



Session Date

Season

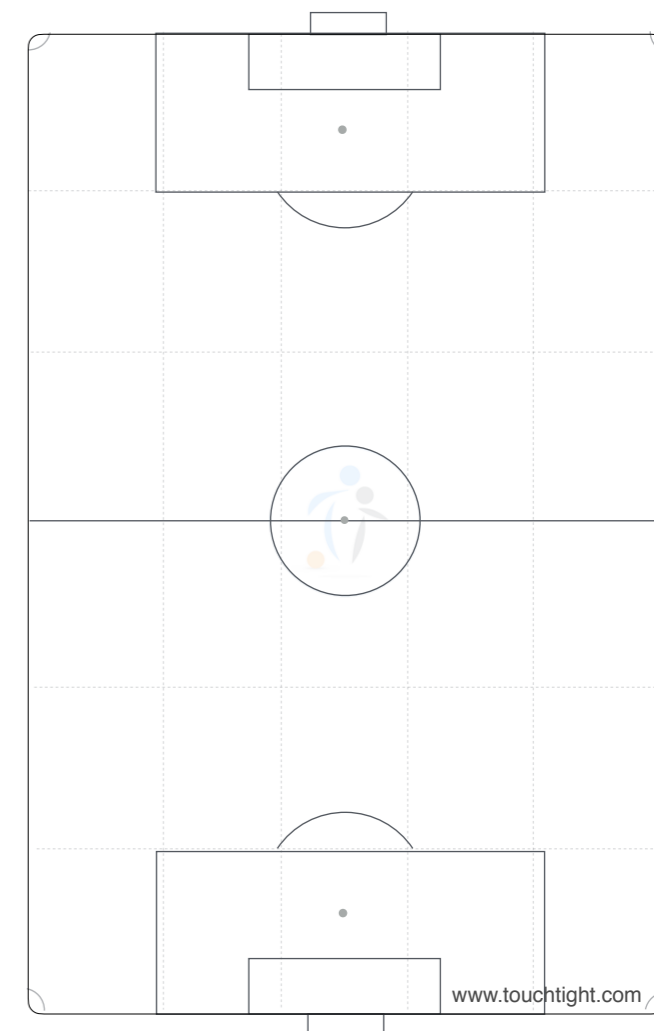
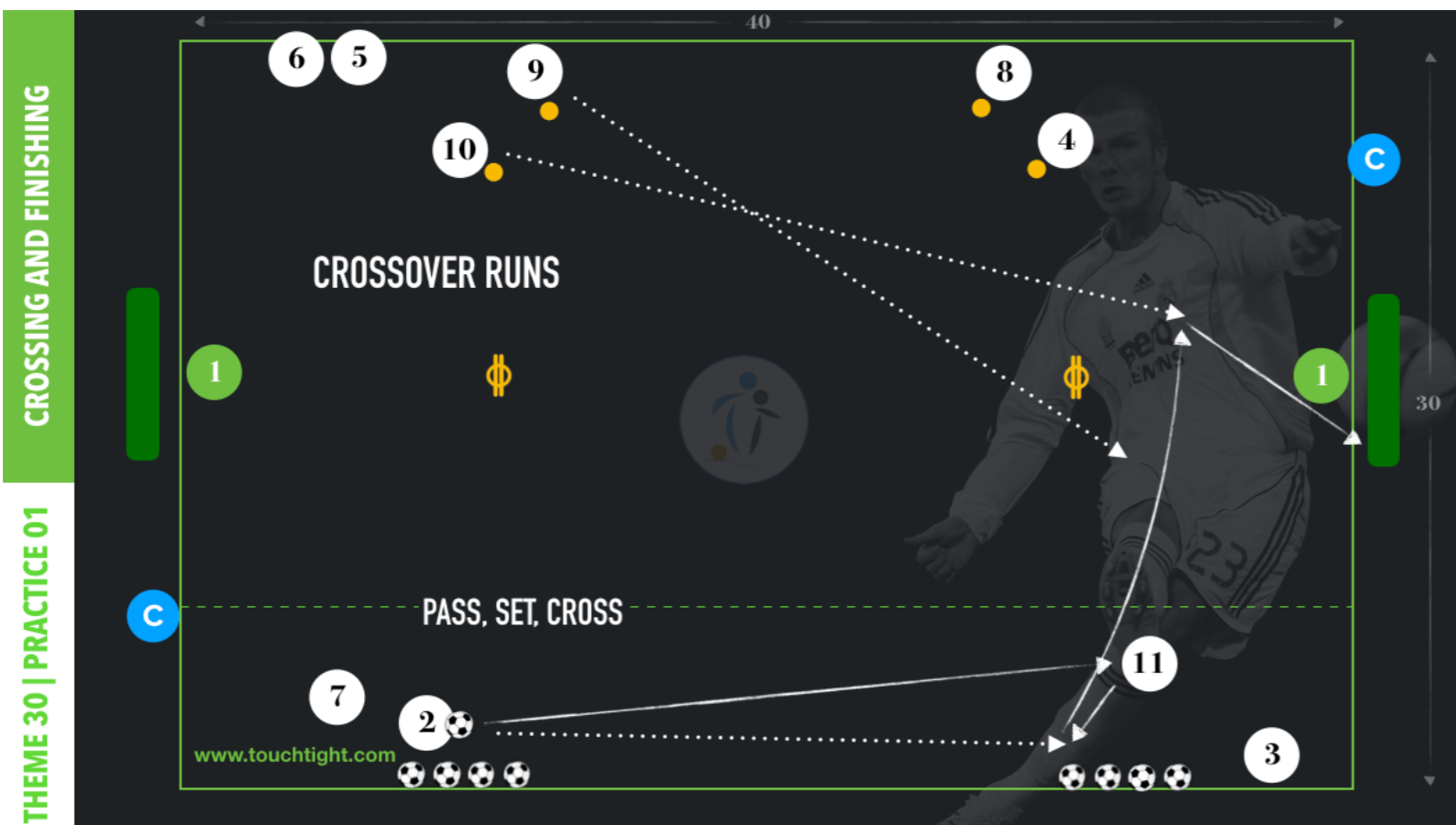
Age Group

Players

Duration

Type: Technical Practice

Area:



Set Up & Organisation:

- Our Beckham based Crossing and Finishing theme, begins with this technical practice. Based on a 442 attacking situation, we begin with crosses from the right hand channel with a quick combination between full back and winger. 2 Strikers make crossover runs to attack the crosses in the box, before a second combination produces a cross at the opposite end for another 2 attacking players to attack. Work both sides to ensure you develop left and right footed crosses.
- Ensure you have enough pairs that allow play to be continuous (3 attacking pairs and 4 wide players)

Progressions / Constraints

- Add competition between all pairs of attacking players and goalkeepers, with points for goals, shots on target, effective crosses in certain areas and saves made.
- Develop crossing situations from the byline, encouraging cutbacks forcing attacking players to adjust their runs.

Key Individual Coaching Points:

- Crossing delivery using pitch areas as markers for players
- Strikers movement and finishing technique must be detailed throughout.

Work / Rest Ratio: mins sets



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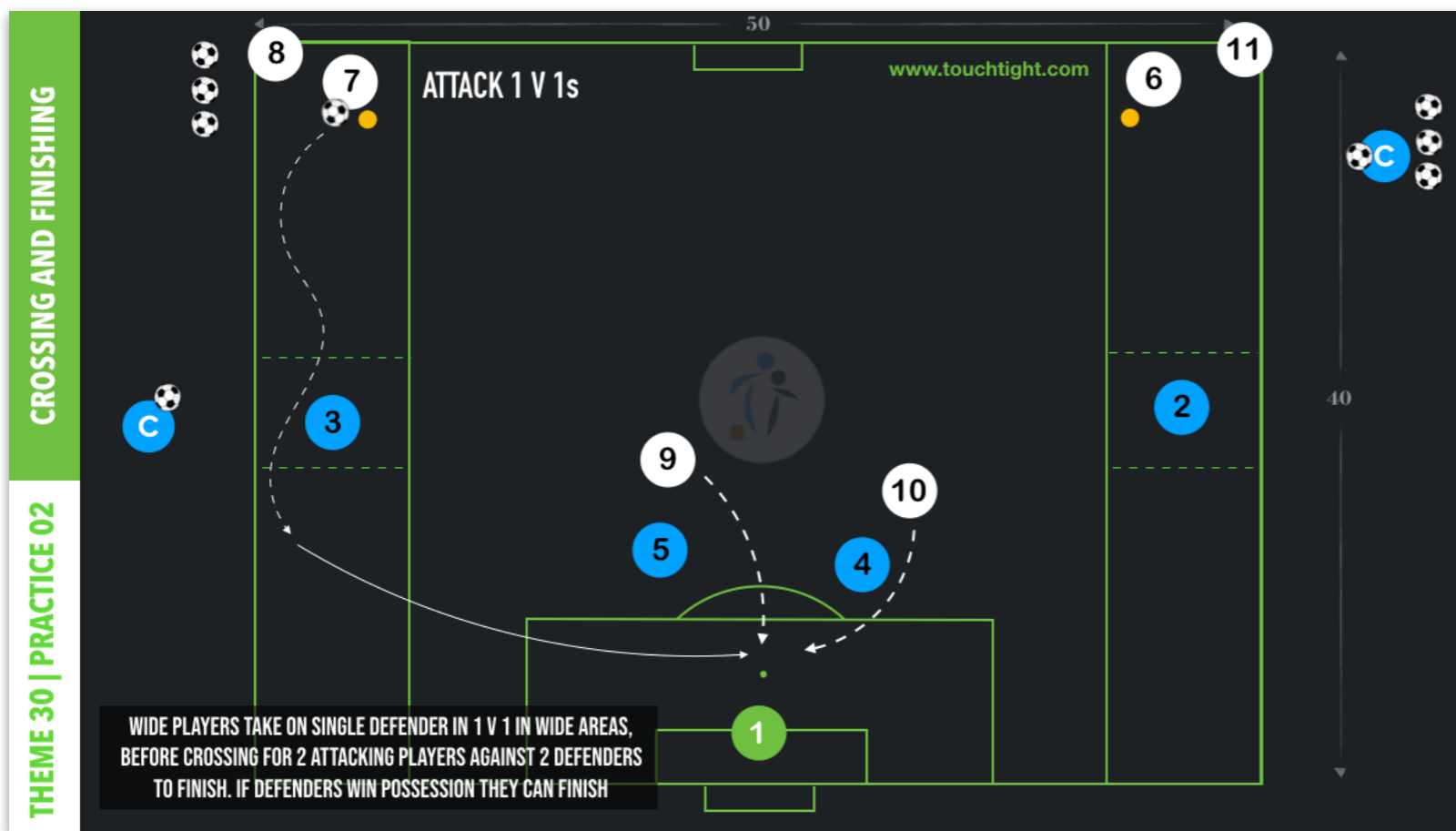
Players

Duration

Type: Skill Practice

Area:

Team Objectives:



Set Up & Organisation:

- Practice 2 of Theme 30 Crossing and Finishing is played in a 50 x 40 (alter for younger age groups), and focuses on wide players beating defenders to deliver crosses for 2 forwards against 2 defenders. We must work both sides to ensure attacking players develop balance in their movement.
- If defenders win their one v one in wide areas they can counter to finish in a central goal. If attackers are unsuccessful in beating defenders consistently, the coach can pass a ball into space for the wide player to deliver after the counter. If the central defenders win possession they must also counter into the central goal as shown.

Key Coaching Points:

- Encourage confidence in wingers and provide detail on their final ball in the 'corridor of doom', with strikers timing their movement to lose markers with crossover attacking the near and far post.

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

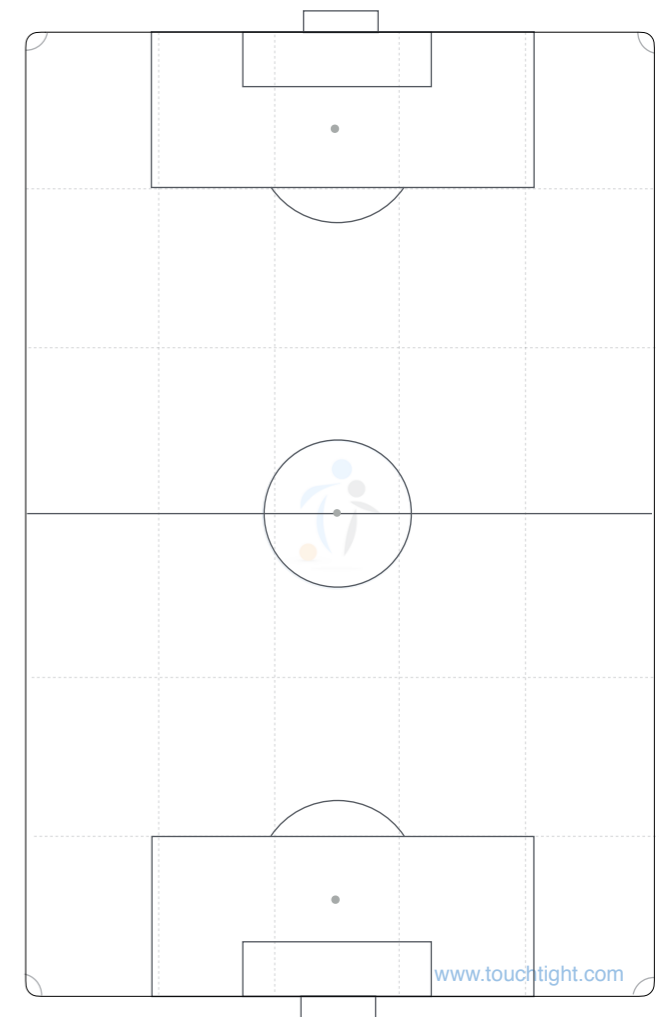
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation

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