

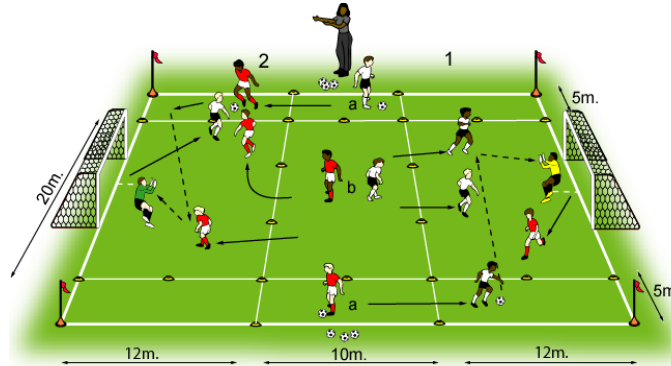
Dribbling & Crossing: Skill/Technique #2

Skill Work (Advanced): 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:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.

To be used for the more skilled players. Eliminate Technique Session and add as final progression.

Description:

- 1 As with the previous exercise but this time the defender starts in the middle of the goal and tries to block the cross once the winger has had his /her first touch. Once again the defender cannot enter the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross, or, the nearest attacker moves to support the winger if crossing options are taken away. In this case the winger may:
 - a. Use a dribbling technique to gain space for a cross.
 - b. Attempt a wall pass in order to get space for the cross
 - c. Pass to an attacker who must turn and finish in three touches or less.
 Action continues until shot is taken or ball goes out of play. All player rotations as in previous exercise.

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