

Attacking Crosses SSG

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

Setup:

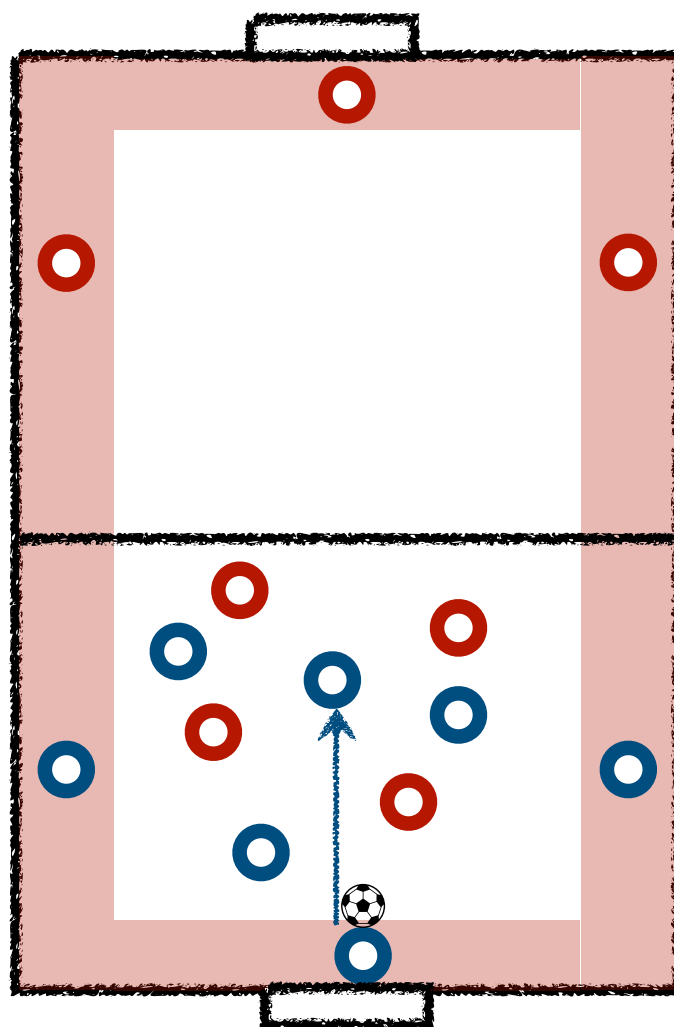
Session requires 4v4 in middle Area with 4 outside players, the session then see's the goalkeepers play in to the 4v4 and the central players attempt to find the outside player who crosses and then attempt to score, the team can't leave the half they are in until the ball has been played wide

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

2v2+4 Rondo Practice

This session is a popular session that has been used to develop players comfortable receiving the ball in compact areas.

Setup:

Session requires 2v2 in the cereal are with 2v2 on the outside, the session is very simple, it challenges players to receive and play forward, players are challenged to move the ball from one side of the practice to the other using quick combinations and clever receiving skills

Team Detail:

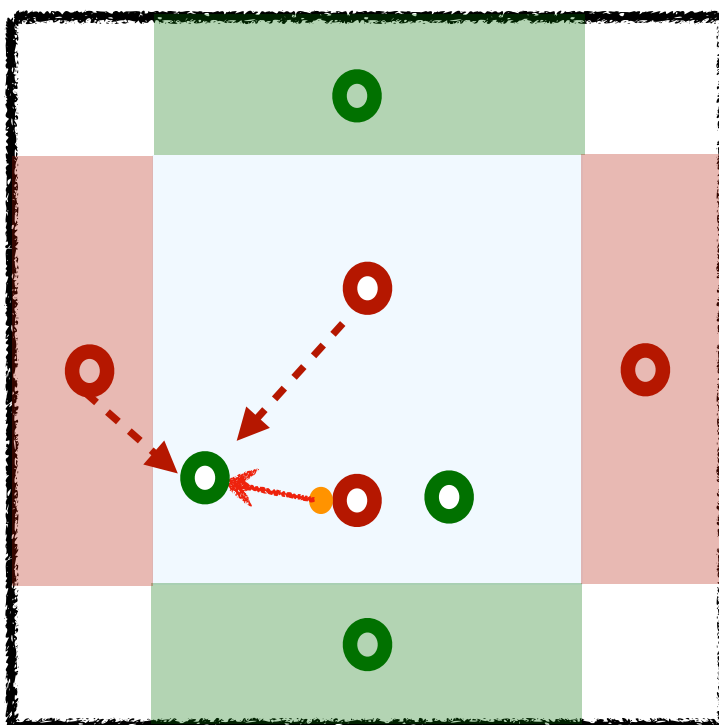
- Ensure the intensity remains high
- Can you communicate as a group to ensure that possession is maintained
- Can you work hard without the ball to create a frenzy to win possession back

Individual Detail:

- Receiving skills, can you receive on the half turn
- Can you make movements toward and away from the ball to create space for the ball across the area

Progression:

- One Touch on the outside of the square
- Six second frenzy to win possession back
- Outside players can come in and win possession when the team lose possession of the ball



Players 8	Space 25x25	Goals 0	Blocks 5	Work 180 Sec	Rest 60sec	Total 20
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