

**Session Topic:** \_Defending and Clearing Crosses

**Coach Name:** \_Rich Manning **Age Group:** \_\_under-19



*(Activities should be developmentally appropriate to age group.)*

<p><b><u>DIAGRAMS</u></b></p> <p><b><u>WARM-UP</u></b></p>	<p><b><u>ACTIVITY &amp; ORGANIZATION</u></b></p> <p>A. Running and stretching – 10 min - Can incorporate juggling and heading here</p> <p>B. High Ball Game</p> <p><u>Object:</u> Score a goal by hitting a ball so it bounces inside the other team's box</p> <ul style="list-style-type: none"> <li>*Play 8 vs. 8</li> <li>*Use half-field (going sideways)</li> <li>*Make two boxes 15 by 30 for goal areas</li> </ul> <p><u>Rules:</u></p> <ul style="list-style-type: none"> <li>*Teams alternate hitting balls high and far</li> <li>*Players must use 1 touch</li> <li>*Ball must go at least 10 feet high</li> <li>*Outside the box, ball can bounce once before other team plays it</li> <li>*Inside the box, ball cannot bounce or it is a goal</li> <li>*Only 2 defenders can go into the box to clear a "shot"</li> </ul> <p>If ball bounces twice on the field, the team hitting the ball restarts it from where the 2<sup>nd</sup> bounce hit.</p> <p>If the ball is hit lower than 10 feet high, the other team plays it from where the ball was hit.</p> <p>If more than two defenders go into the box to defend, a goal is awarded</p>	<p><b><u>KEY COACHING POINTS</u></b></p> <p><u>For the players:</u></p> <ul style="list-style-type: none"> <li>*Do early footwork to get into good position to hit the ball</li> <li>*Use the correct surface</li> <li>*Communicate with teammates</li> </ul> <p><u>Notes:</u></p> <ul style="list-style-type: none"> <li>*Make sure to referee the game closely</li> <li>*Numbers and size of field can be easily changed to fit your needs. You can play anywhere from 2 vs. 2 to 11 vs. 11 (on a full field).</li> <li>*Your players will love this game!</li> </ul>
<p><b><u>PHASE 1</u></b></p>	<p>Clearing crosses (no attackers)</p> <ul style="list-style-type: none"> <li>*Place 2 defenders at the top of the box</li> <li>*Goalkeeper is in the net behind them</li> <li>*Serve a variety of balls from different positions on the field</li> <li>*3-5 minutes only per pair, move quickly</li> </ul>	<p><u>For the players:</u></p> <ul style="list-style-type: none"> <li>*Do early footwork to get into good position to hit the ball</li> <li>*Use the correct surface</li> <li>*Try to clear the ball high (low clearances are killers!)</li> <li>*Based on the ball and your position in the box, clear the ball into the safest area possible. Push out together when appropriate.</li> <li>*The goalie should come for the ball when needed. She should also make an early call of "keeper" or "away".</li> </ul> <p><u>Notes:</u></p> <ul style="list-style-type: none"> <li>*Have the defenders return to (at least) the top of the box. Do not let them get into the habit of sitting too deep.</li> <li>*Make sure to mix up the services. Include low crosses, balls to the far post (over their head), balls from up top that go between the defenders and the goalie (so the defenders are facing their own goal).</li> </ul>

<p><b><u>PHASE 2</u></b></p>	<p>Clearing crosses with attackers</p> <ul style="list-style-type: none"> <li>*Place 3-4 defenders at the top of the box</li> <li>*Goalie is in the nets</li> <li>*Add 2-5 attackers – depending on level of players</li> <li>*Hit various balls from different positions</li> <li>*Rotate defenders after 3-5 minutes</li> </ul>	<p><u>For the players:</u></p> <ul style="list-style-type: none"> <li>*Do not drop into the box too early</li> <li>*As above, get into good position early, use the correct surface, and clear to a safe area.</li> <li>*If you cannot get to the ball, use your body to ensure your attacker cannot get it either!</li> </ul>
<p><b><u>PHASE 3: THE GAME</u></b></p>	<p>5 vs. 5 Crossing game</p> <ul style="list-style-type: none"> <li>*Play 4 vs. 4 with goalies</li> <li>*Use half field with two penalty boxes. Put channels outside the box.</li> <li>*Put one crosser into each channel.</li> <li>*Substitutions can be made after each goal or a 3<sup>rd</sup> team can be formed. They can enter for the “losing” team after each goal or game.</li> </ul> <p><u>Rules:</u></p> <ul style="list-style-type: none"> <li>*All attacks must go out to the channels and begin with some kind of crossing ball or slotted pass.</li> <li>*A rule can be added to reward good clearances... E.g. A good clearance results in that team getting possession.</li> <li>*Whenever goalies gain possession, have them clear the defense out as they would in a game. Then distribute to one of the channels. This can slow the game down a bit so it is not just racing back and forth.</li> </ul>	<p><u>For the players:</u></p> <ul style="list-style-type: none"> <li>*The basics still apply: Get into good position early, use the correct surface, clear high to a safe area.</li> <li>*Make sure the defenders are not dropping too deep or too early.</li> <li>*Early, clear goalie communication is critical here.</li> </ul>
<p><b><u>COOL DOWN</u></b></p>	<p>Running and stretching 10-15 minutes</p>	<p>Review the basic points from the session</p>