

Drill Name: Crossing and Finishing Competition

Set up:

12-24 field players plus 2-4 goalkeepers, split the group in half and then divide them in teams of three. Four groups of three on one field and the other four groups with an identical set up on the other field or as numbers permit. Keep score: 1 point first time finish on ground, 2 points first time finish with head, 3 points first time finish with a volley. 2X8 minutes, manipulate groups, determine overall winner.

Instructions:

Stay within your groups of three, forward plays it into the coach who lays it back to the forward, he then strikes the ball with his laces thru the flags in the channel, player in the channel has three touches to get service into the box for the near and far post runner. Must be a first time finish.

Coaching Points:

Crisp entry ball to the coach, accuracy of driven ball out wide, quality of the crosses, quality and timing of the runs, technique and placement of the finish, competition, no wasted reps!! To increase difficulty add mannequins or two live defenders.