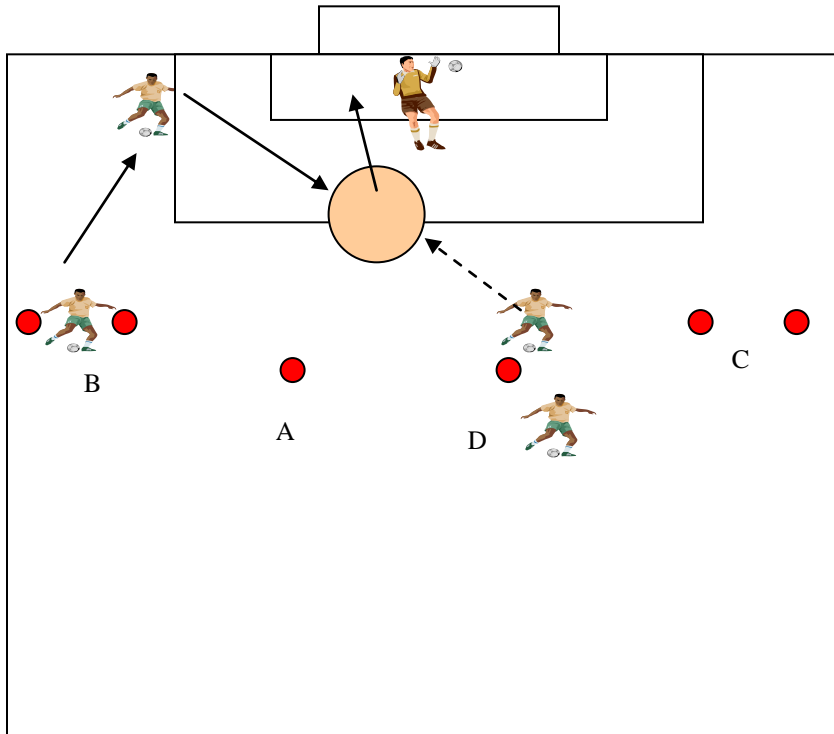
1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gates B, players stand at cones A and X in the middle
5. To Start Player A passes inside to player X, Player X lays the ball back for Player A who passes out wide into space for player B to run onto, Player X then runs towards the ball , then attacks the Far post area of the 18 yrd box, Once Player A passes wide they take up position X . The same organization on opposite side .
6. Player B delivers the ball to the far post , Player X attempts to Score.
7. To play on the opposite side , Start in positions D , Y , C

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Crossing and Finishing From the Touchline

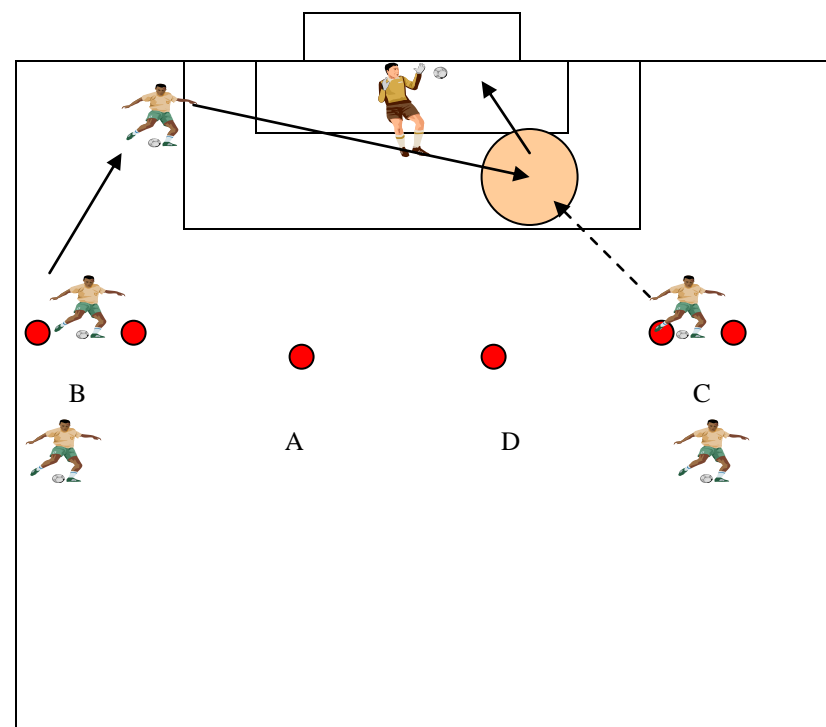
Activity 1

(Near post)



Activity 2

(Far Post)



Activity 1

1. Area 40 long 70 wide
 2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
 3. Good supply of soccer balls
 4. 2 players stand out wide in gate B, players stand at cones A in the middle
 5. To Start Player B dribbles and attacks the end line in the 18 yrd box,
 6. Player B then cuts (passes) the ball back to towards the penalty spot / near post area along the ground.
 7. Player D then runs diagonally onto the pass towards the near post and attempts to score. Option Players can run from position A
- Play then on the opposite side , players start in position A and C

Activity 2

1. Area 40 long 70 wide
 2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
 3. Good supply of soccer balls
 4. 2 players stand out wide in gates B, players stand at cones A and X in the middle
 5. To Start Player B dribbles and attacks the end line in the 18 yrd box,
 6. Player B then Chips (passes) the ball back to towards the back post in the air
 7. Player C then runs diagonally onto the pass towards the back post and attempts to score. Option Players can run from position D
- Play then on the opposite side , players start in position B and C

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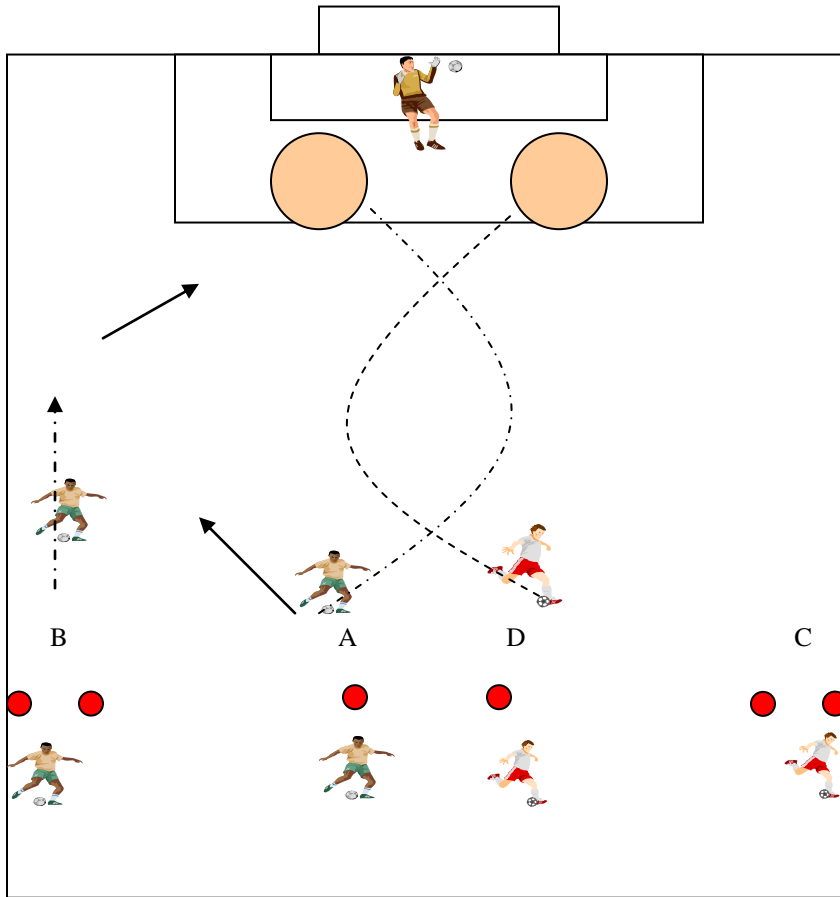
Crossing and Finishing

Coaching Points

- Good Communication
- Good Quality on the Passing and Crossing
- Good Organization of movement and runs in the Attacking Area of the Field
- Good Angles and Timing of runs
- Awareness of other players runs
- Quality and Composure on finishing
- Efficient movement of the ball

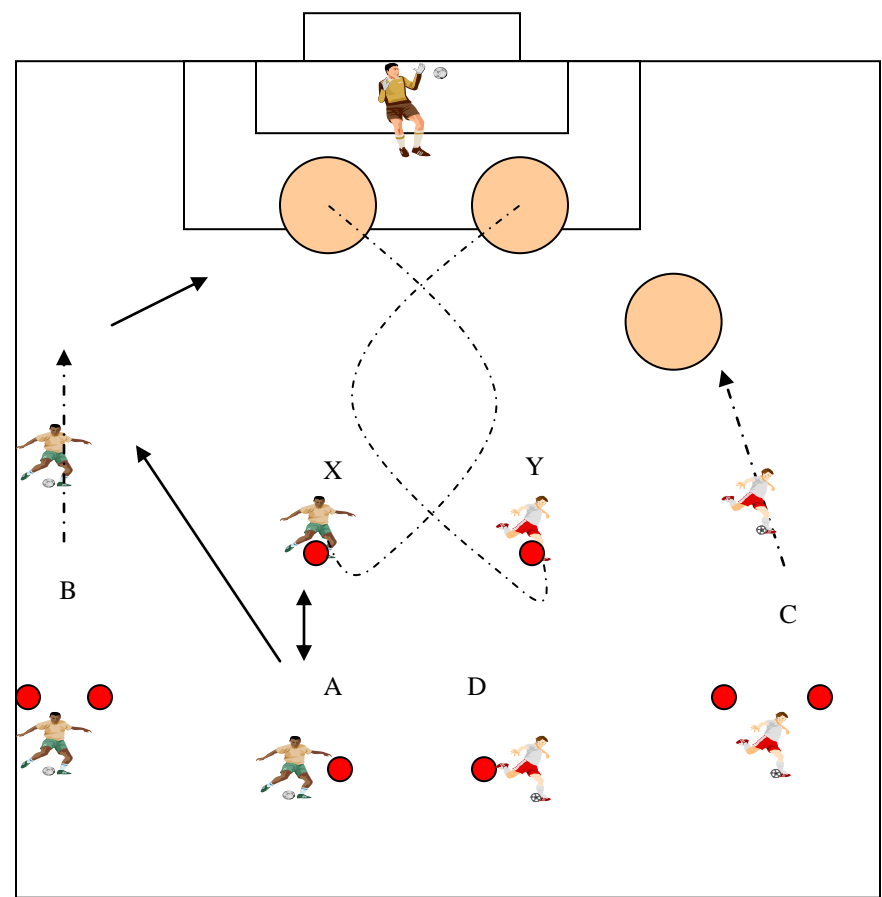
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Crossing and Finishing Front and Back Post



Activity 1

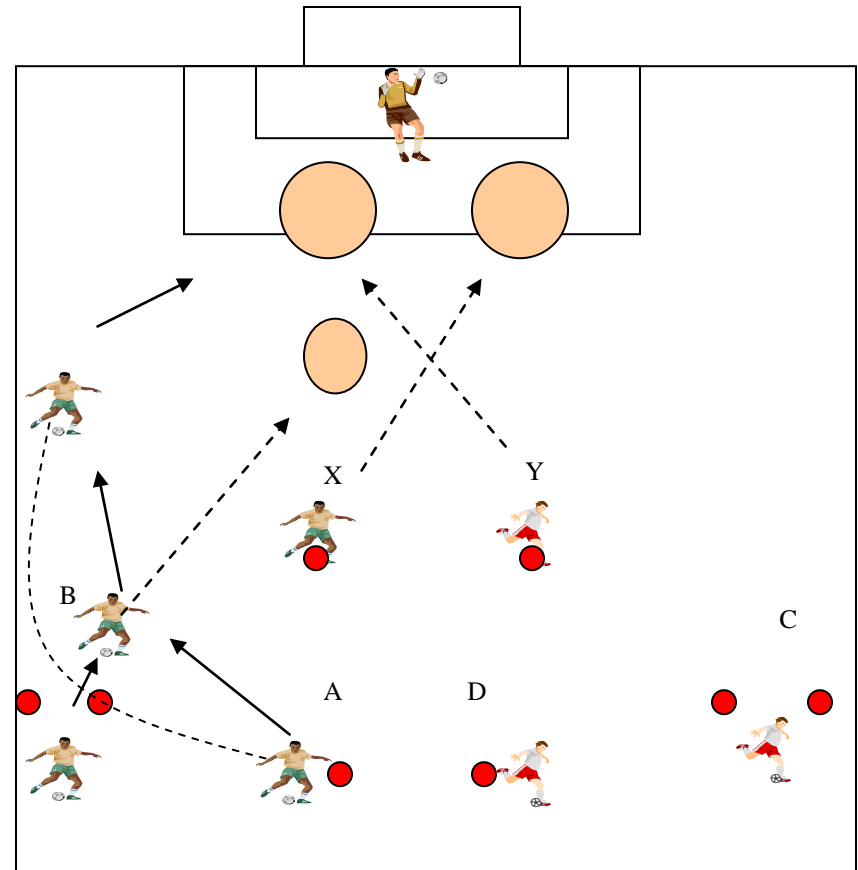
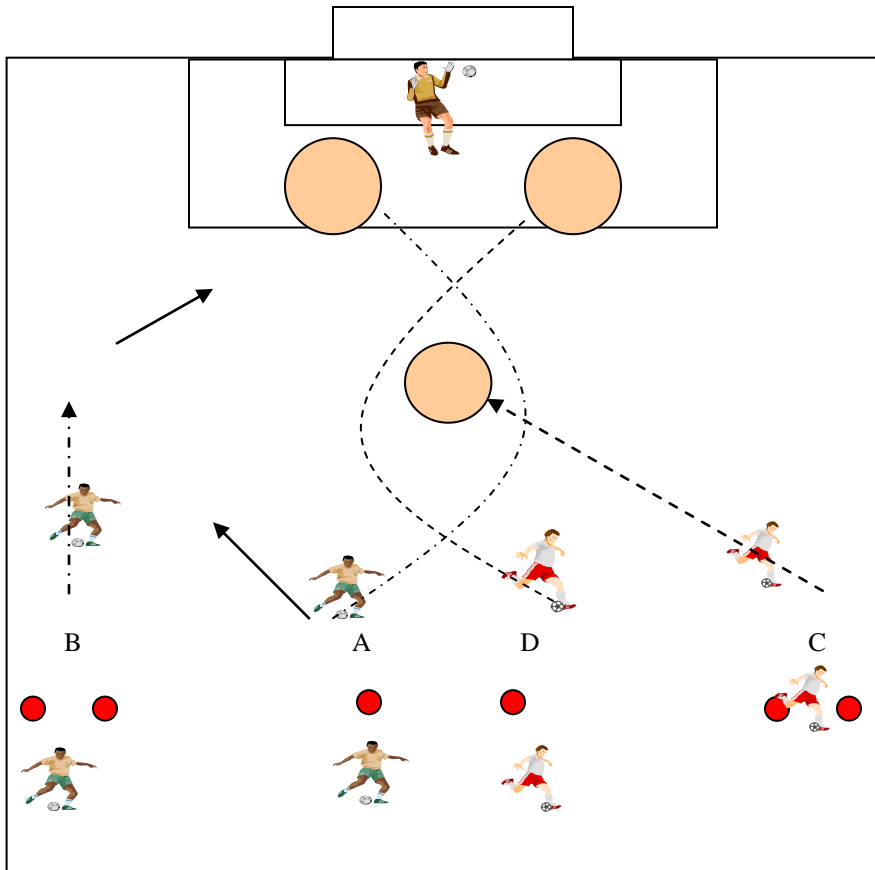
1. Area 40 long 70 wide
 2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
 3. Good supply of soccer balls
 4. 2 players stand out wide in gate B, 2 groups of players stand at cones A and D in the middle
 5. To Start Player A passes out wide into space for player B to run onto, Player A then runs away from the ball , then checks back and attacks the near / Front post area of the 18 yrd box, Player D runs towards the ball then checks away and positions themselves at the back post .
 6. Player B delivers the ball to either the near post or far post Area, Players A and D attempt to Score.
- Play then the opposite side and repeat exercise



Activity 2

1. Area 40 long 70 wide
 2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
 3. Good supply of soccer balls
 4. 2 players stand out wide in gates B and C , 2 groups of players stand at cones D and C in the middle
- To Start Player A passes inside to player X, Player X lays the ball back for Player A who Passes out wide into space for player B to run onto, Player X then runs away from the ball , then checks back and attacks the near / Front post area of the 18 yrd box, , Player Y runs towards the ball then checks away and positions themselves at the back post .
5. Once Player A passes wide they take up position X ..
 6. Player B delivers the ball to the near post , Player X , Y attempts to Score.
 7. Player C joins in around the back . Play then the opposite side ,

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Crossing and Finishing
Front / Back Post / Edge of the Box



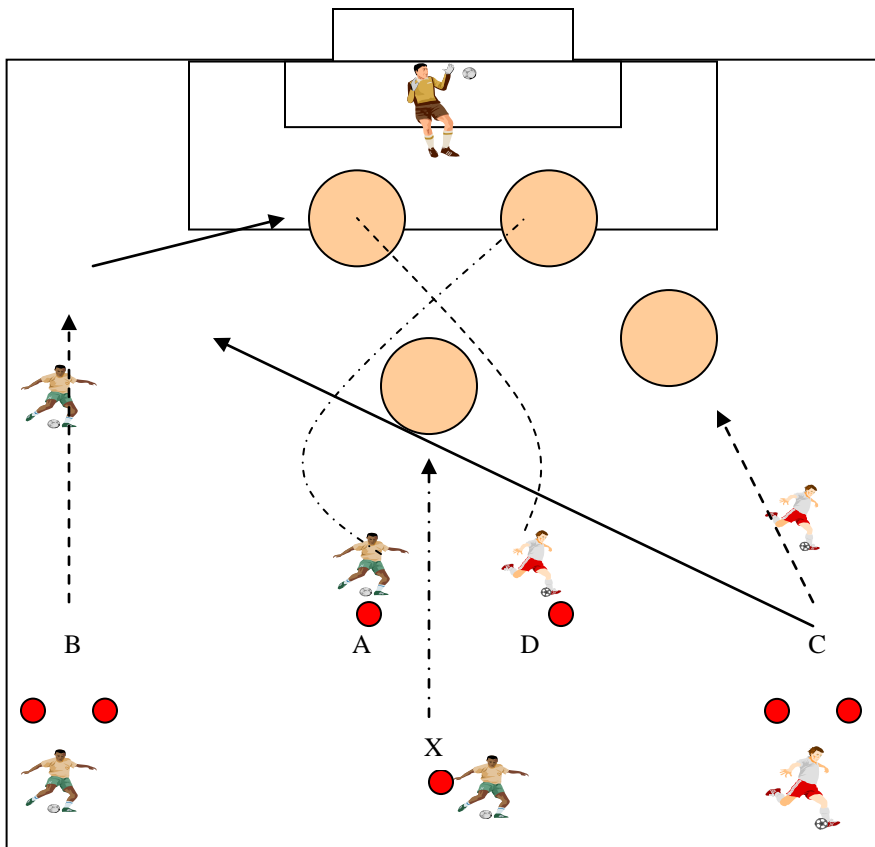
Activity 1 - Through Ball

1. Area 40 long 70 wide
 2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
 3. Good supply of soccer balls
 4. 2 players stand out wide in gate B, 2 groups of players stand at cones A and D in the middle
 5. To Start Player A passes out wide into space for player B to run onto, Player A then runs away from the ball , then checks back and attacks the near / Front post area of the 18 yrd box, Player D runs towards the ball then checks away and positions themselves at the back post .
 6. Player B delivers the ball to either the near post or far post Area, Players A and D attempt to Score. Player C runs inside and looks for a shot on the edge of the box
- Play then the opposite side and repeat exercise

Activity 2 - Overlapping Run

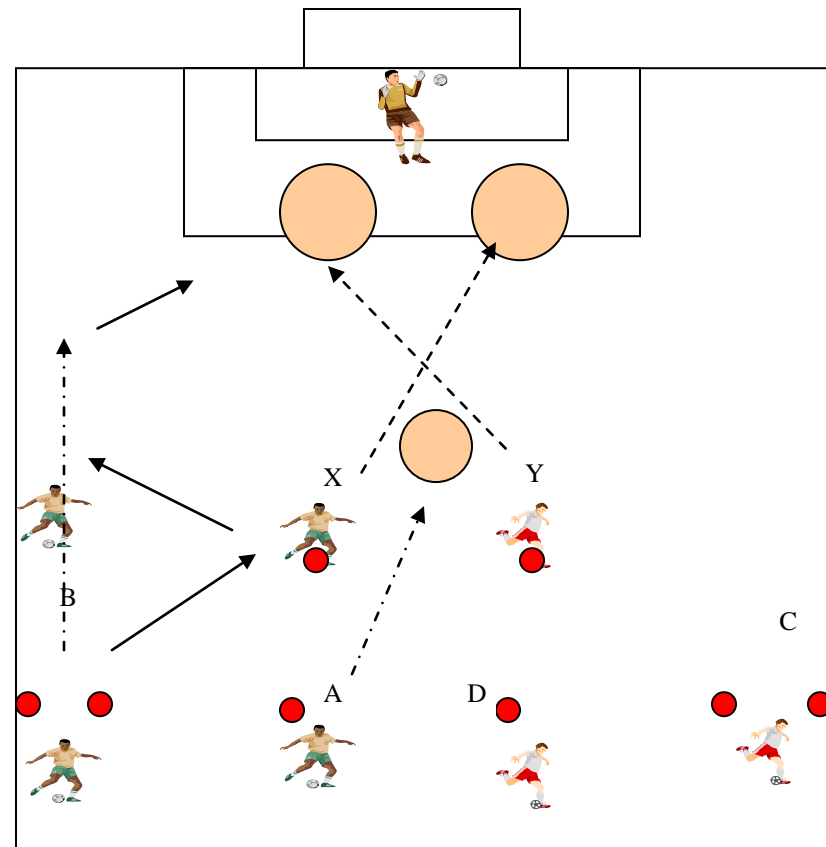
1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gates B and C , 2 groups of players stand at cones D and C in the middle
5. To Start Player A passes out wide to player B, Player A then follows there pass and overlaps Player B. Player B passes back into the run of Player A.
6. Player A crosses the ball into the box
7. Player B continues there run and takes up a position on the edge of the box. Players X and Y organize there runs , Player X goes Back Post , Player Y runs near Post.
8. The same organization happens on opposite side.

Fergie's Soccer Academy Crossing and Finishing



Activity 1 Diagonal / Cross field Pass

1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gate B and C, 2 groups of players stand at cones A and D in the middle
5. To Start Player C passes a Diagonal cross field ball into space for player B to run onto, Player C then runs towards the back post area, Player A and D organize there runs front and back post
6. Player B delivers the ball to either the near post or far post Area, Players A and D attempt to Score. Player C looks for a shot on the edge of the box. Player X delays there run and takes up a position just outside the 18yrd box. Play then the opposite side and repeat exercise
- Option Player X can play the ball out to Player C



Activity 2 Give and Gos

1. Area 40 long 70 wide
2. 1 goal 8 yards wide , 1 Goalkeeper in the goal.
3. Good supply of soccer balls
4. 2 players stand out wide in gates B and C , 2 groups of players stand at cones D and C in the middle
5. To Start Player B plays a give and go with Player X, Player X then turns,,runs and takes up a position at the back post
6. Player Y runs near post
7. Player B crosses the ball into the box
8. Player A runs and takes up a position on the edge of the box.
9. The same organization happens on opposite side.