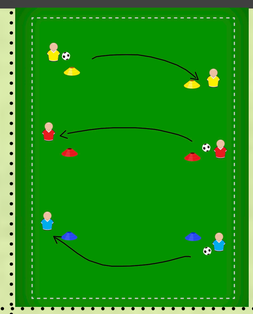
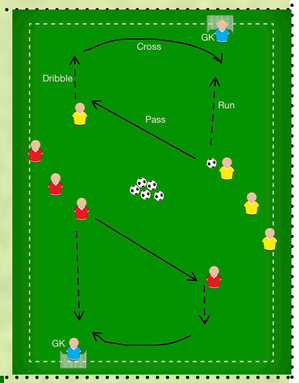
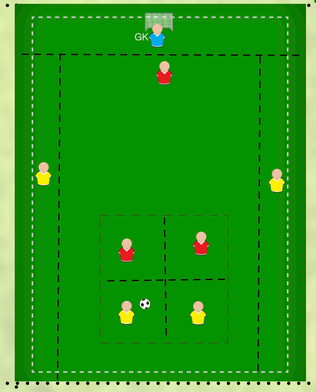
P2 SOCCER TRAINING

LEVEL:	Social Distance
TOPIC:	Crossing

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	This might be a new technique for many players so we're going to start slow. Line them up facing a partner and they are going to try and cross the ball back-and-forth to each other. If players can already do this ask them to work on their weak foot or lofted cross.	**FIRST COACHING POINT - MECHANICS** The crossers hips should be about 90 degrees from where they are crossing to. They're going to catch the side of the ball and move their leg in a semi circle movement across their body towards where they want the ball to go.	
TECHNICAL	Once they're comfortable with this technique we're going to have them try it on the move (as they would in a game). Set up as shown and try to limit this to have five players max at each station - the diagram shows this set-up twice. Set it up multiple times if needed. Player 1 starts with the ball and players out to player 2. Player one then advanced towards goal. Player two will dribble as needed and then cross the ball back to player one who will try to score. They go back and wait for a turn and the next two players take their turn. If your players can handle it you can use a goalkeeper to make things more realistic.	**FIRST COACHING POINT -DRIBBLE** Encourage the dribbler not to cut in towards the middle - in a real game there will likely be pressure coming from a defender so they should stay wide. . **SECOND COACHING POINT - ATTACKING RUNS** The player in the middle should time their run to meet the ball, they do not want to arrive early and be stood waiting as this will make it easy for the GK	
TACTICAL	Now we'll progress things a little further with a 2v2 in the midfield, two wide players, a GK and one defender. Midfield players have their own boxes. Their job is to pass the ball and try to get it to a wide player. Once they do this, they may attack the goal and try to score from the cross.	**FIRST COACHING POINT - CROSSING** The crosser should seek to make thing easy for the attackers. A ground cross is easier if possible but they also play the ball away from the one defender.	
GAME	This will be a small sided game. Divide your players in to two teams. Set up lanes for each player and a goals at end end with a GK. On each side of the field you nominate a player to ba an "all-time winger" to make crosses. Players must stay in their lane. Players will try to work the ball out to either winger and score from a cross.	**COACHING SUMMARY** This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas