



Calculated Performance

Crossing & Finishing

Position: Wide Midfielder (#7 and #11)



Practice

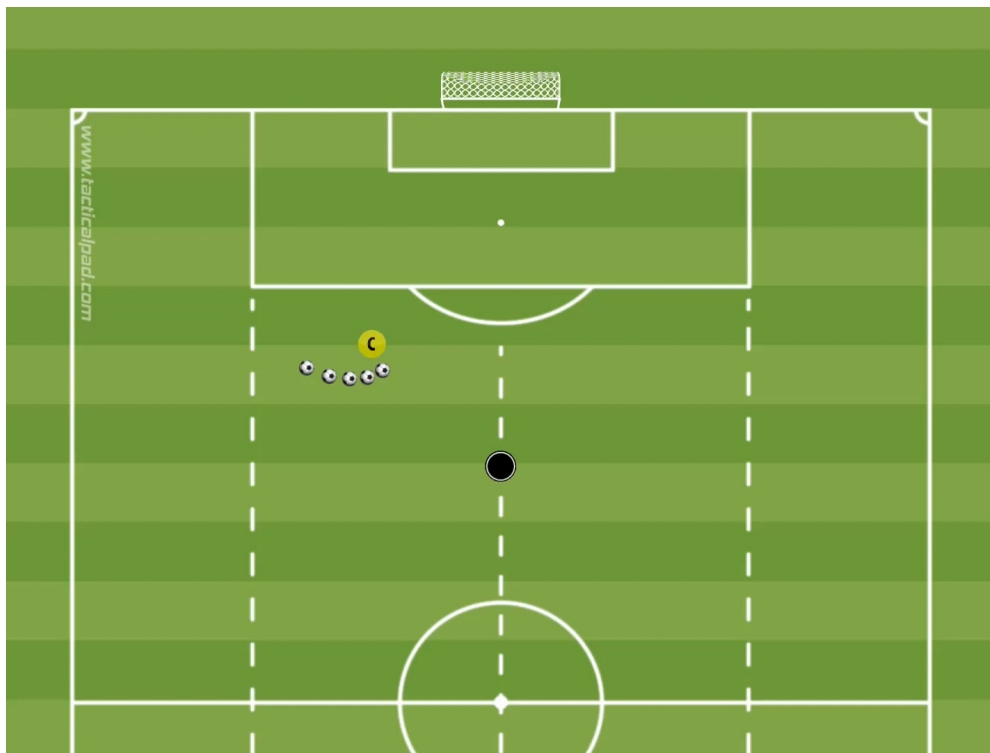
Activation

Time

10 mins

Space/Equipment

1 ball



Explanation

- Crossbar challenge to engage a full leg swing
- Player takes their first touch away from their body then strikes
- Work both sides

Challenge

- How many times can they hit the crossbar with 10 attempts



Practice

Passing Activation

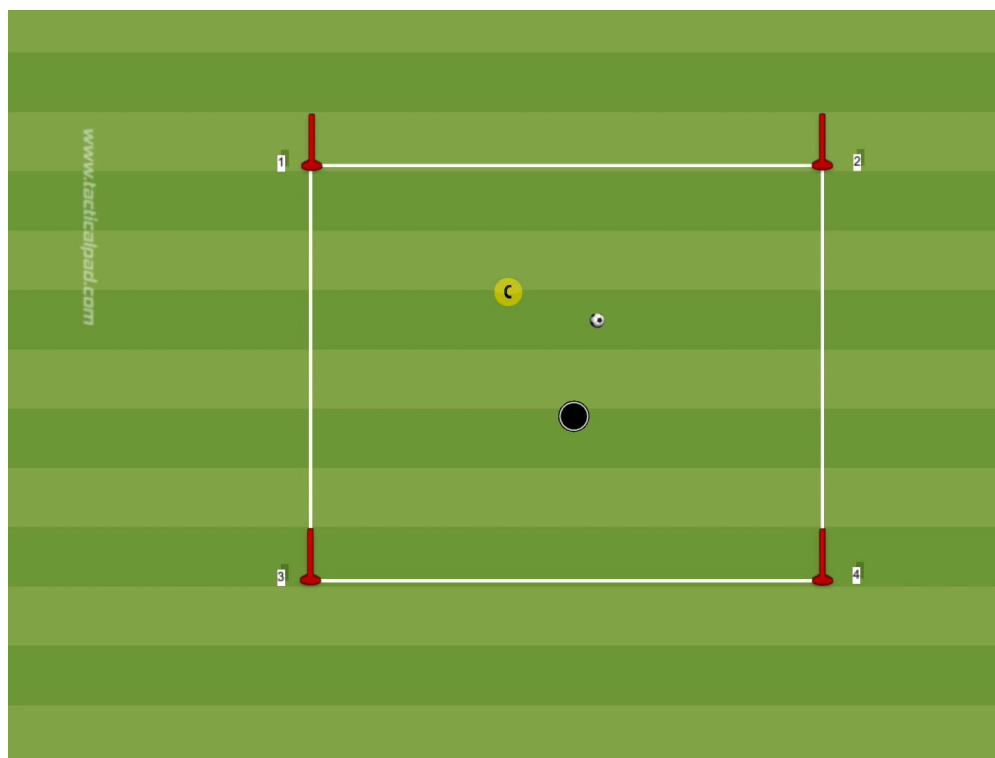
Time

10 mins

Space/Equipment

10x10 yard box

4 poles



Explanation

- Set out a 10x10 yard square
- Player & coach play pass and move together
- Coach is to set the ball into space, making the player move
- Coach can call a number between 1-4 at any time
- Player runs around the pole that was called then returns to pass and move

Time

- Complete 3 sets of 1 minute
- Rest 1 minute in-between

Coaching Points

- **Weight of pass:** Player should consider their weight of pass back to the coach



Practice

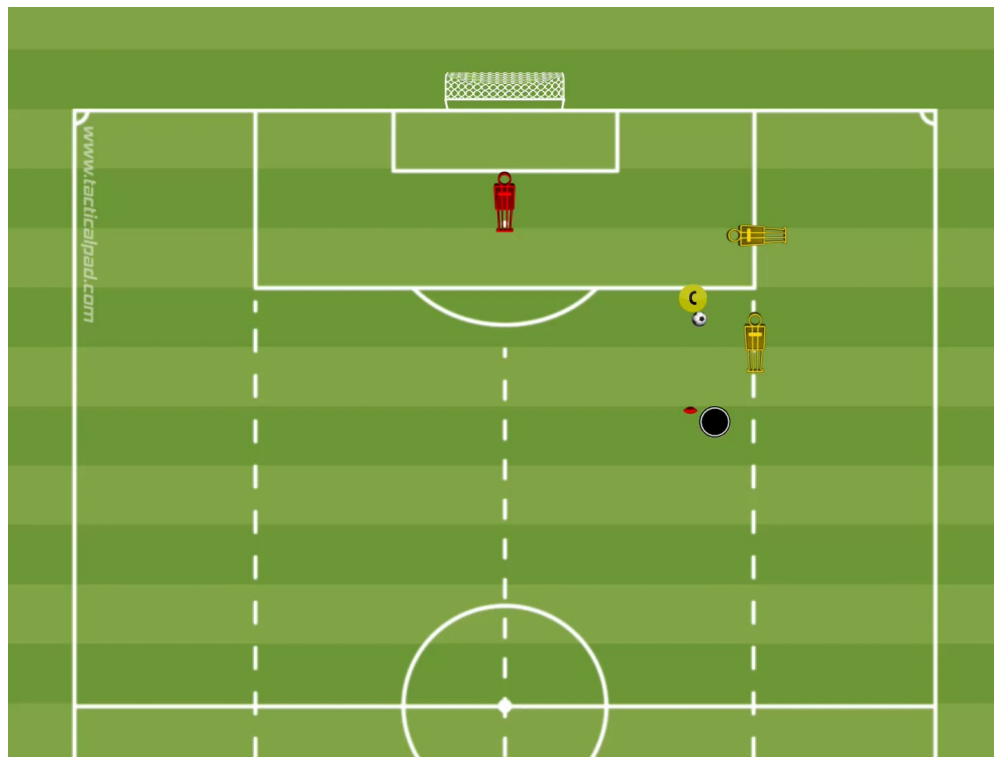
First-time Passing & Crossing

Time

20 mins

Space/Equipment

1 11v11 goal
3 mannequins



Explanation

- Player starts on the marker
- Player checks in to receive, playing a bounce pass around the mannequin, with coach
- Player takes a wedge touch into space
- Player looks to play a cross into the target man (red mannequin)

Coaching Points

- **Weight of touch:** Push the ball into space to eliminate the defender
- **Wedge touch:** Lock the ankle to create a firm surface to redirect the ball into space



Practice

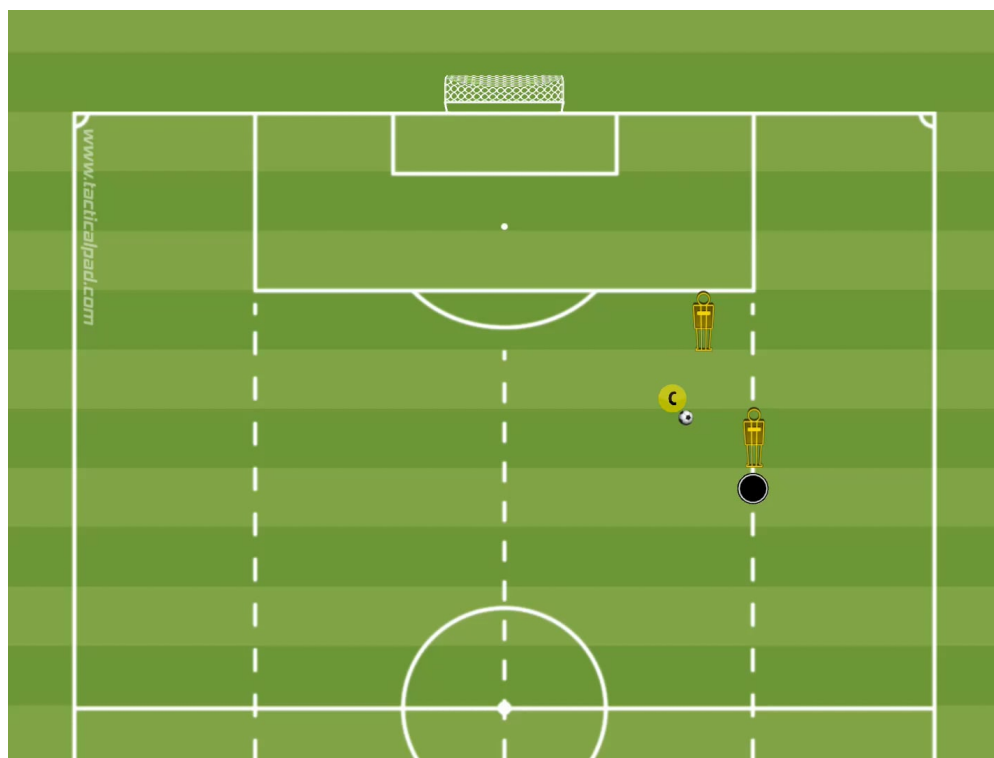
First-time Passing & Finishing

Time

20 mins

Space/Equipment

1 11v11 goal
3 mannequins



Explanation

- Player starts on the mannequin
- Player checks out to receive, playing a bounce pass with coach
- Player takes a wedge touch around the mannequin
- Player then bounce passes with coach
- Player takes another wedge touch into space beyond the 2nd defender

Coaching Points

- **Weight of touch:** Push the ball into space to eliminate the defender
- **Wedge touch:** Lock the ankle to create a firm surface to redirect the ball into space



Practice

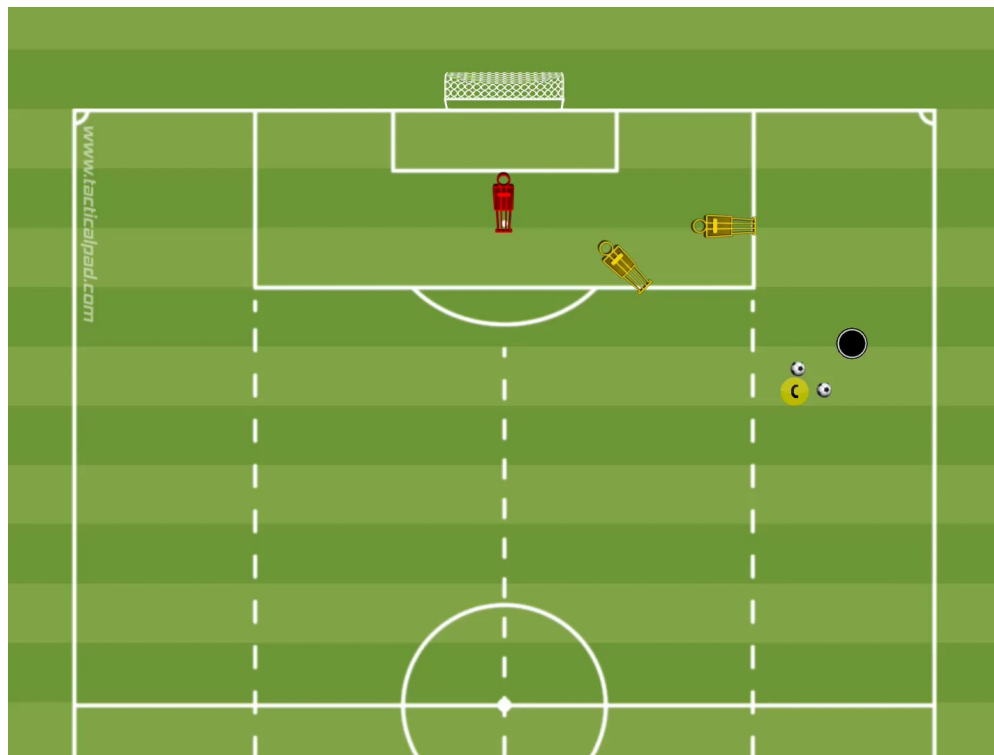
Crossing & 1v1 Finishing

Time

20 mins

Space/Equipment

1 11v11 goal
3 mannequins



Explanation

- Coach starts by playing a deep through ball into the player
- Player accelerates and plays a first-time cross/cutback into the target man (red mannequin)
- Player then runs back to collect a 2nd ball
- Coach drops into the mannequin to add gradual pressure
- Player attacks 1v1 to finish

Coaching points:

- **Prepare early:** Player should approach the ball properly on the cross by coming around the ball and trying to get their hips and shoulder facing into the penalty box



Practice

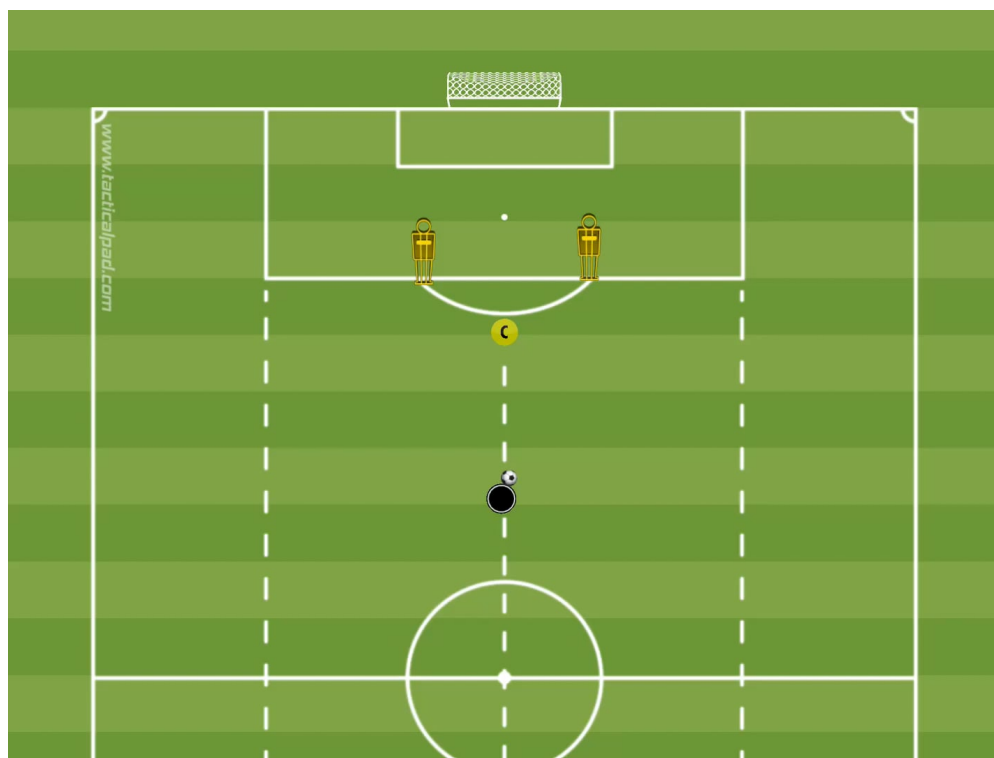
Volley Challenge

Time

10 mins

Space/Equipment

1 11v11 goal
2 mannequins



Explanation

- Player flicks the ball into the coach's hands
- Coach throws the ball back up
- Player runs and hits a volley or half volley

Points

- 0 - Miss
- 1 - Goal
- 2 - Corners
- Full volley is worth x2 points