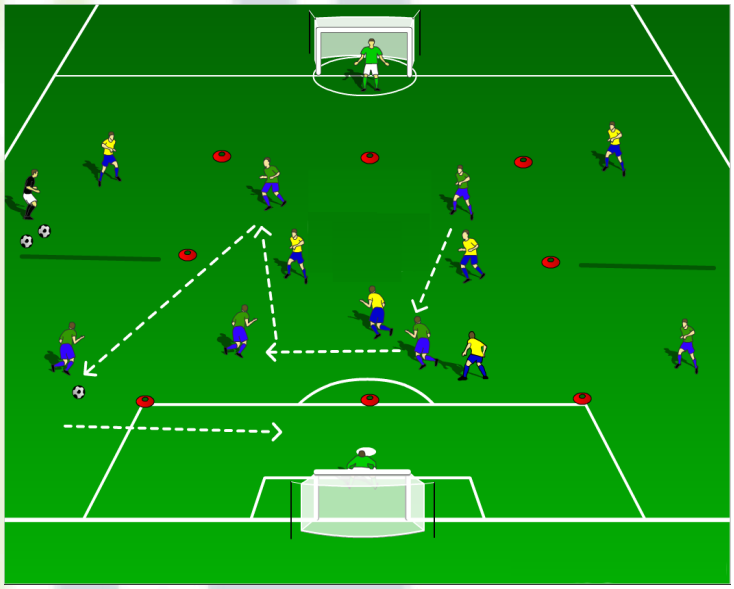
Training Session

Topic – Crossing & Finishing II

Area – Half a field with a 30 x 30 playing area in the middle. A 4v4 is shown in this area. There a four wide target players situated as shown.



1. The coach plays the ball in.

2. The team in possession have to make three or more passes before passing to one of their target players.

3. Green team has passed the ball wide. They then attack and make runs into the attacking area. The opposite wide target player can also attack the goal. The wide target player crosses the ball.

4. Defending team stay put. After a few unopposed attacks allow the defending team to join in.

Coaching points:

Quick passing and intelligent movement
Quality passing and crossing
Intelligent runs into the attacking area

Practice90