

## Dribbling & Crossing: Skill/Technique #1a & 1b

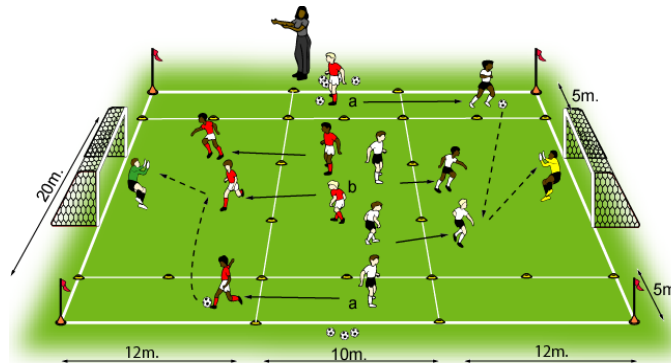
### Technique:

### Dribbling and Crossing from Wing Channels

20 minutes

#### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



#### Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the back half of

#### Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

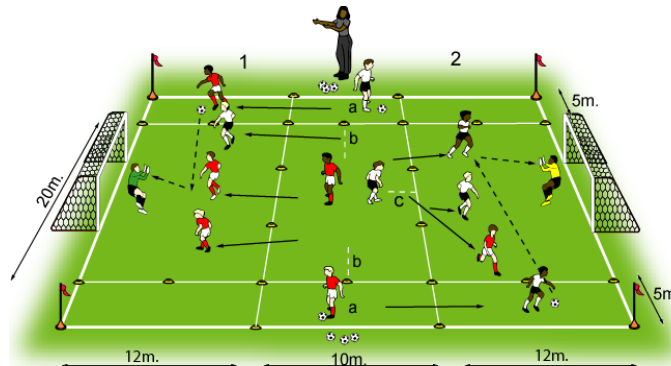
### Skill Work:

### Dribbling and Crossing from Wing Channels

15 minutes

#### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



#### Coaching Points:

- As with previous exercise.
- Be composed but efficient
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by changing pace as the defender arrives, cutting back and forward again, using another

#### Description:

- 1 As with the previous exercise but one of the two resting central attackers from one group becomes a defender in the other group. The action begins when the winger dribbling the ball forward into the end channel and crossing the ball as before. On the winger's second touch the defender, starting at point (b), chases back to try and block the cross, without entering the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross. The central attackers rotate between attempting to score, resting, and acting as a defender in the other group after each cross. After 10 crosses each the wingers switch with two central attackers.
- 2 **Progression:** As above but the defender starts at point (c) on the wingers first touch. This time the winger must decide whether to cross the ball before the defender gets across to block, or, try to create space for the cross by faking/feinting, if the defender does get manage to block the early cross.