

Active for Life: GAG Activity

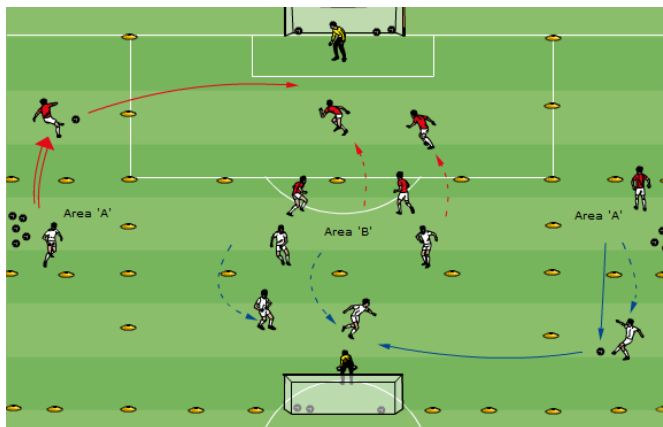
Technical/Tactical:

Crossing from Wing Channels-1a

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



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 area between the goal area & the penalty spot.

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

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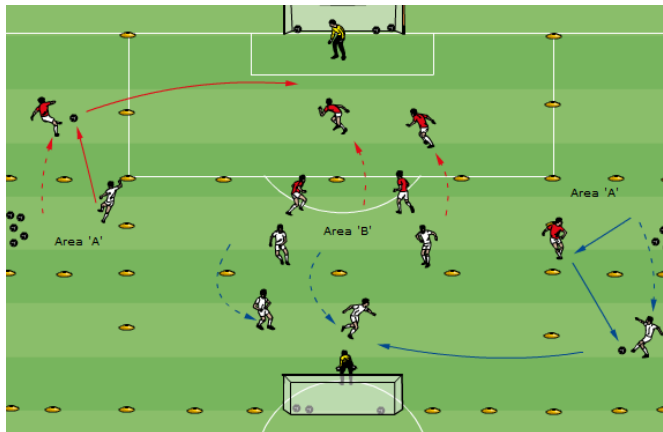
Technical/Tactical:

Crossing from Wing Channels-1b

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



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 area between the goal area & the penalty spot.
- Take a touch if needed.

Description:

- 4 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger has the ball passed to him/her by the partner in the same area 'A' and runs after it into the end channel where he/she crosses the ball for two attackers running into the scoring zone from area 'B'. The Winger should take a touch before crossing. 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.
- 5 As above but winger plays a wall pass with his/her partner to come out of area 'A'. Try to cross first time but take a touch first if needed. It is better to end with a quality cross than hurry the execution and miss time it!
- 6 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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