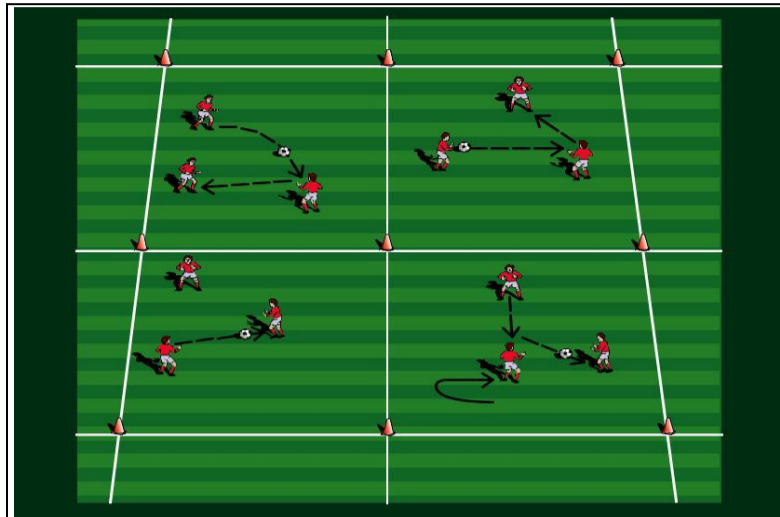




Name: Fabien Lewis	Team: U12	Day: 2	Duration: 75 Minutes
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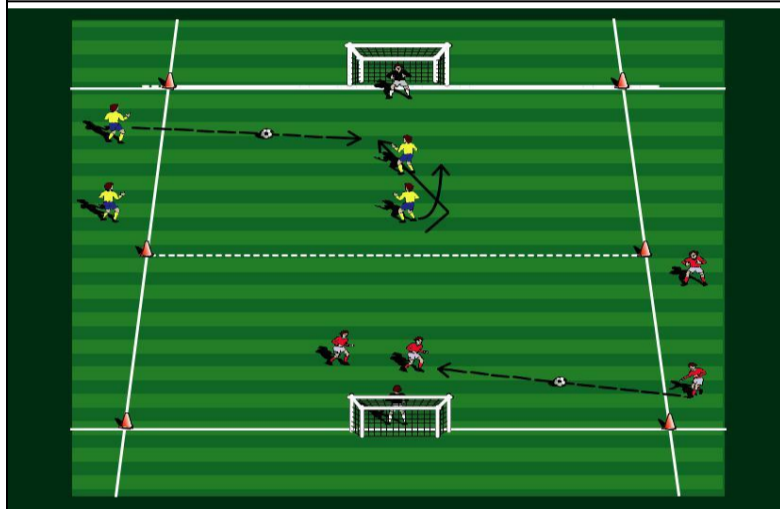
Description: This session is designed to help your wide attacking players (#7 & #11) improve their crossing skills, as well as, help improve the runs from #7, #9, #10 and #11 into the 18 yard box.



Activity: Technical Warm up – 18 Minutes

Organization: Players are in groups of 3. Player A has the ball in hand and serves to Player B who tries to connect a one touch pass using different body parts to Player C. Use different body surfaces to and body feet to connect pass to Player C. Rotate serves as per discretion.

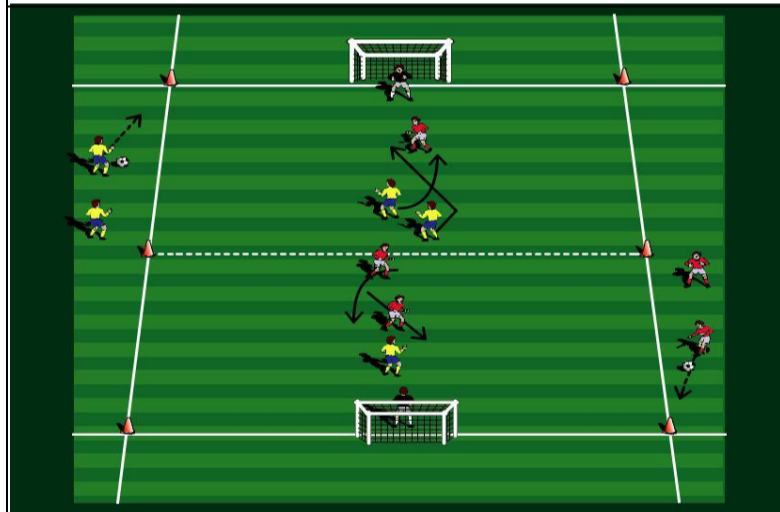
Coaching Points: (1) Eyes open, mouth closed, strike ball with forehead. (2) Lock ankles, toes pointed out, strike ball with laces. (3) Strike middle ball with middle of foot. (4) Twist hips to redirect ball to open player.



Activity: Unopposed Crossing & Finishing – 15 Minutes

Organization: The ball starts with players in wide position who takes a touch forward and then cross the ball towards penalty area. There are two players in the box waiting to attack the cross. One player bends their run to 1st post while the other player loops around far post (as showed by arrow illustration). All balls should be with players in wide area. Start off with crosses on the ground then progress to crosses in the air.

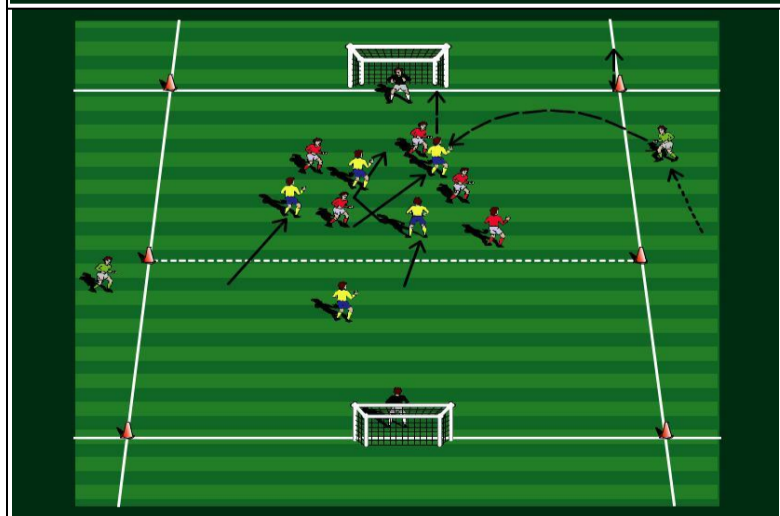
Coaching Points: (1) Swing hip to direct ball in penalty area. (2) Cues for runs onto ball is when player (crossing) heads goes down to ball. (3) Attacking players' runs should be on an angle. (4) Keep eyes on ball. (5) Use appropriate body part.



Activity: 2 v 1 (+ a goalkeeper) – 18 minutes

Organization: One defender (in red), is trying to prevent the two attacking players (in yellow) from scoring. The cross comes in from the player in wide area with the ball.

Coaching Points: (1) Reiterate previous points. (2) Drag defender out of position. (3) When to make contact, vs when to leave for 2nd runner. (4) Variation on cross.



Activity: 5 v 5 + 2 crossers & goalkeeper – 25 minutes

Organization: Two players are stationed in wide area (crossers). 5 V 5 in the middle. Teams can score two ways. (1) Get the ball out wide and finish from a cross for 3 points. (2) In the run of play, combine to score for 1 point. If the defending team wins the ball, they can quickly get the ball to the crosser in the other half or go to goal.

Coaching Points: (1) Reiterate previous points. (2) Time runs. (3) Don't be caught ball watching. (4) Positive Communication.

Modify 5 v 5 + 2 crossers & goalkeepers to 6 v 6 + 2 crossers & goalkeepers to increase difficulty level.