

Attacking Crosses SSG

This session can be used to develop attacking play with an intensity, but develop specifically the finishing phase from crosses

Setup:

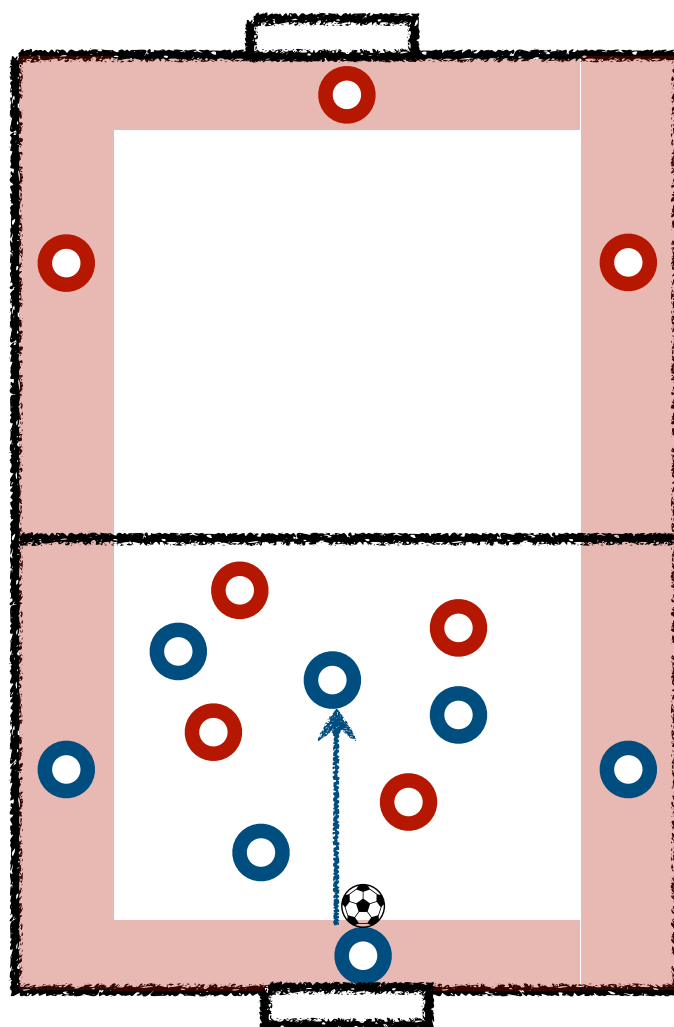
Session requires 4v4 in middle Area with 4 outside players, the session then see's the goalkeepers play in to the 4v4 and the central players attempt to find the outside player who crosses and then attempt to score, the team can't leave the half they are in until the ball has been played wide

Team Detail:

- Can players recognize the need to move the ball quickly in the central area
- Once the ball goes wide can the runners attack the space
- Out of possession can quick recovery runs be made inside the front post

Individual Detail:

- Detail of cross, can you cross the ball low and hard for expected runners
- Can runners attack with diagonal runs i.e. from front to back
- Can you strike the ball back across the goal to use the pace of the cross to finish
- Can you drive in to the box and arrive as the ball arrives.



Players
14

Space
30x40

Goals
2

Blocks
6

Work
240sec

Rest
60sec

Total
30min