



Practice 6

Crossing

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Practice

Warm Up

In a 20 x 20 yd area have the players jogging anywhere inside the square. Give them instructions such as “touch all 4 imaginary walls as fast as you can” or touch all 4 corners as fast as you can” or touch three people with white socks” or “jump up and down 10 times” and so on. Be as fun and creative as you want. This should last 5-7 minutes followed by a stretch.

Technical Skill Development

Have the players pair up and have them serving balls back and forth in the air. Adjust their distance based on ability and success. Make rules such as “the ball must be moving when you kick it” or “ I want to see back spin on the ball when it is in the air”. This should last 8-10 minutes.

The Importance of Crossing

Crossing the ball is one of the most important aspects of the game. As you teach crossing it is important that you emphasize crossing the ball away from where the keeper is standing. On a full size field I suggest between the penalty spot (12 yards out) and the 6 yard box.

Practical Application

Using a goal, have 3 lines set up about 35 yards from goals. One line on the wing (sideline) and two lines near the middle. One of the middle lines passes a ball toward the corner and the player on the wing runs down and crosses the balls away from where the keeper stands. The first two players in the middle lines (the one who passed it and the other) run toward the goal to try to score the cross. You can add a 4th line and alternate from the right to the left back and forth. This should last 12-20 minutes.

Game Play

Play a game on a short but wide field and place whatever limitations you want. To emphasize crossing, you can stipulate that goals will only count if the ball is

crossed into the middle before scoring. This should last 12-20 minutes.

Cool Down

Lead the team in a light jog around the field 2 times and finish with a stretch. Each player can take a turn and offer a different stretch. This should last about 5-7 minutes.

Equipment

Cones, balls and pinnies

Themes

Passing and Controlling 2

Dribbling 3

Turning with the Ball 4

Shooting 5

Crossing 6

Thigh, Chest, and Head 7

Possession 8

Crossing Pointers

- Cross the ball to the near and far six rather than the near or far post
- Cross the ball hard and low which increases a deflection in your favor
- Cross the ball high if many defenders are present
- Cross the ball even if you do not see any teammates

do not and are unable to cross with their non-dominant foot.

Crossing is about timing and direction and any ball served into the middle of the box has the potential of setting up a goal.

Crossing can be on the ground or in the air and there are benefits to both.

Teaching players to kick with both feet is important, particularly when it comes to crossing from either side of the field. Many players who have played soccer for years and years still