



ATTACKING + DEFENDING CROSSES

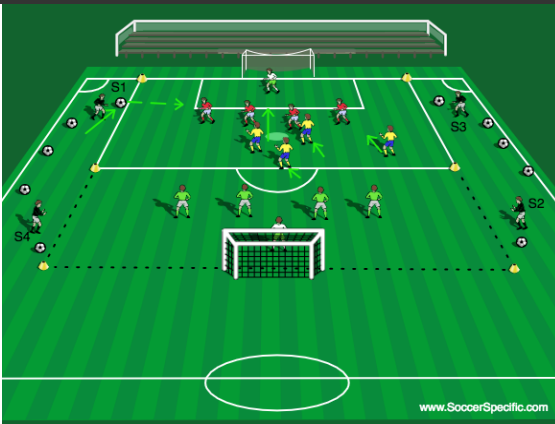
Date: Aug 31, 2018

Duration: 15-20

Team: Keith Boanas - UEFA Instru...

Intensity: ● (7/10)

Category: Tech / Tact, Conditioning

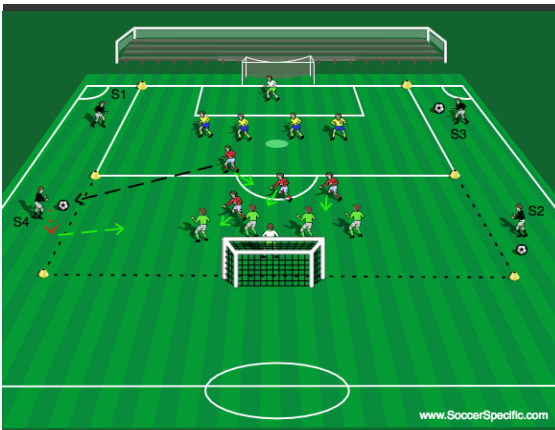


Setup: Area marked Approx 40 X 40. Up to 16 players + GKs. 4 v 4 v 4 centrally plus 4 Servers (S) in side zones.

Instructions: ATTACK / DEFEND: Improve Attacking and Defending Crosses. Balls are positioned with each wide Server - on Coaches signal one group of 4 attack the goal and cross from either S1,2,3,4. Wide Servers are allowed to play crosses from dead-ball for quality. 4 Players attack / 4 players defend each sequence - (Ex) Yellow attack Red / Red attack Green / Green attack Yellow - sequence of rotation is continuous. Keep record of goals scored beneath team to maintain competitiveness.

Coaching Points: Attacking: 1. timing / angle of runs 2. Eye on the ball / attack ball 3. Technique / decision 4. Accuracy/ power 5. Second ball. Defending: 1. Marking player 2. See player and ball 3. Stay tight/ body shape 4. Decision /attack ball 5. Technique / height/distance 6. Second-ball / push up.

1



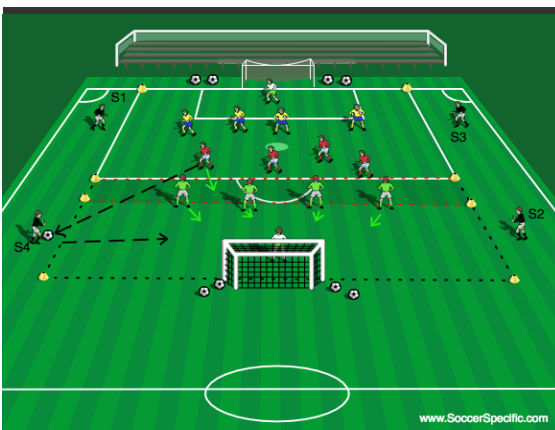
Setup: Area marked Approx 40 X 40. Up to 16 players + GKs. 4 v 4 v 4 centrally plus 4 Servers (S) in side zones.

Instructions: ATTACK / DEFEND: Improve Attacking and Defending Crosses. Ball is now passed to Wide Server from central area - 4 attacking Players decide which side to pass to. Wide Servers must now strike moving balls. In the Diagram - S4 has received a pass and must now prepare the ball with one-touch and cross with next touch (if possible). Rotation is continuous.

Keep record of goals scored beneath team to maintain competitiveness.

Coaching Points: Attacking: 1. timing / angle of runs 2. Eye on the ball / attack ball 3. Technique / decision 4. Accuracy/ power 5. Second ball. Defending: 1. Marking player 2. See player and ball 3. Stay tight/ body shape 4. Decision /attack ball 5. Technique / height/distance 6. Second-ball / push up.

2



Setup: Area marked Approx 40 X 40. Up to 16 players + GKs. 4 v 4 v 4 centrally plus 4 Servers (S) in side zones. Central (shaded) zone created 4yds wide as shown.

Instructions: ATTACK / DEFEND: Improve Attacking and Defending Crosses. Progression to include Central (shaded) zone - the Defenders must push up to this zone prior to each attack - this forces them into a high line from which they must make recovery runs to intercept / block crosses. This creates a space for early crosses - the Attacking 4 players must attack this space. Keep record of goals scored beneath team to maintain competitiveness.

Coaching Points: Attacking: 1. timing / angle of runs 2. Eye on the ball / attack ball 3. Technique / decision 4. Accuracy/ power 5. Second ball. Defending: 1. Marking player 2. See player and ball 3. Stay tight/ body shape 4. Decision /attack ball 5. Technique / height/distance 6. Second-ball / push up.

3