

Session Topic: _Serving and Finishing Crosses
Coach Name: _Rich Manning **Age Group:** _Under 19_

(Activities should be developmentally appropriate to age group.)



<p><u>DIAGRAMS</u></p> <p><u>WARM-UP</u></p>	<p><u>ACTIVITY & ORGANIZATION</u></p> <p>A. Pass in groups of 3 or 4 *Use short-short-long rhythm, where long-passer follows her pass. *Start with short passes on the ground and increase the length of the pass as players get warmed up. *Change the long pass as you go. Include bending balls on the ground, bending balls in the air, and flighted balls.</p>	<p><u>KEY COACHING POINTS</u></p> <p><u>For the players:</u> *If they are having trouble with any of the various long balls, encourage them to adjust the distance of the planting foot to the ball and the angle of approach to the ball.</p> <p><u>Notes:</u> *Work in stretching as you go. *If the level is not great, put players in pairs and have them hit flighted and driven balls to each other.</p>
<p><u>PHASE 1</u></p>	<p>A. Long Ball Game *Teams of 4 *2 players on each end; 30-40 yards apart *Players alternate chipping ball to the other pair *One of the receiving pair must collect ball out of the air and “pop it up”. Then one of the two must catch it. *Ball successfully caught is 1 point for that group *Ball “popped up” with chest or head and caught is worth 2 points. *Groups of 4 compete against each other *Play for a designated length of time or up to a certain point value.</p>	<p><u>Notes:</u> *Add a stipulation that the long ball must be a bending ball. *High-level players can play in groups of two, the receiver must “pop the ball up” to herself.</p>
<p><u>PHASE 2</u></p>	<p>A. 3 vs. 3 Crossing game *Place two goals 18-22 yards apart *Place 4 “crossers” in windows on each side of both goals *No goalies *Teams must play to one of the “crossers” at their attacking end before scoring</p>	<p><u>For the players:</u> *3 attacking players should balance their runs – near post, far post, and trailer. *Players should time their movements to get to a spot as the ball is arriving. *Players should position their bodies so they are facing the goal as they are finishing. *Players should not get too close to the goal as they are running – sometimes moving away from the goal is the best way to get open. *Communication is important. Encourage talking, listening, watching, and pointing between the crosser and the runners.</p> <p><u>Notes:</u> *Crosses should be mixed up: low, driven, flighted, bending ... *If your group is large, you can split into two groups and combine this game with the Long Ball Game.</p>

<p><u>PHASE 3: THE GAME</u></p>	<p>A. 8 vs. 8 with crossing channels *Use half of a field with two wide channels *Each team has one goalie, 5 field players and one crosser in each channel *Ball must go into the channel on each attack *Players in the channel are free and cannot be defended against</p>	<p><u>For the players:</u> *Use the principles from the Crossing game</p> <p><u>Notes:</u> *Rotate players in the channels</p>
<p><u>COOL DOWN</u></p>	<p>Jog and stretch for 10-15 minutes</p>	