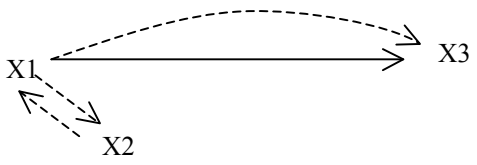
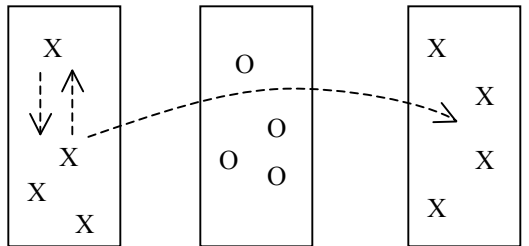
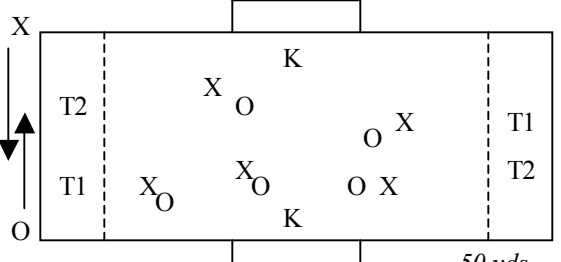



Name: Arsenal - Jason McClanathan

Topic: Crossing

Date: \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p><b>Fundamental - Warm Up</b> 15 min.</p> <p>short – short – long</p> <p>(X1) plays to (X2), (X2) then plays short back to (X1), (X1) then plays long to (X3), (X3) then plays short back to (X1) running in, and then starts over</p> <p>* STRETCH</p>	<p><b>Organization</b></p>  <p>35 yds</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- cross can be done in a variety of ways depending on the distance of the cross</li> <li>short distance / push pass</li> <li>mid range / driven pass</li> <li>long range / driven or lofted</li> </ul>
<p><b>Match Related Activity</b> 15 min.</p> <ul style="list-style-type: none"> <li>- (X) team tries to play the ball through or over (O's) grid, (O) can then put one player in a grid at a time trying to win the ball from (X) team</li> <li>- can add keepers into any grid</li> </ul>	 <p>15 yds</p> <p>35 yds</p>	<ul style="list-style-type: none"> <li>-accuracy of the cross</li> <li>- height of cross</li> <li>-does the cross go through the grid or over</li> <li>- why was the decision made to push pass through, lofted pass through, or driven pass through</li> </ul>
<p><b>Match Related Activity</b> 20 min.</p> <p>5 v 5 + keepers + targets</p> <ul style="list-style-type: none"> <li>-ball must be played through targets</li> <li>- (T1) must play short (push pass) cross every time</li> <li>- (T2) must play long (driven or lofted pass) cross every time</li> </ul>	 <p>40 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> <li>-cross should lead the attacker to the goal</li> <li>- look for heading opportunities</li> <li>- areas to target near post, center of goal, or back post</li> </ul>
<p><b>Match Condition Game</b> 40 min.</p> <p>11 v 11 game</p>	 <p>full field game</p>	<ul style="list-style-type: none"> <li>- position and distance from crossing players determine type of cross</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	