

Chelsea Crossing and Shooting Game



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques. The practice will encourage goal scoring from aerial crosses, rebounds and deflections.

Field Preparation

- ☆ Large group of players
- ☆ Attacking Third of Field
- ☆ Full Size Goals
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs

Starting Positions:

Two attackers and two defenders are placed within the penalty area. Four servers and two shooters are positioned outside of the penalty. (see diagram above).

The object is for the two forwards to receive the ball from the servers and score with the minimum amount of touches possible. When the shooter takes a shot from outside the box the forwards must look to score from rebounds off the goalkeeper or deflections off the defenders.

Sequence of practice:

The practice is performed in the following sequence.

- ★ **Server 1** crosses the ball for the forwards to score.
- ★ **Shooter 1** takes a shot at goal.
- ★ **Server 2** crosses the ball for the forwards to score.
- ★ **Shooter 2** takes a shot at goal.
- ★ **Server 3** crosses the ball for the forwards to score.
- ★ **Shooter 1** takes a shot at goal.
- ★ **Server 4** crosses the ball for the forwards to score.
- ★ **Shooter 2** takes a shot at goal.

Repeat sequence.

After the server crosses the ball or the shooter takes a shot, the play is not finished until;

- ★ The attacking team has scored or
- ★ The ball goes over the end-line.
- ★ The goalkeeper saves the ball.
- ★ The defenders can clear the ball high and long enough past the servers and shooters.
- ★ If the defenders attempt to clear the ball and it lands in front of any of the servers or shooters, the servers or shooters can run onto the ball and take a "one touch shot" at goal.

Coaching Points:

For the Servers:

The servers should play a variety of crosses into the forwards such as high lofted, low driven, front and back post and into the forwards feet.

For the Shooters:

Be alert and ready to take the shot quickly. Have the ball positioned out of the feet to run up to the ball and shoot. Keep the ball low for the possibilities of deflections.

For the Defenders:

Mark the two forwards tightly. Listen to the goalkeepers instructions for marking and clearing the ball. Clear the ball high, wide and deep down the field.

For the Two Forwards:

Constantly keep moving in the box to create space for yourself and your teammate. Look to strike the ball "first time" whenever possible. Player not taking the shot should be alert to any balls the goalkeeper may mishandle or drop.

If the server shoots from a clearance the two forwards should position themselves slightly outside the goal posts to redirect the ball towards the goal should it be off target.

Rotate roles of player throughout the practice.

Coach should keep track of goals scored and make a competition amongst the forwards and defenders.