

CHARLTON ATHLETIC ACADEMY



Developing Young Players

The 'Charlton' Way

The Young Player and The Coach

Our young player has a 'dream'. He wants to be a professional football player.

Having identified the young player as talented enough to enter the Charlton Academy, as coaches we should recognise the dream. With our knowledge and experience we must ensure the young player has perspective to his ambition.

It is a long term process developing talent towards our primary aim at the Academy of producing players for the first team. Therefore the process must be structured so that coaches and players know and see where they are going.

A secondary aim, even if our young players do not represent our first team is to develop their talent to a proficient standard, technically and tactically, enabling them to perform at a good level of senior football.

As indicated, there is no 'short term fix', the environment must be hard-working, challenging, disciplined and organised to ensure it is enjoyable and rewarding for players and coaches alike.

The 'Charlton Way' refers to the type of player that we like at the Academy and the philosophy that comes over in the way that player and team play the game.

Key features of the 'Charlton Way' would be:

- Taking care of the ball in control and passing.
- Playing the passing game in / from all thirds of the pitch.
- Players to have a broad base and proficiency in all technical skills and to perform these with speed where necessary creativity.
- Having an understanding of how and when to move, receiving the ball feet or space. To execute this movement at speed with body and mind.
- To have players with individuality, players that can dribble, run, turn and execute inventive passes to beat opponents.
- Play the game with spirit, fair play.
- Play the game with a 'desire to win that is greater than the fear of losing'.
- Recognising that
 - Together
 - Everyone
 - Achieves
 - Moreon and off the field.

Achieving the above ingredients in player and team performance comes as a result of planning, evaluating (for player and coach), progression, continuity and patience in developing the potential.

The 'Academy Development Targets' will enable us to know what we are trying to achieve in the various age bands. They should be a constant reference point when we are assessing player and team performance. We must strive to meet the targets, recognise that some players will get there before others and also be careful not to jump ahead too soon.

The 'Academy Practice Booklet' is a document of preferred practices across the range of topics. These practices whether technical or tactical must be used in sessions on a regular basis. That way our players will experience the learning situation again and again. Repetition is necessary for understanding, skilful execution and proficiency. As coaches we also will be familiar with the practices and most important the learning and development with our attention to detail.

Although divided into 9-11 and 12-16 practices, this can be take generally as some practices in both categories are appropriate across the age groups with modifications as you, the coach, feel necessary.

Steve Avory

Assistant Academy Manager – 9-16

DEVELOPMENT TARGETS

Under 9-11

Technical

- Receiving / control techniques – mainly feet, also develop comfort with other body surfaces.
- Passing with
 - (i) inside of the foot
 - (ii) laces- on the ground, small distances, develop both feet.
- Dribbling (close control), alongside development of moves to beat the man.
- Control to run with the ball (attack space).
- Basic combination play to pass / move, to beat opponents – emphasis on one-two.
- Control to shield / protect the ball.
- Basic heading techniques – no pressure.
- Shooting – from alternate angles.
- 1 v 1 defending technique – body position, movement of feet, intercepting, tackling.

Tactical

- Covering the pitch (team space) – length / width, positionally – a platform to attack.
- Individual space – movement to receive / be available – ahead and behind.
- Winning the ball back. Learn how to drop back as a team. Defend the goal.
- Marking players – inside.
- Play in different positions.
- Attacking play in overload situations i.e. 4 v 1, 3 v 1 in zonal or one area play.
- Small sided games from 2 v 2, 3 v 3 to 8 v 8.

Under 12 – 13

Technical

- Receiving / control techniques – feet, other surfaces. Emphasis on speed of play and execution from under pressure.
- Passing with
 - (i) inside of the foot – two footed
 - (ii) laces – two footed- on ground and in the air, mainly small distances with development of both feet.
- Dribbling – with development of ‘beat the man’ moves.
- Control to run with the ball (positive touch attack space) – to beat a defender, to shoot, cross, attack opponents, pass off the run.
- Control to shield / protect the ball.
- Setting the ball (one touch / from screen)
- Basic heading technique unopposed.
- Combination play to pass / move and beat opponents – emphasis on speed of play and with execution under pressure.
- Shooting from different angles.
- 1 v 1 defending technique – body position, movement of feet, intercepting, tackling, learn how to narrow attackers space (force play).

Tactical

- Covering the pitch (team space). Length / width, positionally within 4-4-2.
- Learning to play through the thirds. Increase options for player on the ball.
- Individual space – movement to receive / be available. Learning to time the movement. Developing understanding of movement for player in possession.
- Winning the ball back. Making the pitch smaller as a team, learning cover / balance and communication.
- Marking players
 - inside
 - most dangerous man
- Play in different positions – which players?
- Attacking play in overload situation 5 v 2, 4 v 2 – zonal or one area play.
- Small sided games 4 v 4, 5 v 5, to 8 v 8. Also phase play overloads 9 v 4, 10 v 6.
- Set plays – corners, free kicks, throw ins.

Under 14-16

Technical

- Receiving / control – speed / execution under pressure.
- Passing
 - (i) inside of foot – two footed
 - (ii) with laces – two footed
 - on the ground and in the air over longer distances.
- Control to run with the ball (positive touch – attack space) – to beat a defender, to shoot, cross, attack opponents, pass off the run.
- Control to shield / protect the ball.
- Dribbling – more positionally orientated and emphasis with certain players.
- Setting the ball – first touch or screen and set.
- Combination play to beat opponents, more emphasis on the third man plays.
- Basic technique of heading
 - defensive and attacking – unopposed and pressure situations
 - 1 and 2 footed jumps – unopposed and pressure situations
- Shooting from different angles.
- Crossing techniques – and understanding of type – when? why?
- 1 v 1 defending technique.
- Individual defending in overload situation i.e. 1 v 2.

Tactical

- Learn in more depth positional play within two systems: 4-4-2 and 4-3-1-2.
- Developing / learning to play through the thirds
 - play at / from GK / back
 - play in / from midfield
 - play in final third and towards goal
- Development of movement
 - timing (create space v tight marking)
 - to requirements of player in possession i.e. when behind? when ahead? short to feet / space? longer to feet / space
- Winning the ball back
 - pressing where possible in opponent's half – when in shape - compact
 - defending out of shape i.e. regrouping, with less men – be compact
- Marking players
 - inside or sometimes outside?
 - most dangerous man.
- Marking / defending from crosses.

- Movement / finishing from crosses.
- Attacking play in overload situations
 - still 5 v 2, 4 v 2, progression to 5 v 3, 6 v 4.
- Small sided games 4 v 4/ 6 v 6 etc and overloads in phase situations with much emphasis in SSG on speed of play.
- Development of adjusting the game tempo
 - quick to counter – see the direct, creative chance
 - up / back / through - see the direct, creative chance
 - quick / inventive / combined play - see the direct, creative chance
 - rebuild – back / around / switch – need for possession

CHARLTON ATHLETIC

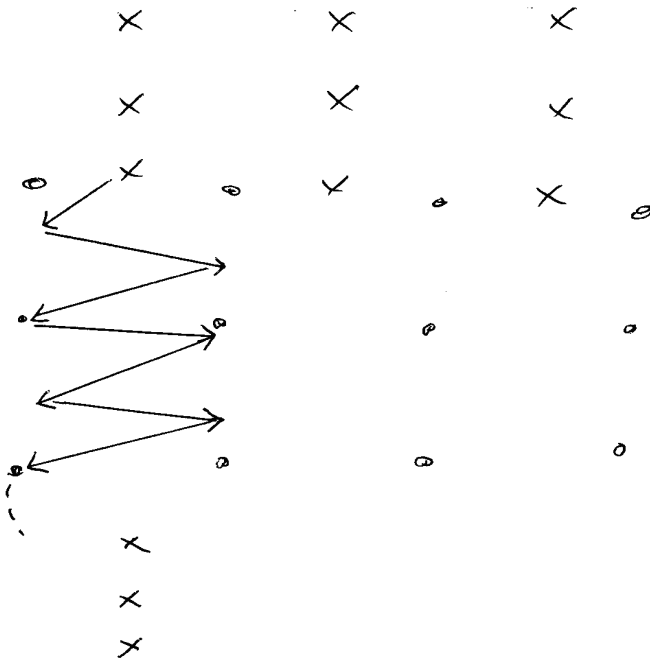


Academy Coaching Practices

- (i) 9-11
- (ii) 12-16

(i) **Practical Demonstration 9-11**

Practice 1 – Individual Ball Skills



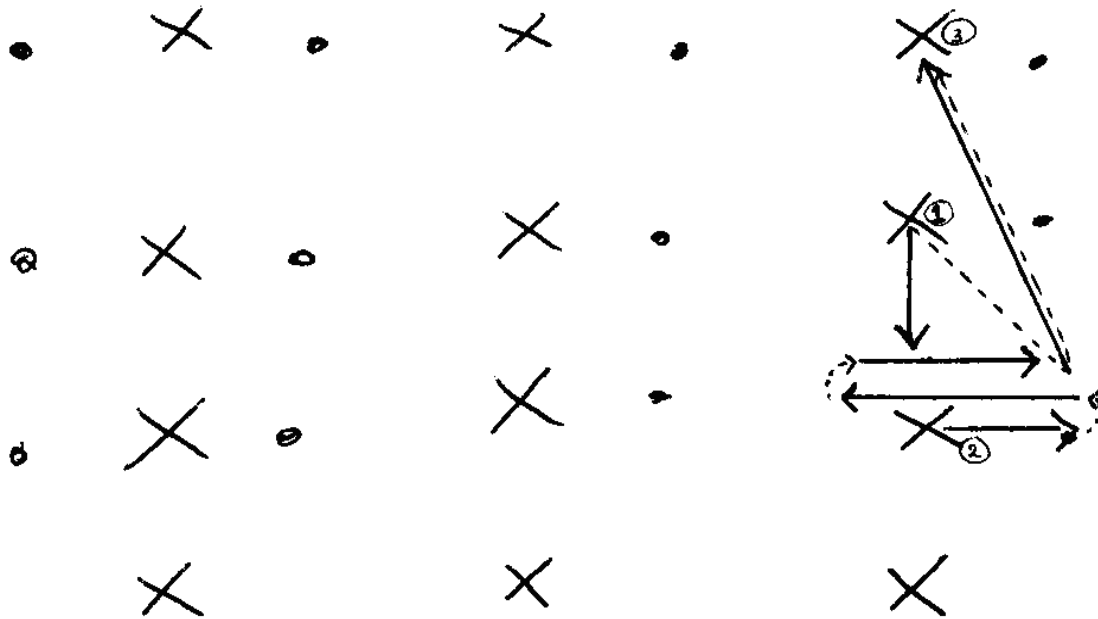
Organisation

- Groups of 3 or 4 ball each
- Series of channels 10 x 25
- Players perform series of skills/foot movements through channel:
examples: Drag-push, angled Cruyff - push, double touch, cut-push, step over-push etc

Key Points

- Close control, tight touches
- Keep eyes on ball during skill execution
- Approach skill slow, accelerate out
- Practice simple to complex i.e. start slow and get progressively quicker

Practice 1 – Progression 1



Organisation

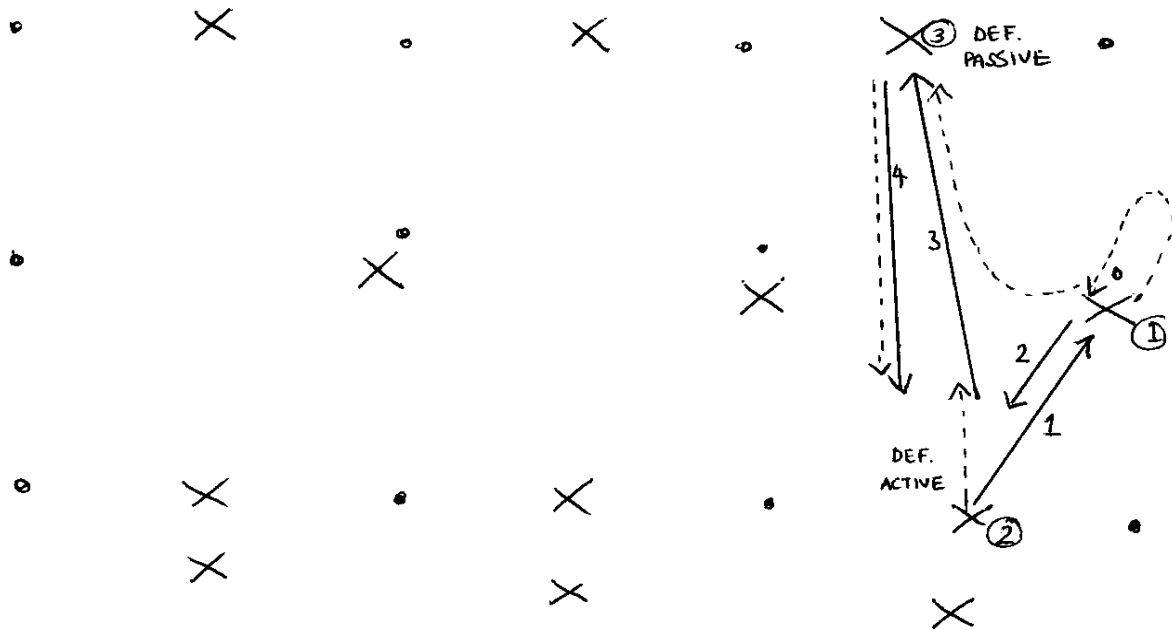
- X1 passes to X2 and closes down at speed, gets close but defends passively
- X2 executes 3 skills against X1, namely Cruyff, drag back & double touch, then passes to X3
- X2 then closes down X3 and defends close but passively
- X3 continues skills rotation

Key Points

- Receiving skills/first touch (move the ball)
- Body position when executing skills (Get body between defender and ball)
- Skills technique (KP's same as in P1)

- Eyes/head up out of skills, quality of pass

Practice 1 – Progression 2



Organisation

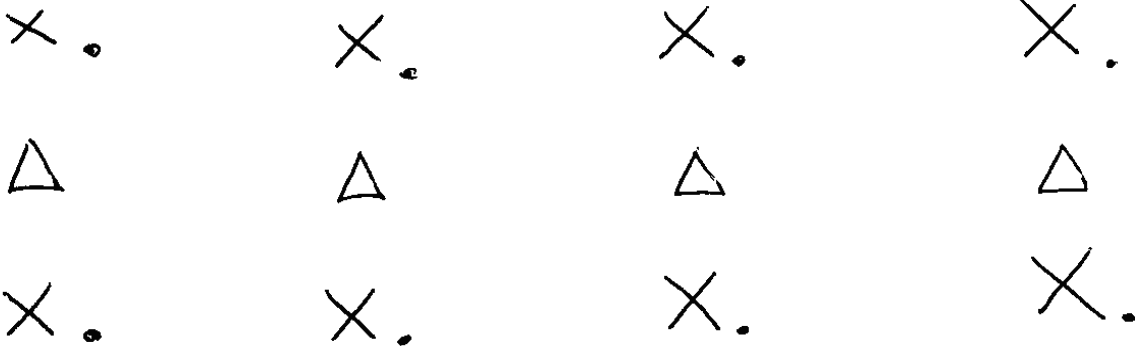
- X1 checks away and back to receive pass from X2
- X1 sets to X2 and spins to close down X3 and defends passively
- X2 plays long pass to X3 and takes up defensive position in first square
- X3 receives pass and executes same 3 skills against X1
- X3 then takes on X2 who is now active defender and attempts to get through end line

Key Points

- Quality/weight of pass
- Receiving skills (move ball on first touch)
- Skills technique/body position
- 1v1 attacking technique (unbalance the man and beat the man)

- 1v1 Defending

Practice 2 – Individual skills continued



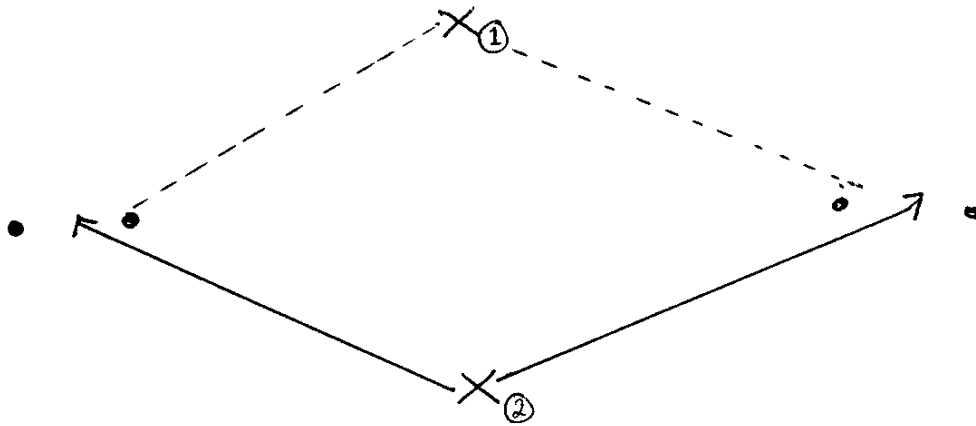
Organisation

- Ball each, either side of cone
- Players move ball continuously with different foot surfaces (inside, sole, outside etc)
- Players then execute skills around cone and change places
- Skills used – inside-outside, scissors, double scissors, step over etc

Key points

- Co-ordination
- Foot skills
- Close control
- Tight touches, change direction of ball on every touch

Practice 2 – Progression 1 - Mirrors



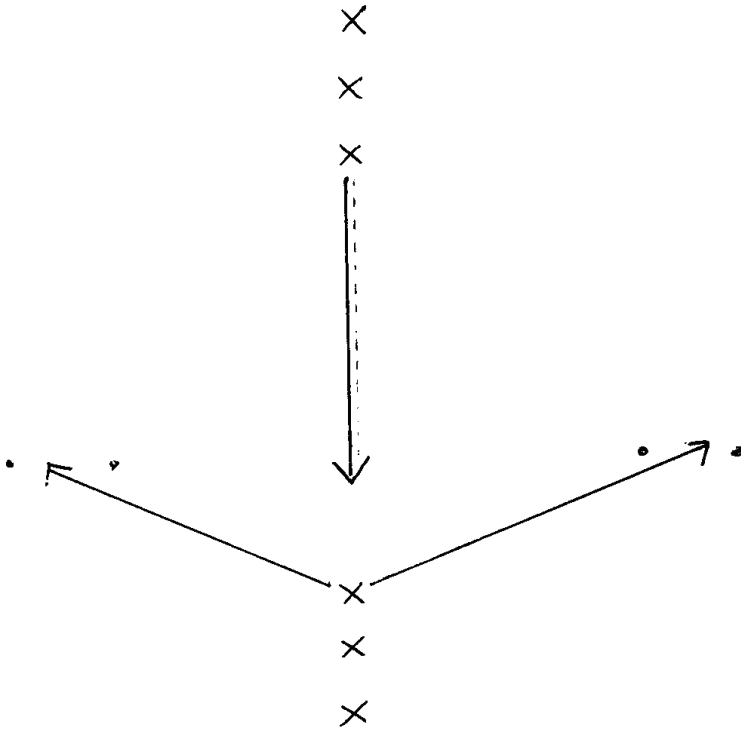
Organisation

- X1 passes to X2
- X2 receives and attempts to unbalance X1 and dribble through either end gate
- X1 not allowed over middle line

Key Points

- Receiving technique
- Foot skills 1 v 1, unbalance the man and beat the man
- Close control
- Change of direction / speed
- Attack space

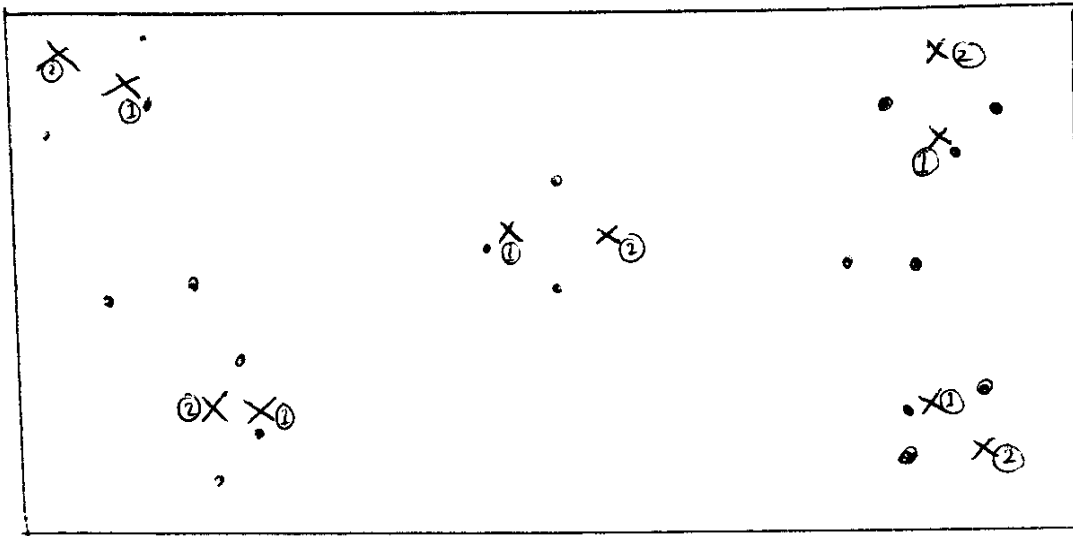
Practice 2 – Progression 2 - Mirrors extended



Organisation

Extension of progression 1

Practice 2 – Progression 3 - 1 v 1 gate game



Organisation

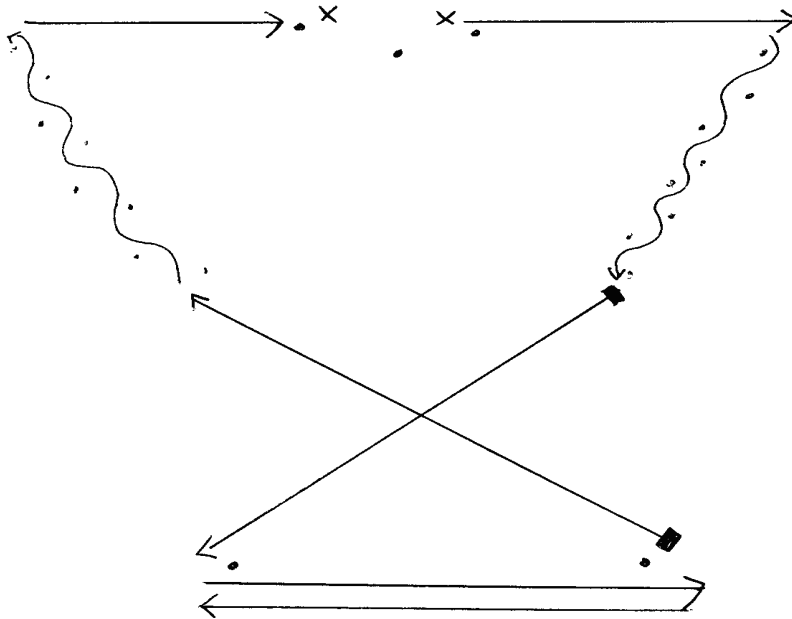
- Ball between 2 in a gate
- First whistle X1 attacks space and scores points by dribbling through gates
- Second whistle X2 chases partner attempting to gain touch of ball
- When X2 does get touch or X1's dribble out of area attackers change and get 2 seconds head start
- 30 secs per round, 3 rounds, keep score
- Progress to ball each

Key Points

- Close control

- Eyes/head up
- Attack space
- Dribbling, turning, 1v1 skills, running with ball
- Awareness
- Shielding

Practice 3 – Dribbling and running with the ball slalom



Organisation

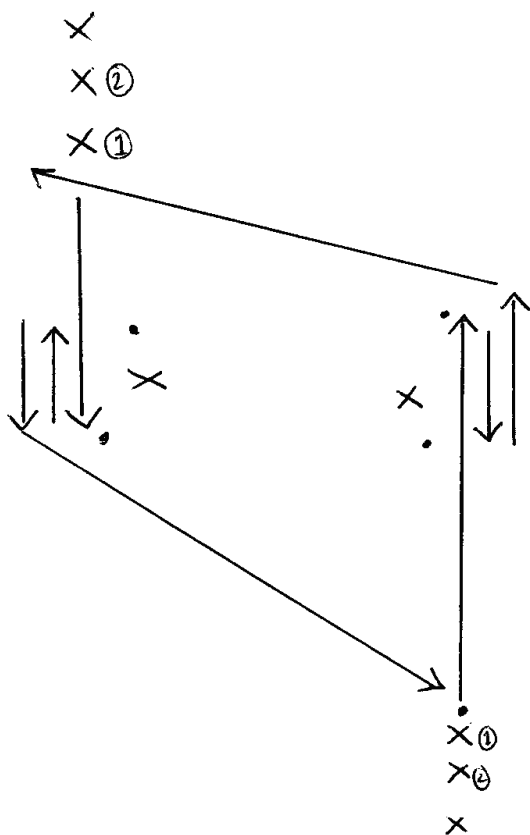
- 1 v 1 slalom.
- Work way through course by dribbling through close cones and running with the ball when cones are spaced apart.
- Make it competitive.

Key Points

- First touch.
- Close control.

- Tight touches using various foot surfaces.
- Attack space quickly and directly.

Practice 4 – Receiving, dribbling and turning



Organisation

- X1's attack space and dribble to furthest cone and perform turn (safeside).
- X1's then attack second cone and turn (safeside).
- X1's then pass in front of X2 to restart rotation.

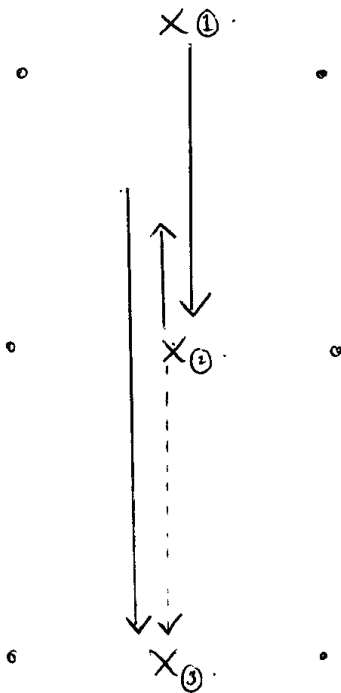
Development

- Introduce defender into square.

Key Points

- Positive forward 1st touch back foot.
- Dribbling tech safeside.
- Close control, turning technique.
- Eyes up, quality of pass.

Practice 4 – Progression 1 – Receiving, Dribbling, Turning



Organisation

- X1 passes to X2.
- X2 sets to X3.
- X1 passes to X3.
- X3 screens / protects and turns to pass to X1 against X2.

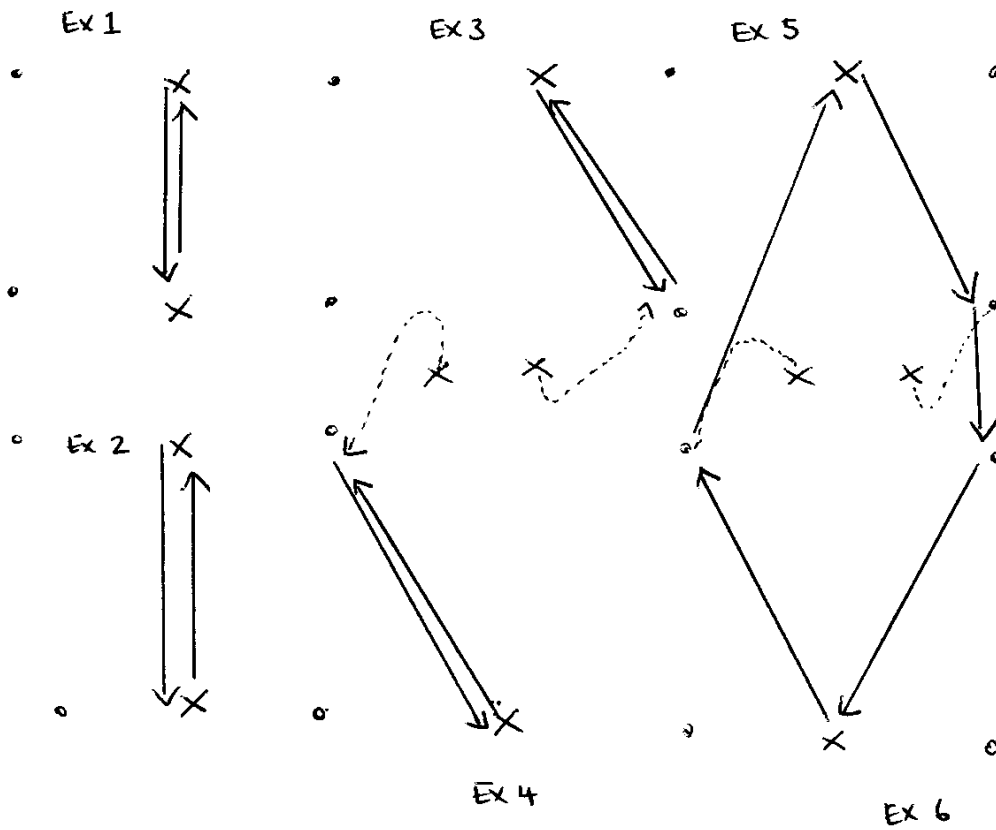
Development

- X3 has choice of screen / turn to beat X2 or rec front facing to beat X2.
- X3 must beat X2 before passing to X1.

Key Points

- Rec / passing technique.
- Shielding / screening technique.
- Disguise / turning skills 1 v 1.
- Decision making.

Practice 5 – Receiving and passing session



Organisation

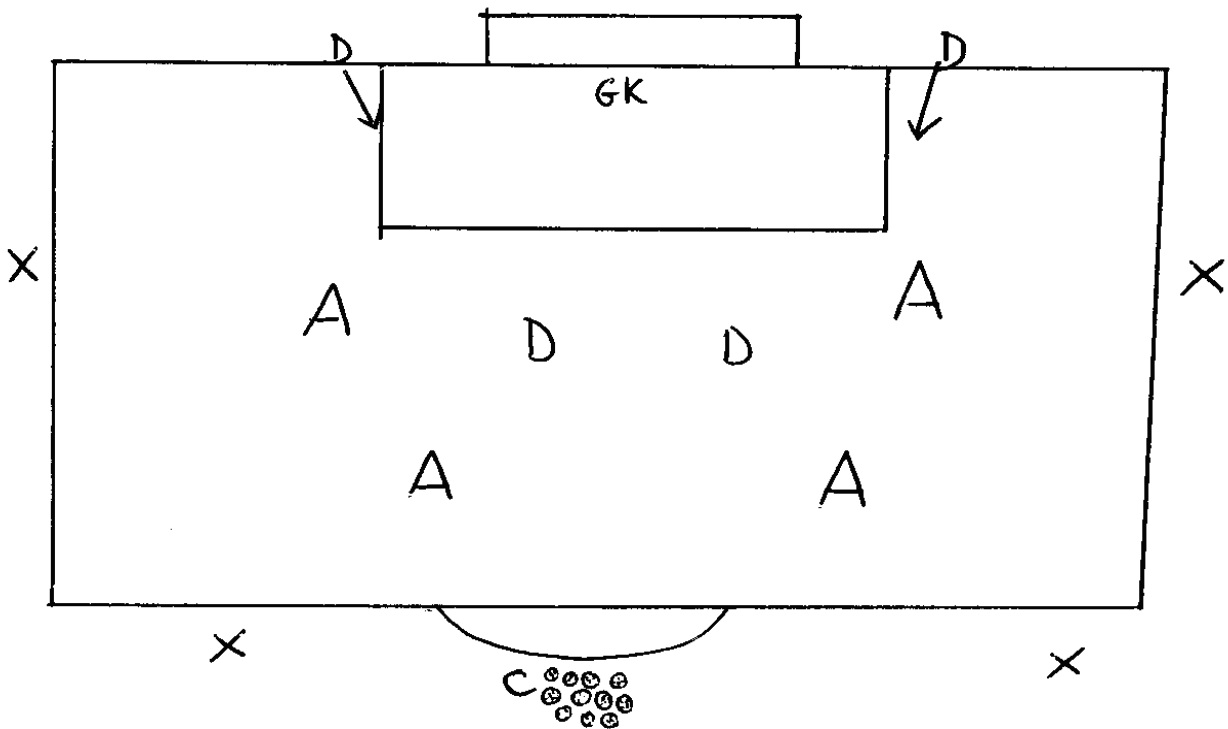
- EX1 basic passing inside foot.
- EX2 control outside pass inside.
- EX3 opposite movement – receiving front foot, set first time.

- EX4 opposite movement – receiving front foot, screen – pass.
- EX5 opposite movement – receiving front foot, safeside turn – pass.
- EX6 opposite movement – awareness – receiving backfoot play front foot.
- EX7 same as EX6 but receiving back foot – pass back foot.

Key Points

- First touch, receiving skills.
- Eyes up, head up.
- Quality, weight, timing of pass.
- Movement to receive.
- Body position.
- Awareness.

Practice 5 – Progression – Receiving / finishing session



Organisation

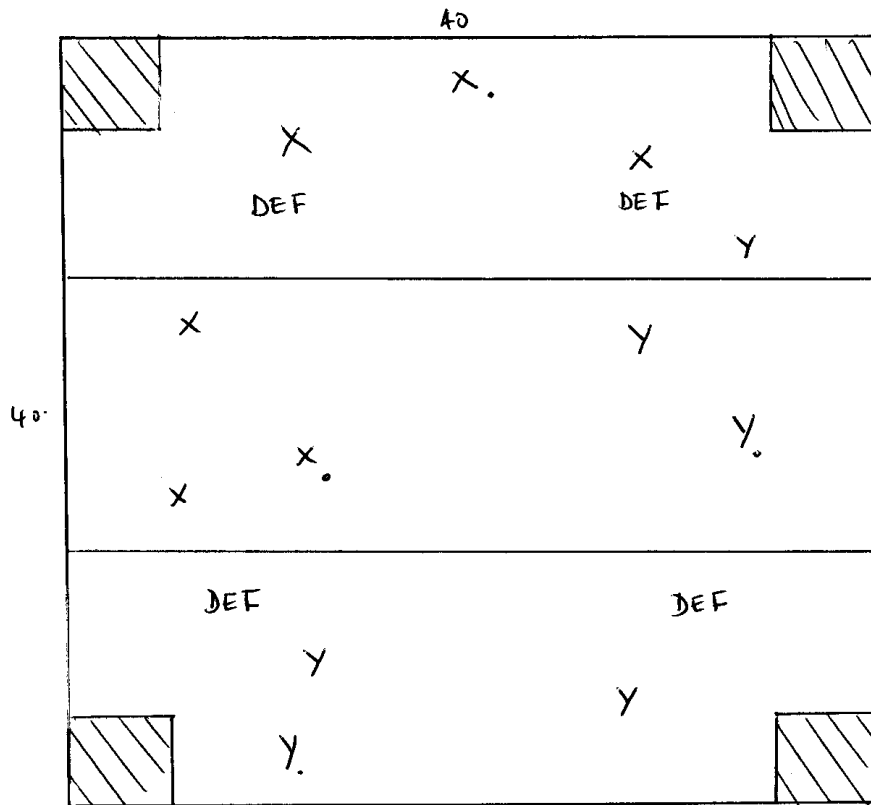
- 4 v 2 receiving / finishing.
- Progress to 4 v 3 and 4 v 4.

Key Points

- Movement to receive.
- Body position to receive.
- Awareness.

- Attitude to shoot / finish
- Accuracy before power.
- Shooting / finishing techniques selection.
- Support.
- Rebounds.

Practice 6 – Passing, movement and combination play



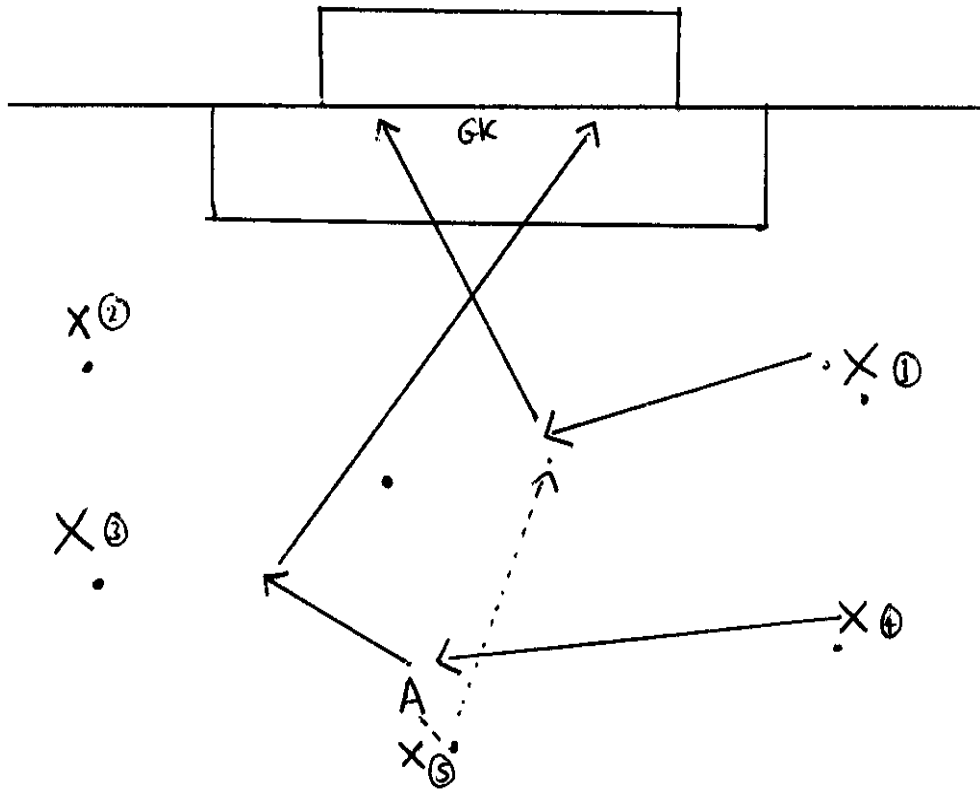
Organisation

- In 3's work ball into corner sections and back out against active defenders.
- How quick can they link together.
- Defenders are not allowed in corners.

Key Points

- Receiving technique positive to attack space.
- Support runs / creative play (take over, back heels, one twos, over laps, cross overs, 3rd man runs etc).
- Quality in possession / angles / movement.
- Awareness / imagination.
- Decision making.

Practice 7 – Shooting session



Organisation

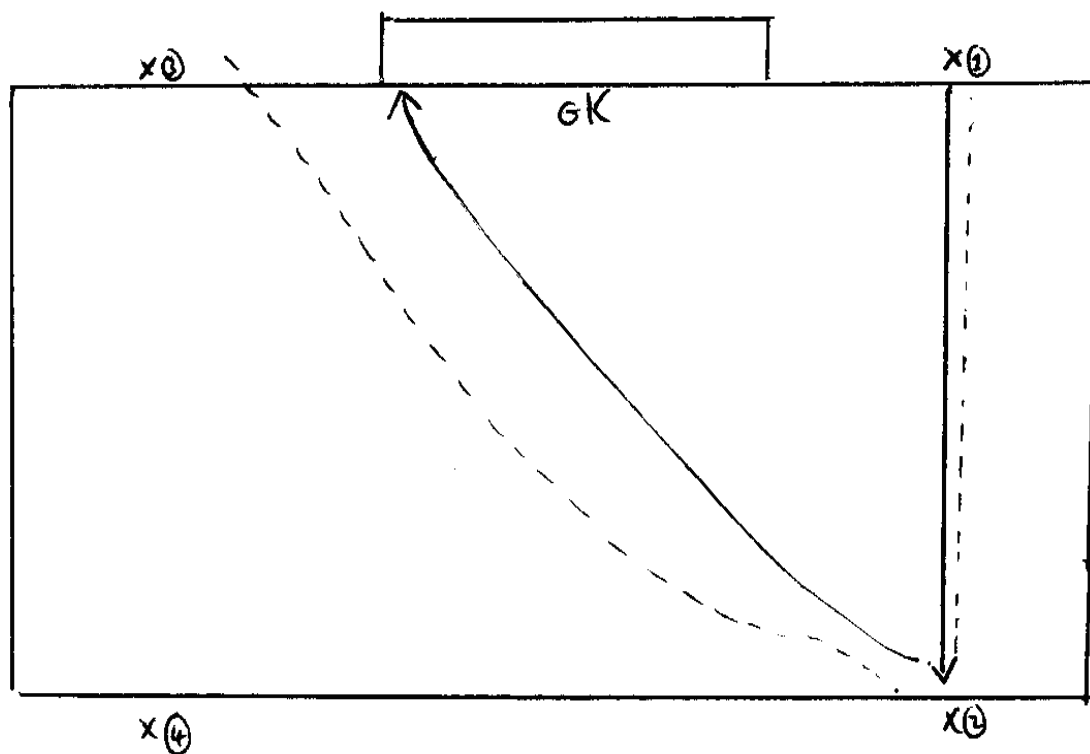
- Attacker works back to tag Xs after each shot.
- X1 and X2 pass in front of attackers for first time shot.
- X3 and X4 play to feet of attacker, for receive, open up to touch shot.

- X5 throw over head of attacker for one bounce and volley.
- Change attacker.

Key Points

- Positive attitude.
- Selection of shot.
- Accuracy and power (accuracy first – be composed)
- Placement high or low (low preferred).
- Near / far post (shoot across keeper).

Practice 7 – Progression 1



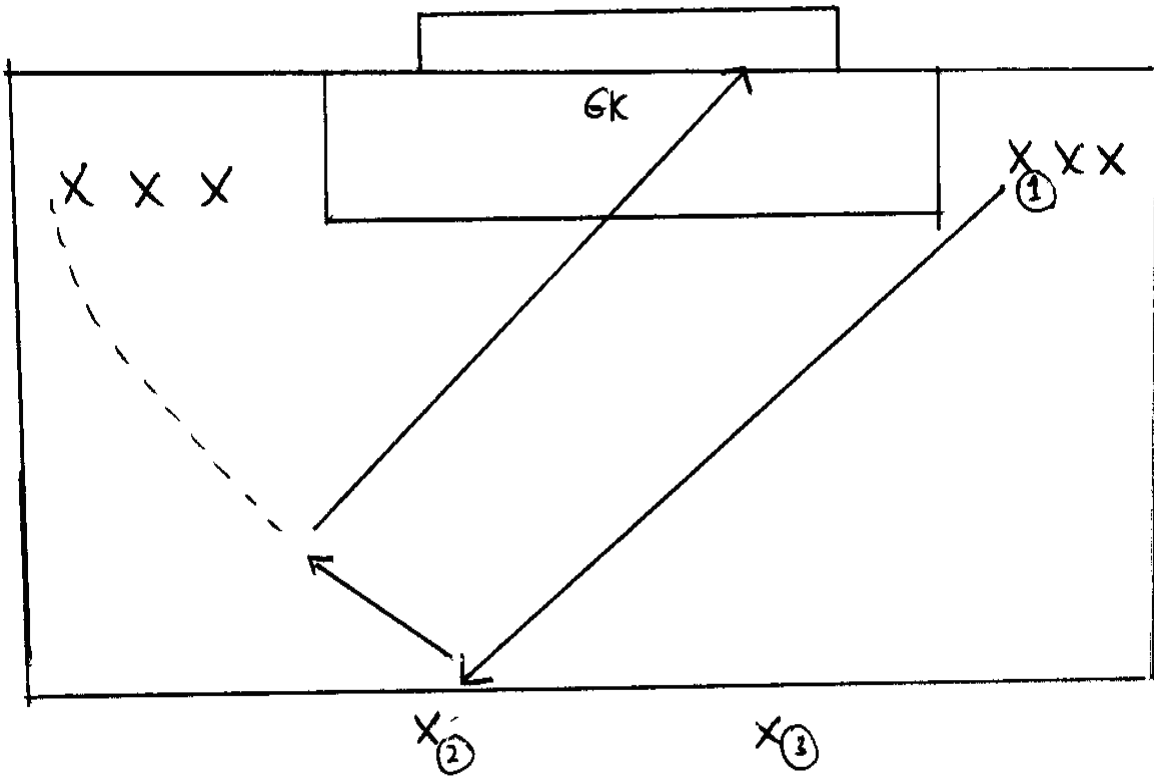
Organisation

- X1 plays to X2 who opens up and finishes at goal.
- X3 and X4 repeat rotation development.
- X1 pass to X2 then closes down.

Key Points

- First touch / set touch forward.
- Sam as Practice 7.

Practice 7- Progression 2



Organisation

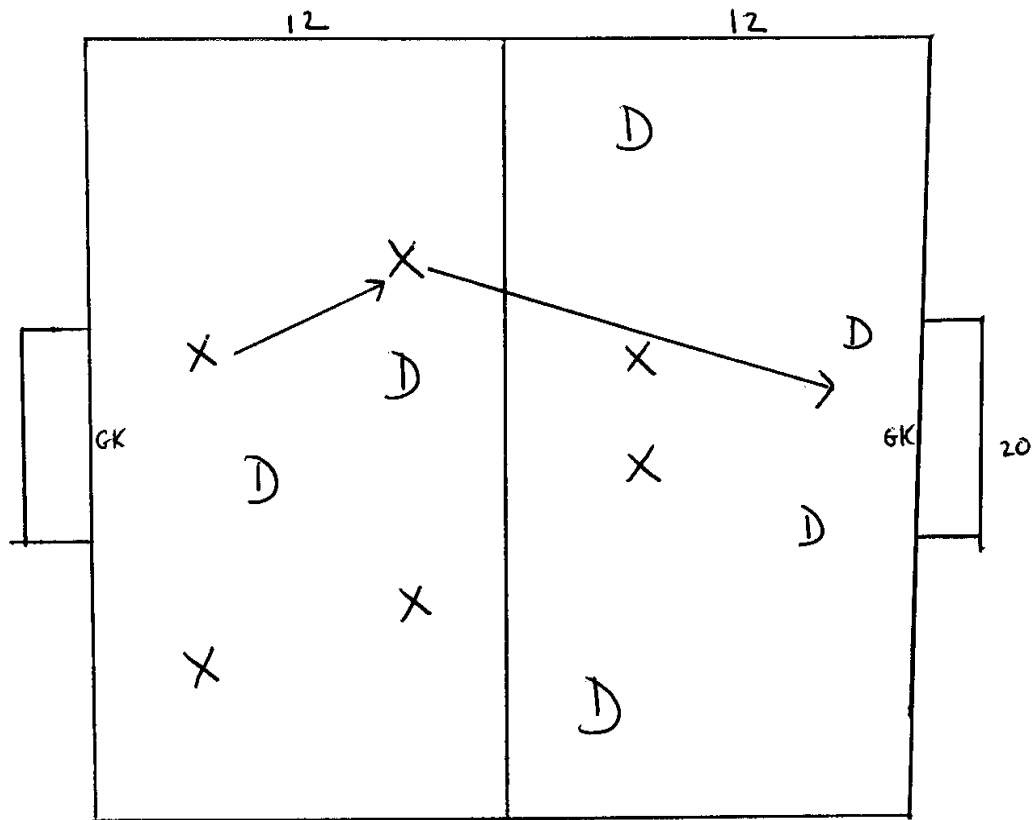
- X1 plays to X2 who controls and finishes on his 2nd touch.

- Repeat from other side.

Development

- X1 passes and closes down X2.

Practice 8 – 3 v 1, 4 v 2 shooting game.



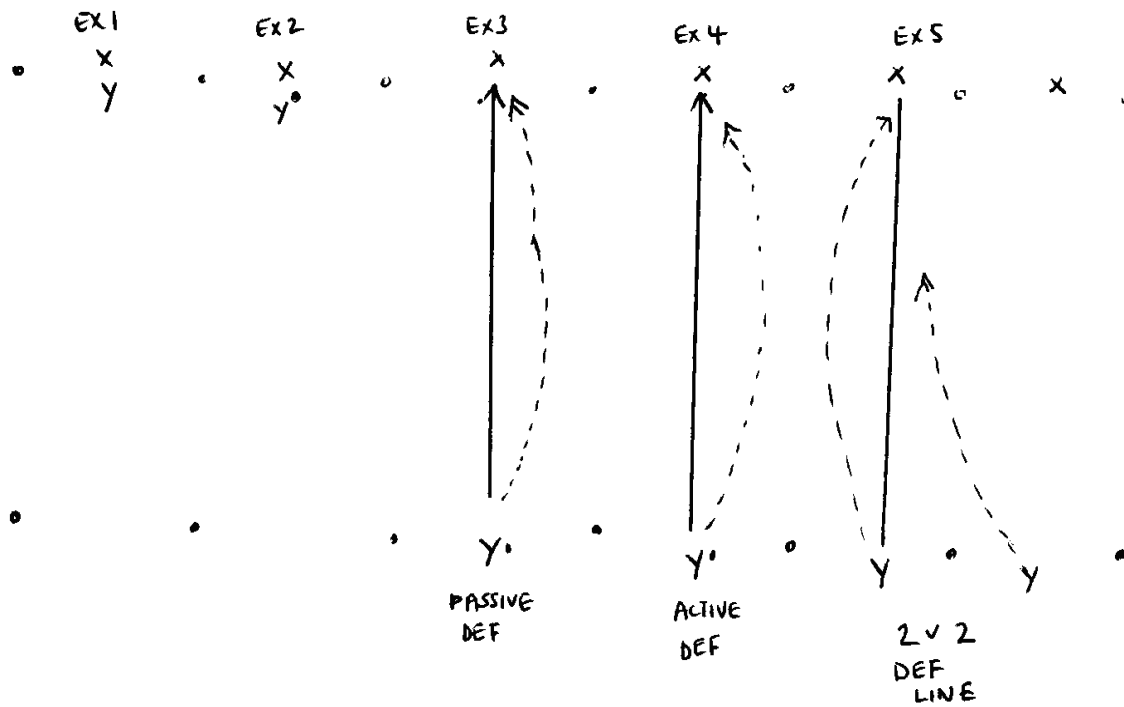
Organisation

- 4 v 2, 3 v 1 to score in opposite goal.
- Pass / keep ball until opportunity to shoot.
- If defender wins ball, work it back to their team.

Key Points

- Spread out / clear space.
- Body position receive half turn.
- Positive attitude to shoot.
- Shot selection.
- Accuracy, power, high, low.
- Near, far post depending on GK's position.
- Support of team mates.
- Rebounds.

Practice 9 – Defending



Organisation

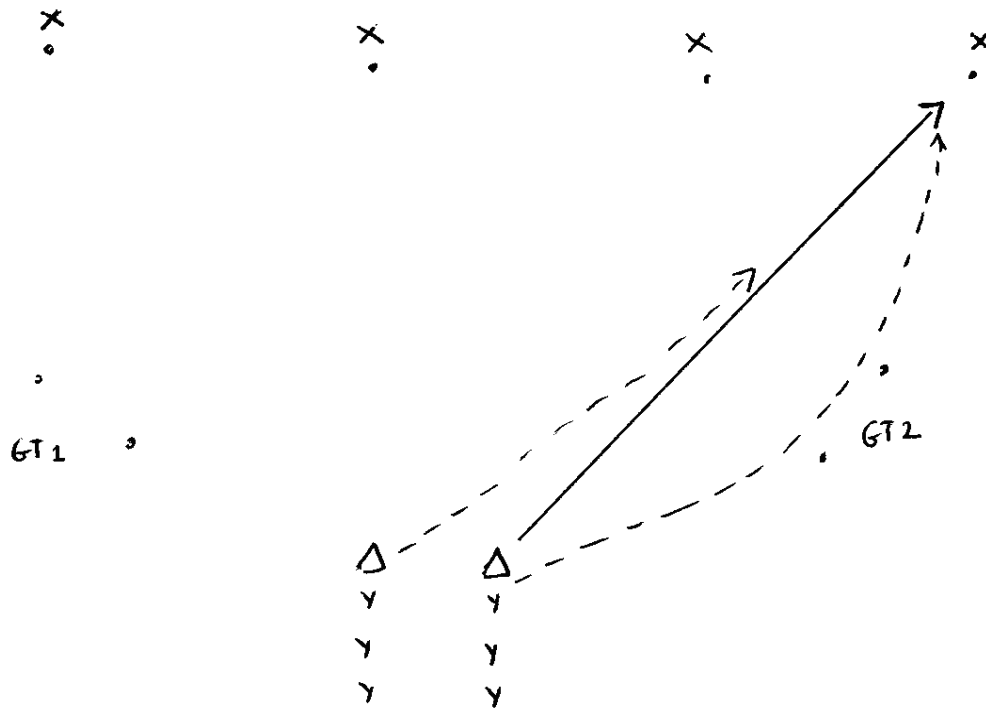
- EX1 – no ball, jockey to end line.
- EX2 – ball in, jockey to end line.
- EX3 – Y pass to X, defend passive to end line.
- EX4 – as EX3, active defending to end line.
- EX5 – 2 v 2 defending to end line.

Key Points

- Travel as fast as possible when ball travels (get in quick).

- Arc run, show one way.
- 'Surfer side on' body position at all times.
- Absorb pressure – keep distance.
- Be patient – look at ball – keep hips ahead of ball.
- 'Throw a shoulder' to unsettle him without losing balance.

Practice 10 – 4 v 2



Organisation

- 4 Xs on line receive pass from Ys and try to score through gate 1 or 2.
- 2 Ys defend against Xs until play ends.

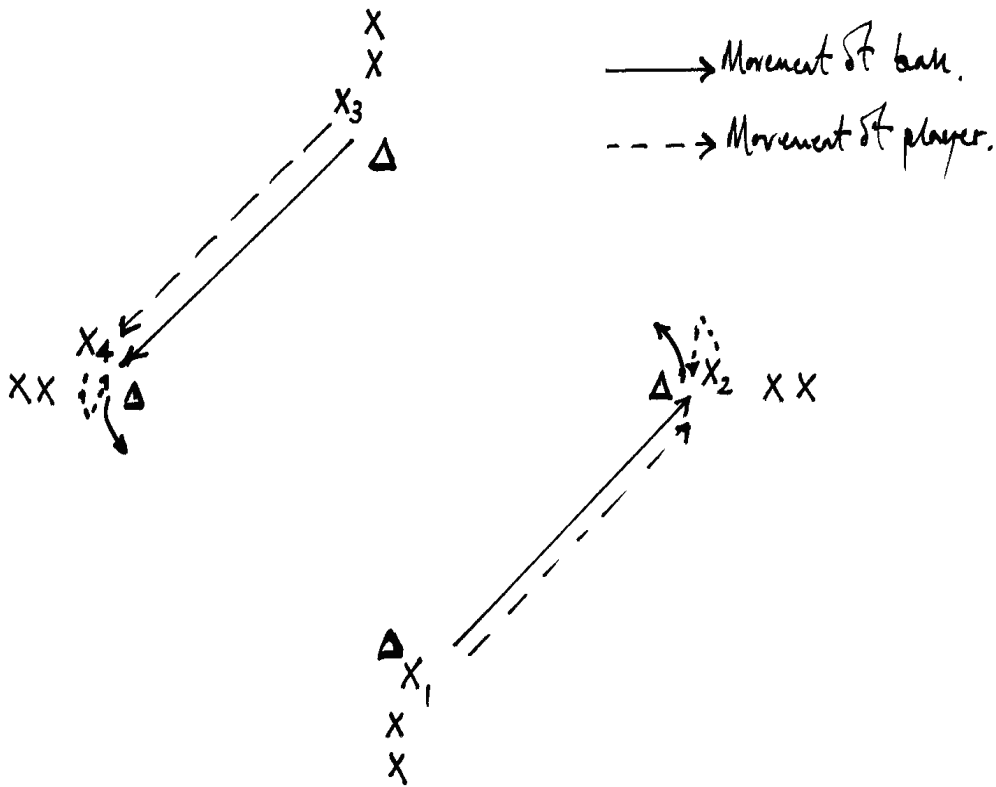
Key Points

- As practice 9.
- Nearest Y pressures.
- 2nd Y supports / covers.
- Communication.

(ii) 12 – 16 PRACTICES

Technical (Diamond Drill) – can be done in triangle or square.

Control / Passing / Movement / Combined Play



Organisation

- Players pass and rotate around diamond

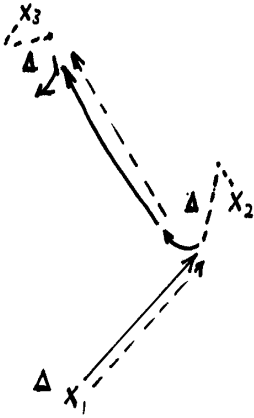
- Movement patterns, technique requirements specified
- Example above – pass to back foot, receive to play forward
- Go other way – work to both feet

Key Points

- Body open to receive pass
- Checked movement to create space
- Control to play forward
- Passing quality – weight, accuracy
- Emphasise speed of execution

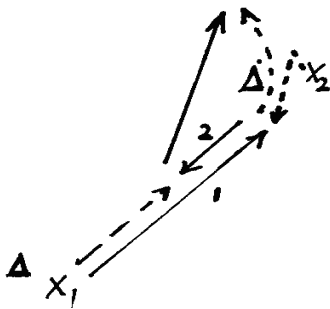
Other exercises within diamond

- (i) X2 drop on to receive, touch inside and pass with left foot.

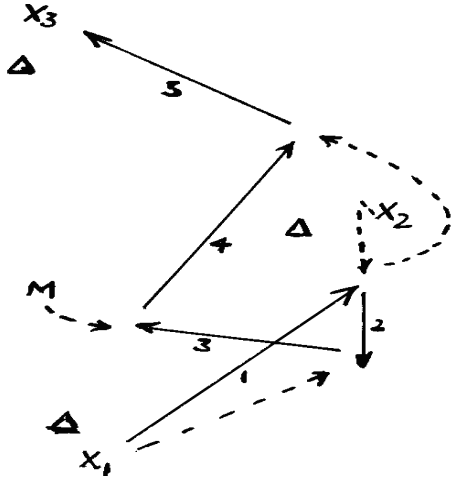


- (ii) X2 set to X1. Spin for return pass in one-two combination. Emphasise weighting of pass to feet and space.

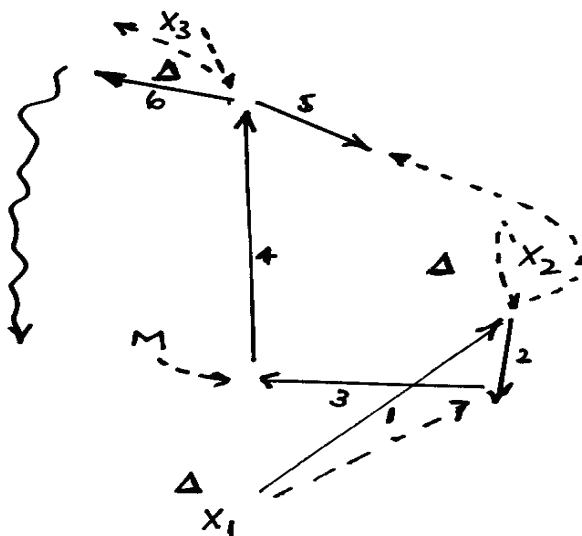
X₃
Δ



- (iii) With extra player in centre (M player) X2 set for X1. X1 angled support, play to M player. X2 stays wide and then makes forward run. M opens body to play return to X2 and finally forward pass to X3. Emphasise weighting of pass to feet and space and quick execution in possession play to go forward.



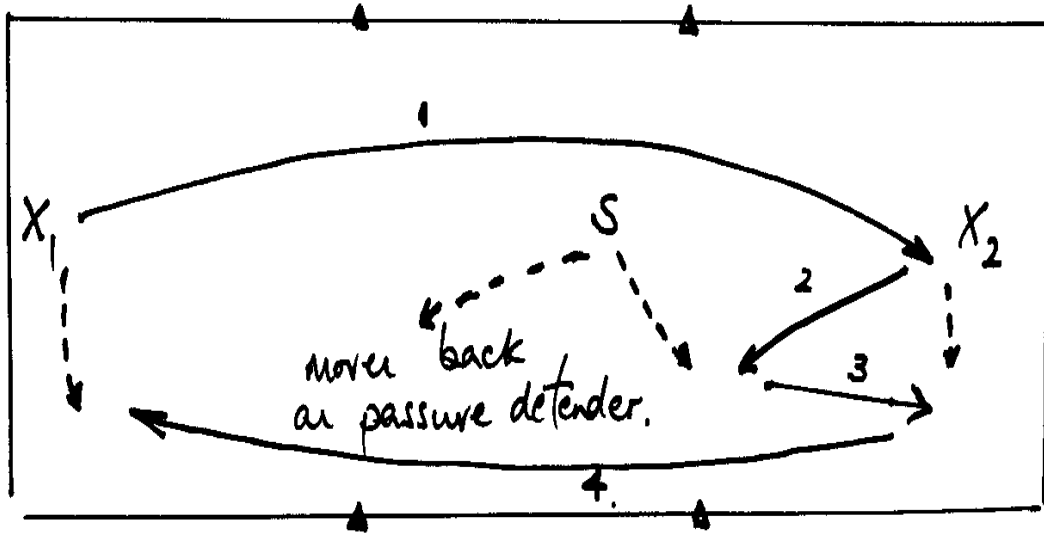
- (iv) Similar to previous exercise, but emphasis on M opening up to play forward i.e. to striker. X3 sets for X2 and in example shows how practice can be adapted with a dribble from X3 back to start. i.e. in triangle.



Technical (Longer passing) – on the ground and in the air.

i. Can be done in 2s, 3s, 4s

Example with setter / passive defender

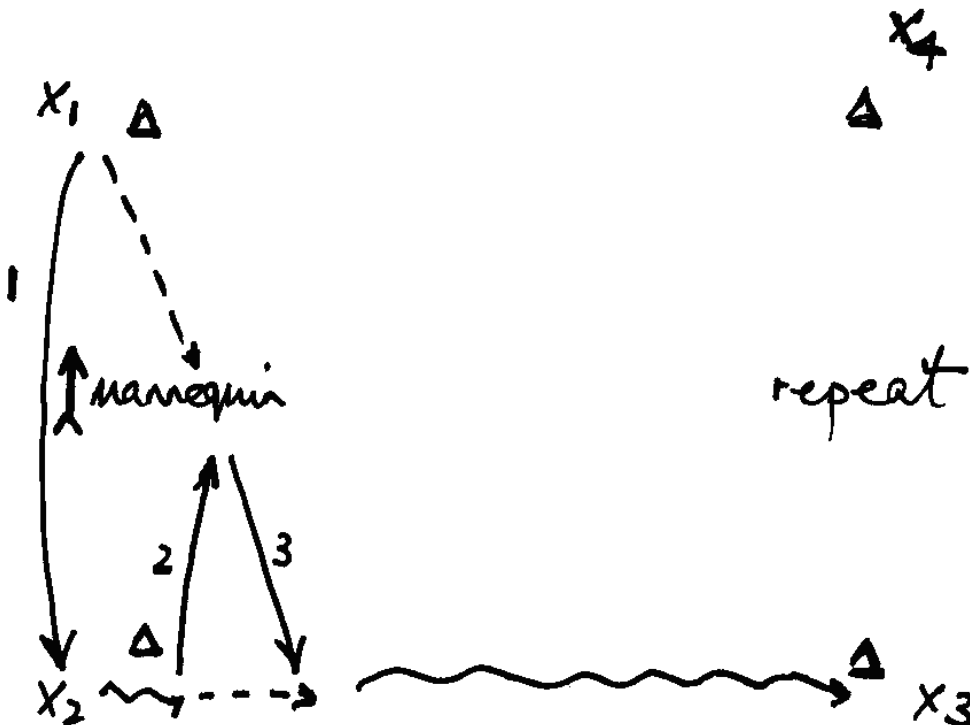


X1 and X2 passing to each other with one or two players in centre setting balls and acting as passive defenders.

X1 / X2 pass over varying distances i.e. bounce in end square or beyond end line i.e. lofted longer pass or

to

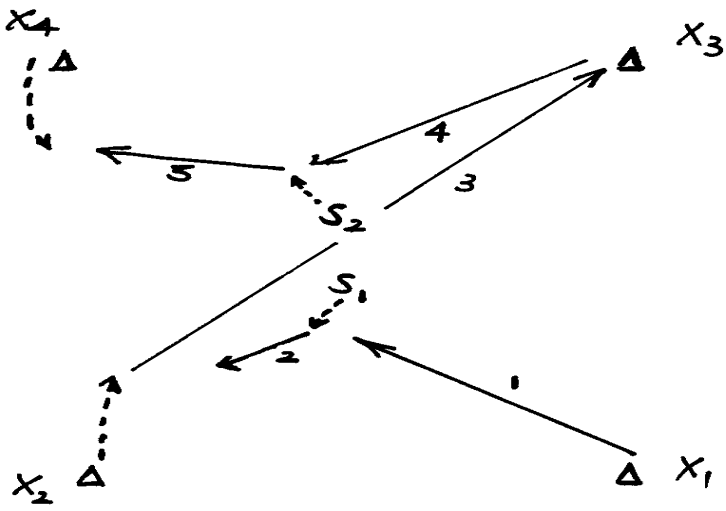
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(players.)

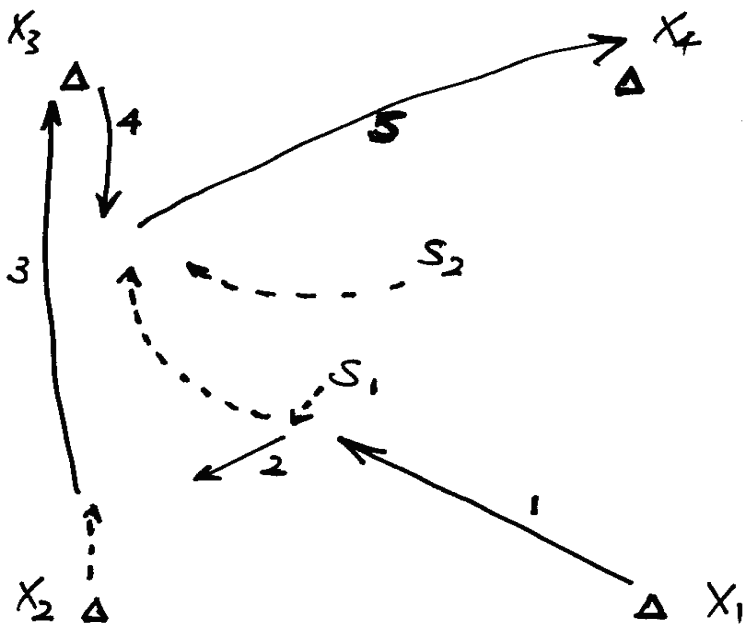
Short / Long Passing (emphasis on diagonal pass)

- i. X1 shorter diagonal pass to S, movement (dropping in), X2 receives diagonal pass X3. X3 begins sequence again with pass to S2 (dropping in). Players will have to change positions to have practices of different techniques.

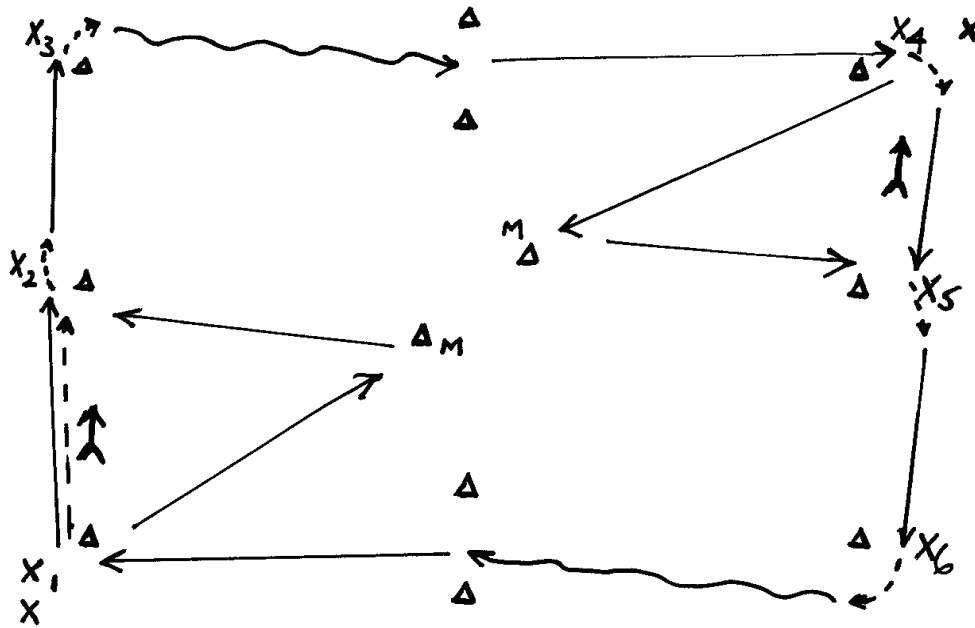


- ii. Shorter pass i.e. Set longer pass (ground / air) Diagonal Pass.

X1 shorter diagonal pass to S1 movement (dropping in), X2 receives and plays deep pan to X3. X3 sets for S1 or S2 who switch with diagonal to X4 to begin sequence again. Players to change position to have practice on other foot.



Technical – Passing / Running with the ball. (Switching play and attacking space)



Organisation

- 6 stations, two gates. Can be many players.
- Two balls working. X1 and X4 begin.
- After pass or run move to next station.
- X1 pass to X2. X2 open out receive / pass to X3.
- X3 to attack space with positive touch and run ball through gate. Then pass on the move to next player.
- After pass move through quick on it pressurising receiver.

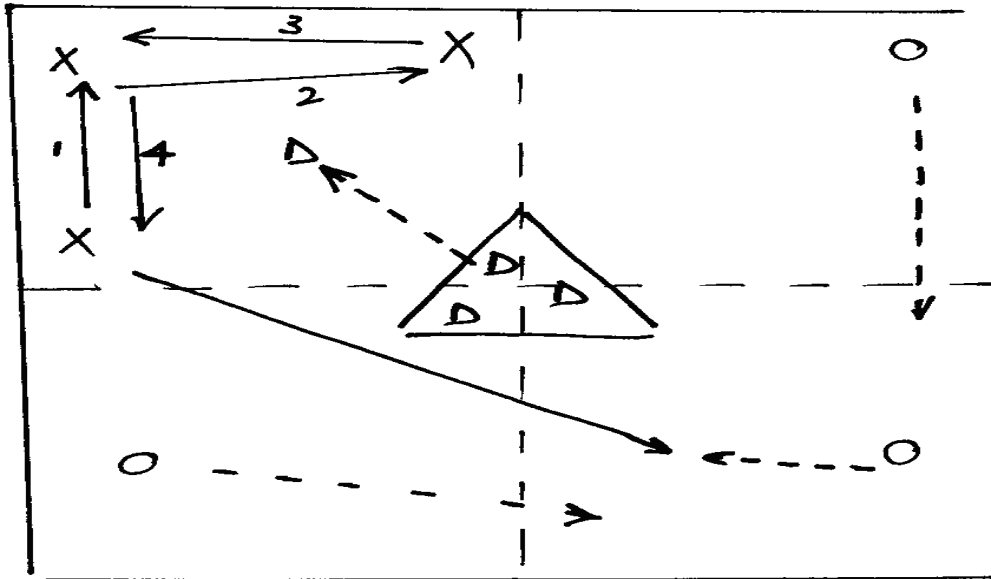
Development (shown above)

- 2 extra stations on centre for midfield players.
- 2 extra mannequins positioned to force pass to midfield players.
- X1 / X4 pass to M player who sets pass to X2 / X5 and drill continues as before.

Key Points

- Body position / angle to receive and be able to switch play / take touch forward.
- Weight / accuracy of pass.
- Positive touch to pass and to run with ball (get out of feet).
- Speed in the execution of control / pass / run with ball.

Technical / Tactical - Transition Possession Game



Organisation

- 9 players – but can be adapted with more.
- 3 Xs have to make four passes v. one defender.
- After four passes look to make switch to any O.
- Other Os support in one square.
- Xs having switched balls spread to other three squares.
- Different defender comes out of centre to pressurize.

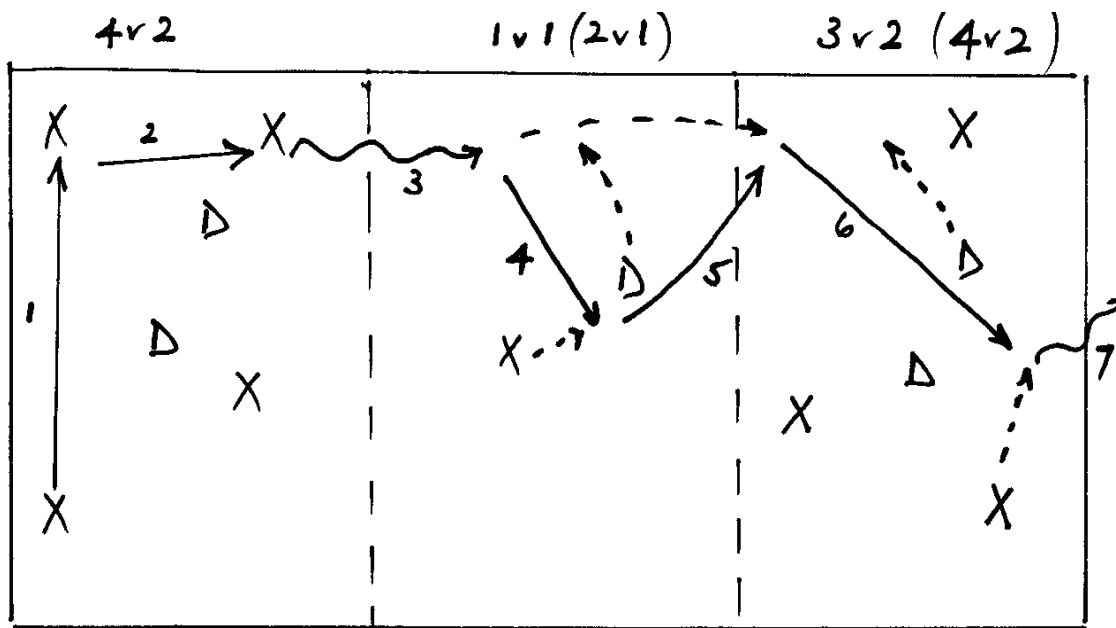
Develop

- Possession lost – attack / defence change.
- Allow / encourage run into next box and then pass.
- Two defenders could be introduced 3 v 2, after two passes.

Key Points

- Importance of quick support / movement.
- Body position / aware – know where you are going before ball arrives.
- Positive touch on pass or run.
- Possession short – 3 v 1 – then – switch / open up.
- In possession support / spread.
- Out of possession – defend / narrow space.

Technical / Tactical – Running with the ball and combined play to move forward.



Organisation

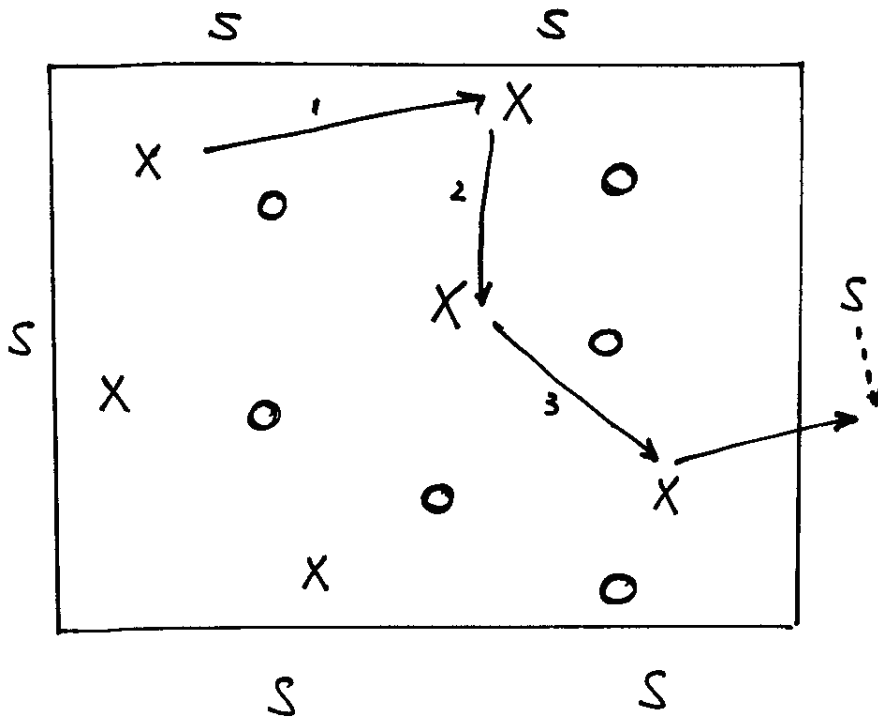
- 13 players (can be more), also with GK and one more zone to finish.
- 4 v 2, progress to next zone to make 2 v 1 and another 4 v 2 in end zone, before reaching target beyond end line.
- Defenders only defend their zone.
- Initially progress with positive touch, attacking space and run into next zone. Progress to combination plays – emphasis on one-two.

Key Points

- Body position – recognise the moment to play forward (pass/run/dribble)
- Attack space with positive touch / head up to break forward with ball.

- Movement to allow forward play i.e.angled support, from behind, from ahead.
- Passing quality – emphasis on weight / accuracy.
- Speed of play.
- Adjust tempo.

Technical / Tactical – Control, Passing , Possession



Organisation

- 6 v 6 (6 support players outside)
- Could have defenders gradually introduced i.e. 6 v 2, then 3, 4, 5 etc.
- Also could play 6 v 6 (+3 neutrals) inside.
- In 6 v 6 attacking team keep ball, with use of S players (on 2 touch).
- If possession lost transition occurs.
- Should be large area i.e. quarter field.

Key Points

- Team space (length / width).
- Body position to receive – 'know where you are going'.

- Positive touch 'pass or run'.
- Support short / movement away. Combined play. Switch / play long.
- Passing quality – weight / accuracy. Feet or space? Around or through?
- Decision to screen / protect.
- Attack / defence transition.

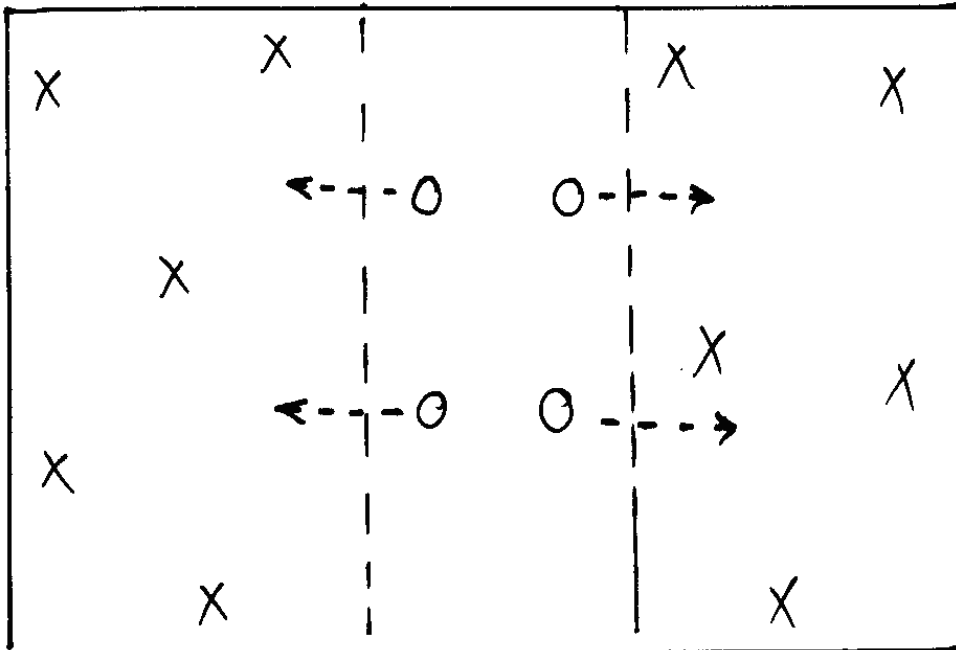
Development (of above)

- Directional to end zone.
- Run ball in or weighted pass to movement.
- Could play to 'T' player in end zone or even GK.

Key Points (as above)

- Control to play forward. Think forward.
- If you have the ball – Turn? Pass? Run? Dribble?
- If you don't have the ball – but team do. Movement from behind / ahead – when play can go forward.
- Support angles – short / deep when play cannot go forward.
- Regain possession. Decision – quick / counter / direct. OR keep ball – back, around, switch.

- Technical / Tactical – Possession and Long Passing



Organisation

- 5 v 2 in two end zones.
- Xs keep possession in end zone.
- Decision to transfer with longer pass to opposite end zone.
- Next 2 defenders move in.

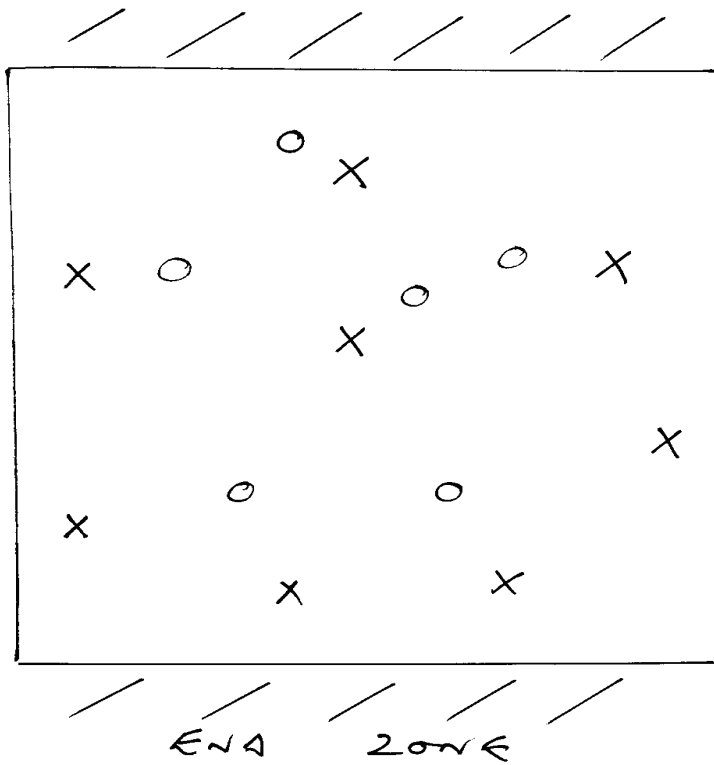
Development

- Could play transition game with 3 teams. i.e X / Y v. O. If X give away becomes Y / O v. X.
- Could have attacker moving from one end zone to mid-zone to play 'set' for longer pass.

Key Points

- Control to play longer pass i.e.set yourself.
- Body position / aware 'know where you are going'.
- When to support short – angles / distance. Combined play to create space.
- Movement ahead of ball – target for longer pass.
- Passing accuracy / weight.

Tactical – Direction v. Possession



Organisation

- 8 v 4, developing to 8 v 6.
- Begin with aim of 6 passes before attackers can pass into end zone.
- If pressure on ball is good, one player can support in end zone.

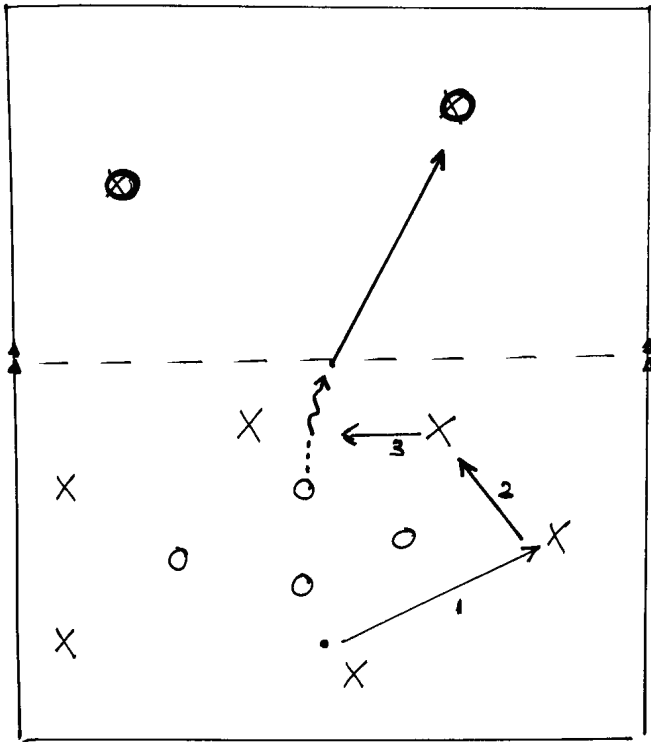
Development

- One defender can track runner.
- Can only score off a one-two or third man run.

Key Points

- Decision on pass i.e. short, long, feet, space.
- Weight of pass.
- Movement / body position to receive (know where you are going on first touch).
- Timing of runs.
- Forward pass? Create? Possession?

Tactical – Direction v. Possession (and Transition)



Organisation

- 6 v 4 (can be more) with remaining two players staying in other zone.
- X keep possession and O try to win back and make pass (or) run to team mates in opposite zone.
- If O's transfer they support and create 6 v 4 at opposite end.
- X then defend leaving 2 players up field.

Development

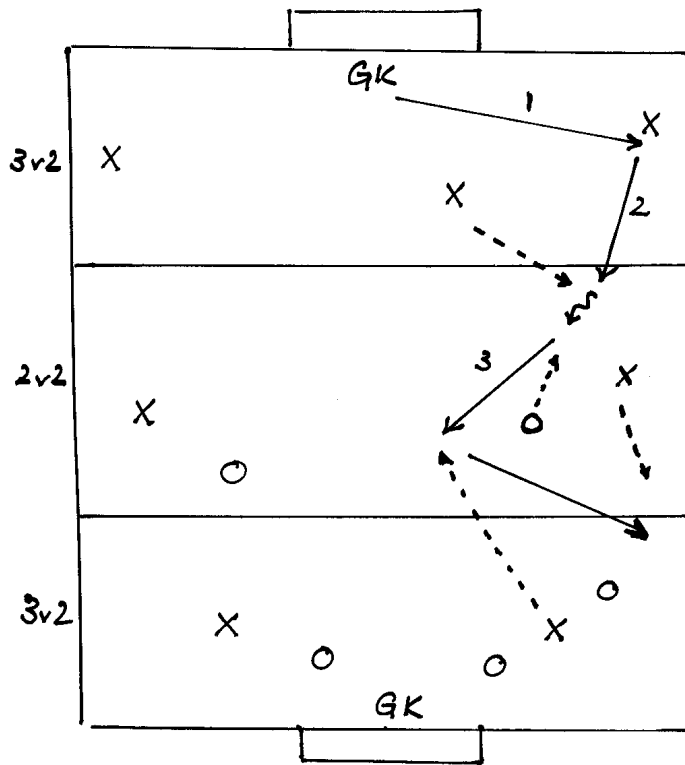
- Can we use this practice with GK's supporting and playing forward from behind end lines.

- Can have middle zone with O player in (other O player a furthest target). This is useful for finding player at the top of the diamond.
- Pass out of defending zone must be to O player before breaking forward with the run.

Key Points

- Decision on pass – possession v. direction. (Different challenges for team keeping ball and other team on regaining possession).
- Quick support / movement. Close and away from ball.
- Weight of pass.
- Body position to receive. 'Know where you are going'.
- Tactical change:
 - (i) Possession
 - (ii) Regain – possible to counter?
 - (iii) Lose possession – defend, narrow space, keep shape.

Tactical – Zonal Game (Playing / Moving Forward)



Organisation

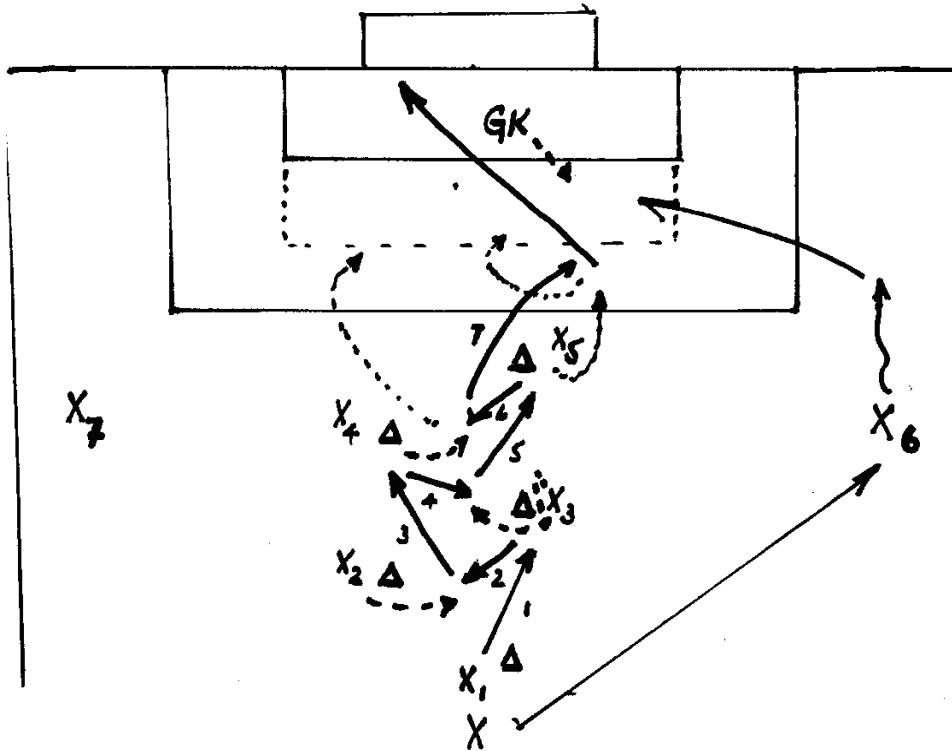
- 3 v 2 end zone, 2 v 2 central, but number of players can be adapted.
- Defenders must stay in zone.
- Attackers aim to overload i.e. 3 v 2 central, by movement forward or 'dropping' in.
- Aim to get 3 v 3 in attacking zone.
- Initially play through thirds, develop to GK distribute any zone.
- Shoot once ball has entered attacking third.

- Encourage pass, run, dribble to next zone.

Key Points

- Create team space – width / depth.
- Individual space – body position – to control / play forward?
- Recognise the 'moment' to play forward.
- Movement from behind / ahead of ball.
- Passing quality – accuracy, weight, timing.
- Recognise the moment to shoot.

Technical – Shooting from angles, finishing from crosses.



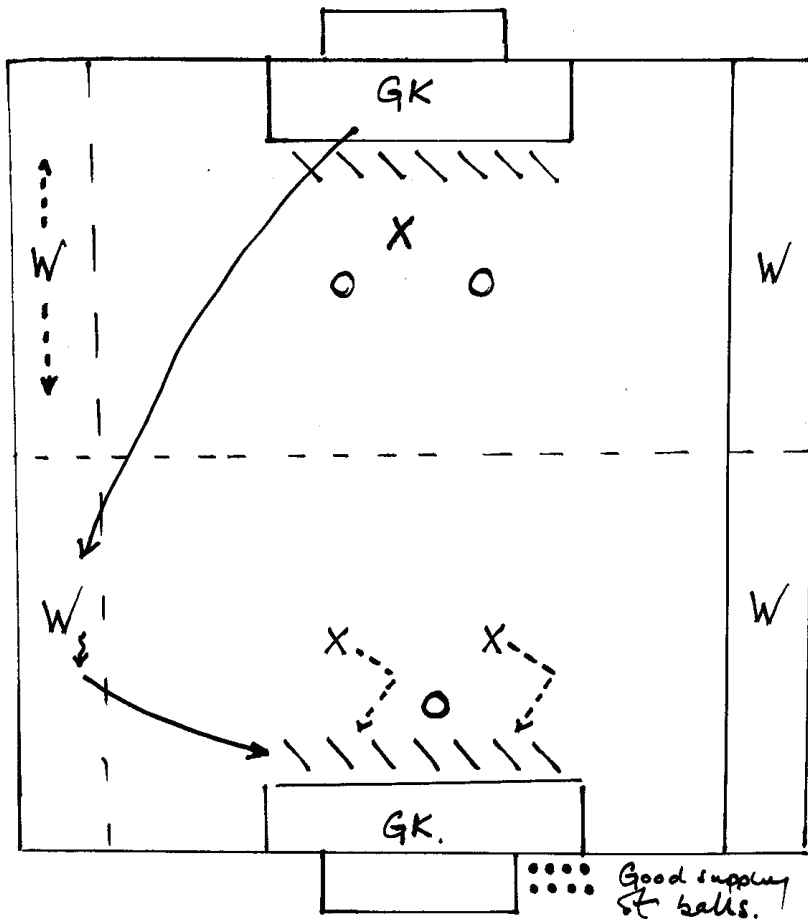
Organisation (not as complicated as may appear)

- Set mannequins / cones at angles for pass and move, leading to a shot.
- X1 to X3 – set to X2. X2 to X4 – set to X3 and so on, leading to X5 being put in by X4.
- X5 takes shot with X4 following in and then both players reacting quickly to attack cross.
- Delivery to X6 or X7 begins on X5 set to X4.
- X6 / X7 deliver cross into target area.
- X1 moves forward and so on. X5 to back of line.
- Can develop with combination play in wide positions. Introduce X8 / X9.
- Develop with one / two defenders v. cross.

Key Points

- Passing / Moving
 - Weight of pass
 - Timing of movement
 - Body position to pass forward, shoot
- Shooting
 - Pass / strike firmly to goal
 - Across the GK. Low?
 - Eyes on the ball
 - Composure – Accuracy before power
- Crossing / Finishing
 - Deliver with pace into target areas
 - Eliminate GK
 - Strikers movement – late and fast
 - Firm touch on strike. Pace of run meets pace of cross.
 - Score with one touch
 - Against defender(s) – movement behind them, then decide – attack front or stay behind to attack cross – but move defender

Technical / Tactical – Crossing the ball / finishing



Organisation

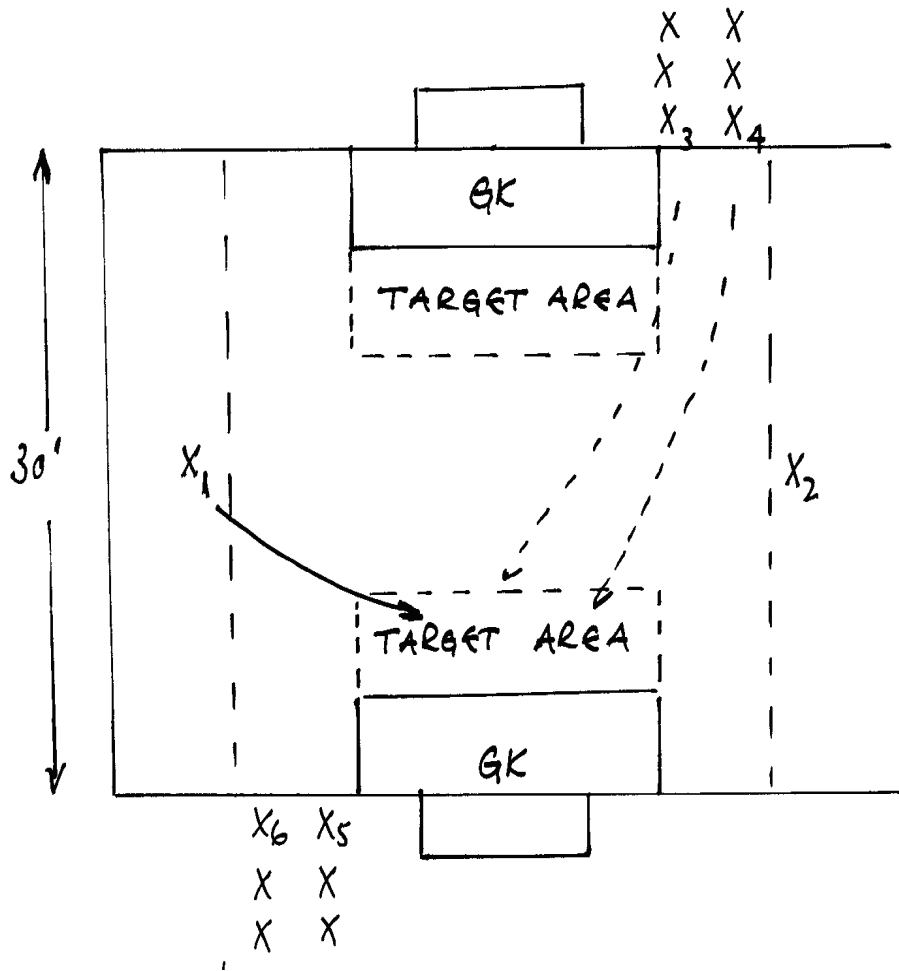
- Adapt size of area to be played, to age group.
- GK delivers to W player.
- W crosses early for attackers.
- Begin 2 v 1 / or no defenders initially.
- Develop to 2 v 2 and / or introduce 2 midfield players to each team who break forward as well as look for

clearances from defenders and then shoot or pass wide for next cross.

Key Points

- Deliver cross with pace into target area.
- Cross early or run and then cross.
- Eliminate GK. Eliminate defenders where possible.
- Type of cross i.e. 'whipped', 'stood up', 'pulled back'.
- Movement to attack cross. Late and fast.
- Move behind defender / then decide how to attack – i.e. in front or behind him.
- Firm touch / one touch to finish.

Technical – Crossing the ball / finishing.



Organisation

- End to end practice.

- X3 / X4 make quick runs into target area.
- X1 delivers ball into their path for strike at goal. Cross within 2 touches.
- Repeat in other direction.

Key Points

- Deliver with pace, eliminate GK.
- Strikers, quick / direct movement towards near and far post.
- Finish one touch / firm touch.
- Pace of run meets pace of cross.