



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Session = Crossing

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Place the group into 3's Two players stand approximately 5 yards apart The other player is away in the distance but moving around The two players have a ball and pass it between them. On one players discretion they open up and play a long driven/lofted pass into the furthest player. The player whom did not make the long pass joins the play and the process continues</p>	<ul style="list-style-type: none"> * Head up Looking for target * Hips turned to face target * Head and shoulders then over the ball * Angle of approach * Non-Kicking Foot next to the ball * Contact on the ball * Follow through
<p align="center">MATCH RELATED ACTIVITY</p>	<p>Attacking players start in the middle in pairs with a ball Out side each side is one attacking player and a defender The attacking players in the middle play a wall pass, with the second player laying it wide for the winger to attack the space or cross the ball in. One defender, defends the runs of the attacking players and one defender places pressure on the player delivering the cross. Defenders win a point for playing back to the coach. Alternate sides</p>	<ul style="list-style-type: none"> * Aware of defender * Watching the runs of the attacking players * Timing of the cross * Decision Making
<p align="center">MATCH RELATED ACTIVITY</p>	<p>Playing field with two channels out wide on the flanks Within each channel is a player from each team, these players can alternate with team-mates to create opportunities. The other player are looking to play the ball into the wide players whom must then attack the space or cross a ball in for their team-mates Only one player from each team can be in the channels at any one time</p>	<ul style="list-style-type: none"> * Keep Width * Setting yourself up * Type of Cross
<p align="center">MATCH CONDITION ACTIVITY</p>	<p>Set teams up to play in a 6 v 6 scrimmage. Observe to see that players are getting crosses involved in the game</p>	<p align="center">KEY TO DIAGRAMS</p> <p> = Players = Ball = Cone = Pass = Movement off the ball = Dribble = Goal = Neutral Zone </p>
<p align="center">COOL DOWN</p>	<p>In pairs or three's players pass and move around include stretching</p>	