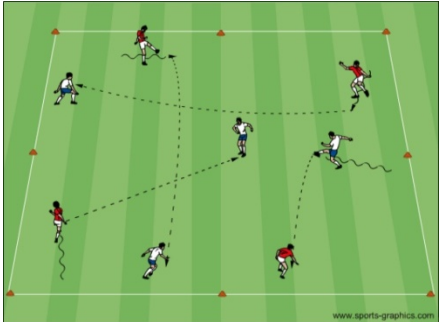
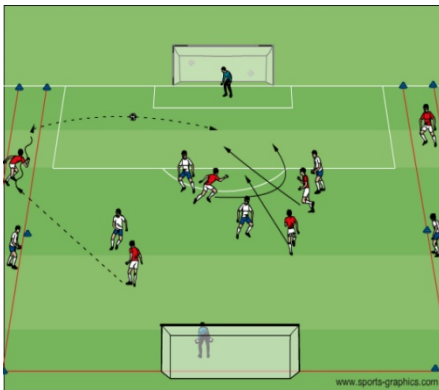
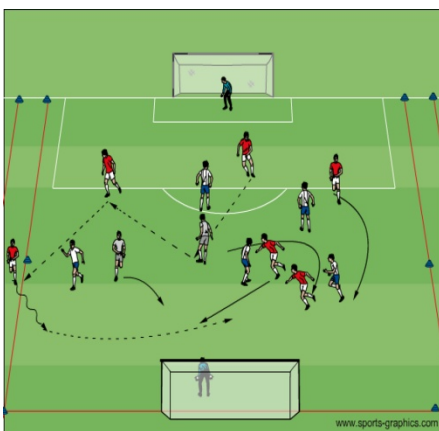


# 14U-18U \*\*\* Week 16

## Topic: Crossing & Finishing

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>In 2's Pass and Move with Long Passing:</u></b> In half field have the players passing and moving, striking long passes, begin with:</p> <ul style="list-style-type: none"> <li>➤ Driven ball on the ground</li> <li>➤ Driven ball in the air</li> <li>➤ Flighted or lofted ball</li> <li>➤ Introduce bending ball</li> </ul>	<ul style="list-style-type: none"> <li>• Technique of striking the ball with the inside of the foot and the instep</li> <li>• Preparation touch before the cross (striking the ball on the run)</li> <li>• Speed and angle of approach (hips and shoulders toward target)</li> <li>• Shape of foot on the ball (appropriate striking surface)</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>4v4 Crossers:</u></b> Two teams of 4 players each will have 2 crossers each on the attacking side of the field. The crossers cannot be defended inside the lane. The crossers can receive the soccer ball, dribble it and cross it, or just cross it. They will cross balls, focusing on various services (i.e., driven near post, flighted far post, cut-back driven on the ground, etc.). Award points for scoring out of the air (i.e., header or volley), and award defenders a point for clearances outside the 18 yard box.</p>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Positive 1st touch into space, and preparation touch</li> <li>• Proper (type) of cross depending on GK position (flighted, driven, on the ground, from the end line or early crosses)</li> <li>• Accuracy and weight of the cross</li> <li>• Timing &amp; types of runs</li> <li>• Vary the service (i.e., near post and far post crosses)</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b><u>5v5+2 with Crossing Lanes:</u></b> In half of a field play 5v5 plus two neutral players. The method of scoring is by players entering the crossing lanes and releasing the cross into the area.</p> <ul style="list-style-type: none"> <li>➤ Start by not allowing any defenders in the lanes</li> <li>➤ Allow 1v1 in the lanes</li> <li>➤ Take lanes away</li> </ul>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Positive 1st touch into space, and preparation touch</li> <li>• Proper (type) of cross</li> <li>• Timing of runs and defending shape</li> <li>• Crosser should choose a target to play the ball to</li> <li>• Combination play with wide players to get them into the crossing lanes and deliver the cross</li> <li>• Finishing with header, foot, etc</li> </ul> <p style="text-align: right;"><b>Time 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>11v11 Scrimmage</b></p>	<p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	