



## U17 Session Plan #7

### Crossing and Finishing



#### ACTIVITY #1

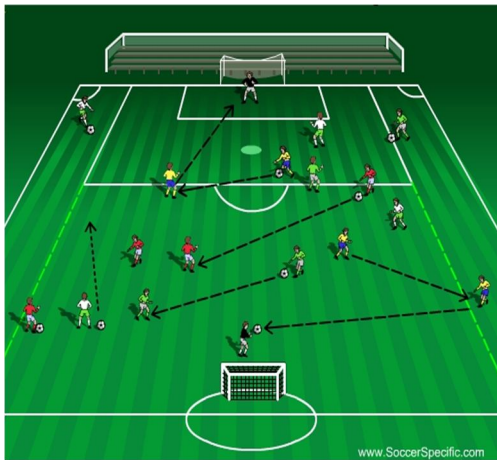
**Set Up:** 16 Players, 2 goalkeepers, 10 orange cones, two flags, and balls. Players are positioned at five different cones from varying distances and angles as shown below.

**Objective:** Cones 1 and 5 have a left footed player as well as a right footed player enabling them to hit an in swinging ball as well as an out swinging service into the box. Players at cone 3 penetrate on the dribble and hit a moving ball into the goalkeeper. Cone 2 can either be a shot or drive the ball across the goalmouth forcing the goalkeeper to make the proper decision. Lastly, the player at cone 4 hits a cutback ball on the ground to the top of the six yard box.

\*\*Progression includes adding near and far post runners in the box when the service comes from cones 3 and 5.

**Coaching Points:**

- Catch the ball at highest possible catching point,
- Early "keeper" shout,
- Make the save before the near post if applicable,
- Adjust the goalkeepers starting position based on where the service is coming from and distance of support.



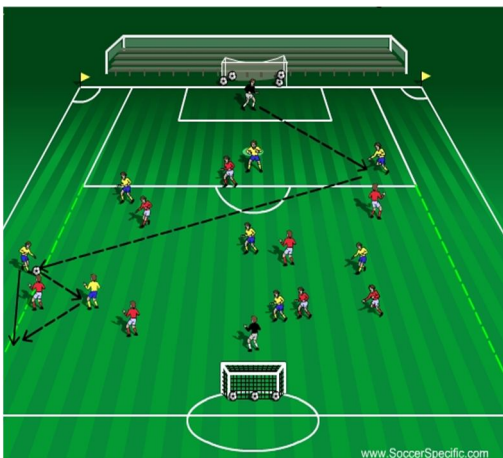
#### ACTIVITY #2

**Set Up:** Half field- bottom of the circle area with designated crossing channels, 2 GK's, 16 field players

**Objective:** 8 partners knocking the ball around inside the designated area. Gradually find the goalkeepers hands not trying to score. Next progression player must play their partner into the channel for a cross. GK makes the save and distributes to the other partner. Gradually lengthen the distribution. Last two progressions the partner can crash the box and score and the player can penetrate on the dribble creating a breakaway situation.

**Coaching Points:**

- Players must communicate with the GK when shooting or crossing the ball.
- GK must find their target quickly and distribute to the open partner.
- Good starting position, early "keeper" shout, decide whether to "go" or "stay".



#### ACTIVITY #3

**Set Up:** Field size to the bottom of the center circle, two teams of 8 players and 2 goalkeepers as shown.

**Objective:** Restricted 8v8 game. Progressions include; (1) the ball must go wide into the channels in order to score. (2) The GK's must distribute into the wide channels to start the point of attack. (3) Add players into the channels and restrict them to 3 touch max.

**Coaching Points:**

- Attacking players must be committed to getting at least 2-3 bodies in the box with good timing of runs.
- Goalkeepers must organize the defense and assign markers.
- GK must switch the point of attack with proper distribution.



### GAME

**Set Up:** Half field, 8 v 8 and 2 goalkeepers as shown below.

**Objective:** Unrestricted 8v8 game. 1 point for a goal through the run of play, 3 points for a goal off a cross. Play 5 minute games.

**Coaching Points:**

- All previous points of emphasis
- Attacking players must be committed to getting at least 2-3 in the box with good timing of runs.
- Goalkeepers must organize the defense and put a name to a job.
- GK must switch the point of attack with proper distribution.

## ADDITIONAL NOTES