

LMA AMBASSADOR

**Peter Taylor
Crossing and
scoring areas**

SET-UP

AREA

Up to half a pitch

EQUIPMENT

Balls, bibs, cones, mannequins,
2 full size goals

NUMBER OF PLAYERS

Up to 16 players + 2 goalkeepers

SESSION TIME

Each step: 10mins
Tramline game: 20mins

Overview

This session covers crossing areas in the final third of the pitch, and isolates the key need for attackers – to instantly know which areas should be attacked and where the best goal scoring opportunities are. For attackers, the final third is the end product. If your team can increase its options when it comes to scoring goals, it has a much greater chance of winning matches. The true benefit of practising this session is in crossers

not having to look up before they cross, because through practice, they know their attackers will automatically make a beeline for key areas. While this is an attack-minded practice, it also benefits defenders, who can learn where good attackers will run to, and how best to stop the subsequent cross.

What do I get the players to do?

Final third practice

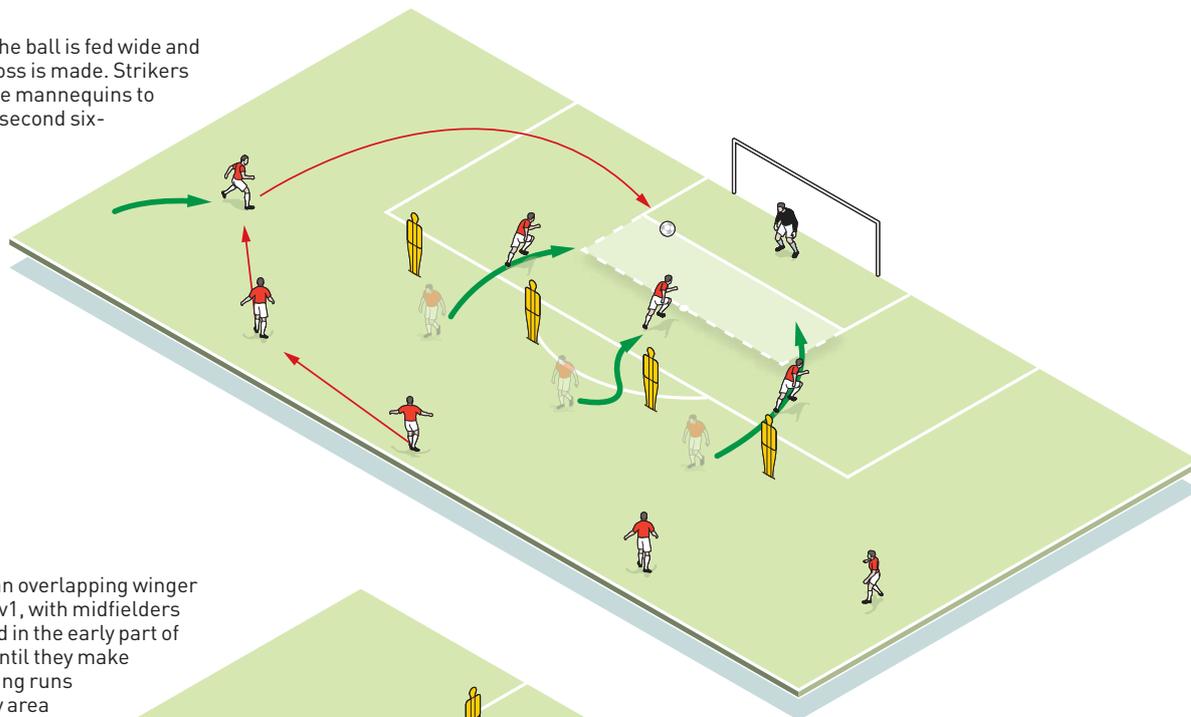
This first activity starts

KEY

- Ball movement →
- Player movement →
- Dribble →

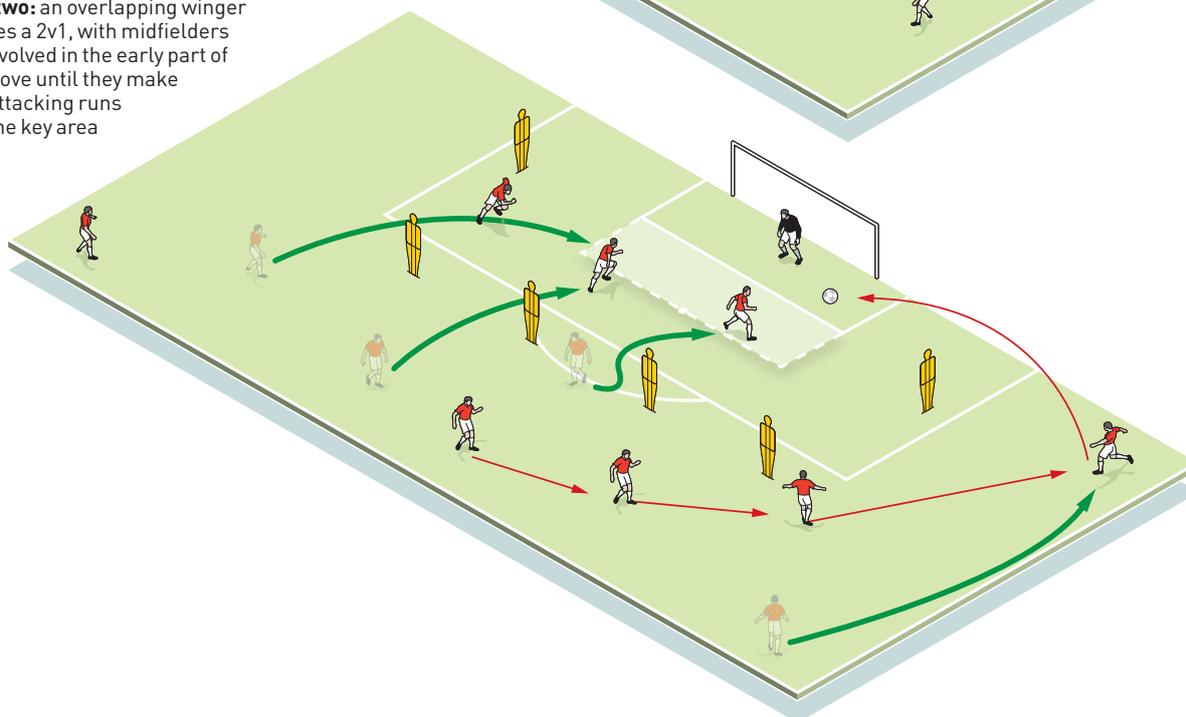
1

Step one: the ball is fed wide and an early cross is made. Strikers move off the mannequins to attack the "second six-yard box"



2

Step two: an overlapping winger creates a 2v1, with midfielders not involved in the early part of the move until they make late attacking runs into the key area



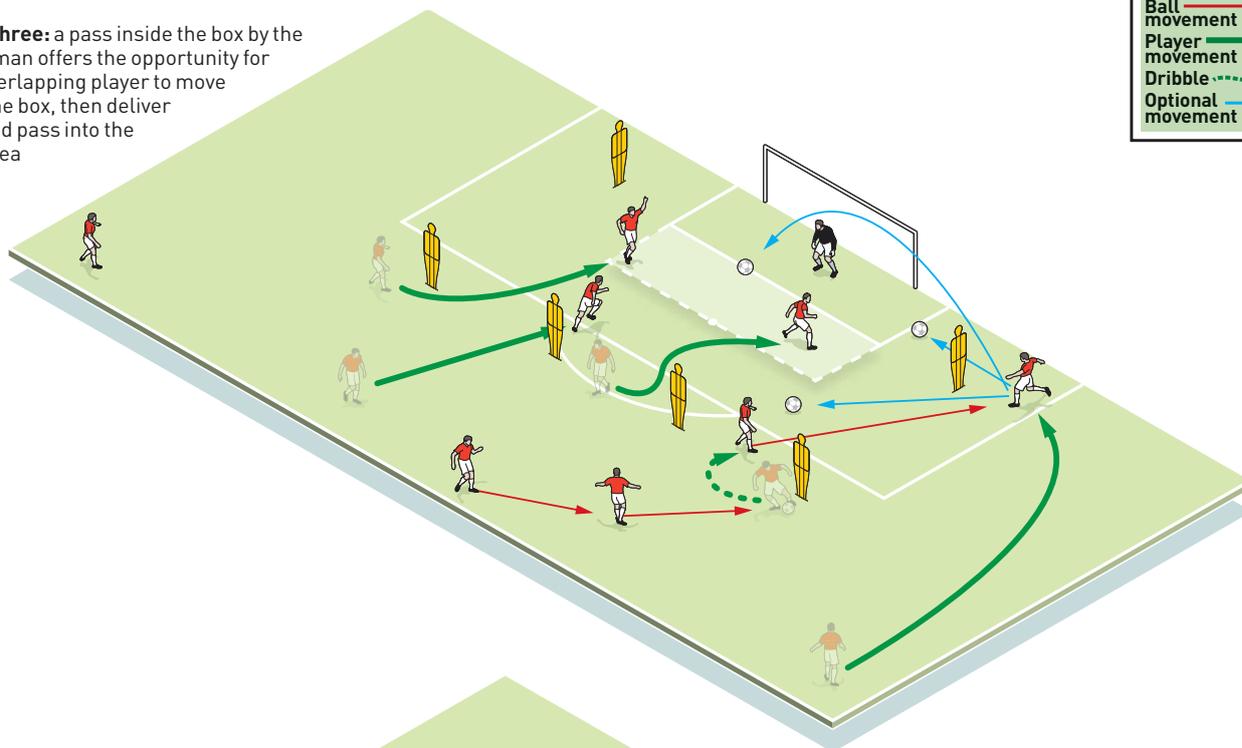
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3

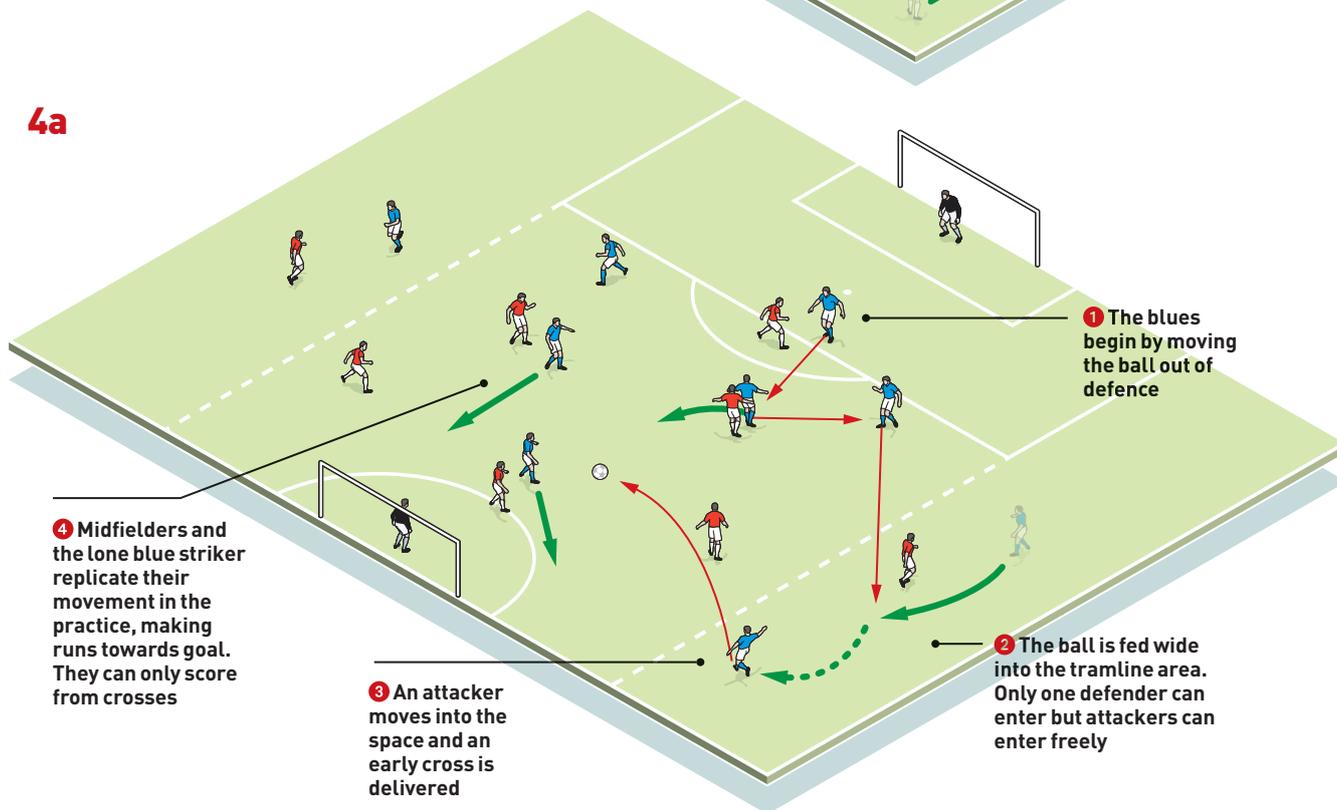
Step three: a pass inside the box by the wide man offers the opportunity for his overlapping player to move into the box, then deliver a lofted pass into the key area

KEY

- Ball movement
- Player movement
- Dribble
- Optional movement



4a



with 9 active players including 1 goalkeeper. We set up in the final third of the pitch, with one full size goal. We agree three realistic areas from where goals are created and divide the activity into three steps: the early cross, the cross from outside the box, and the cross from inside the box.

Step one: Early cross

The move starts from 30 yards out, with the ball going left or right to a midfielder. The midfielder feeds the wide man, who can have two touches but must cross early, as shown [1]. Three forwards move off their mannequins, timing their runs towards goal so as to stay outside.

They attack the “second six-yard box”, which is the intended delivery area for the ball (this area is shown in the diagram by the shaded area in front of the real six-yard box). To run this session we would use multiple players on each station, so momentum is maintained after each attack finishes.

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Step two: Cross from outside the box

The next step uses only one main striker, as shown [2], and features midfielders running from deep. The wide midfielder is overlapped to create a 2v1 overload option, and the subsequent cross must not hit the first defender, represented by the mannequin to the side of the six-yard box. Players not involved at the start are the deep runners, and attack the ball in the "second six-yard box".

Step three: Cross from inside the box

For step three, the wide man crosses or passes inside the box. The midfielders pass to start and the receiving player takes the pass, beats the mannequin and turns inside to pass into the box for his overlapping team mate, as shown [3]. The subsequent cross or pass must not be low, because this slower set-up means more defenders

will have regrouped and are likely to block a low grounded pass.

What are the key things to look out for?

Communication helps timing and realism, and it's important for the coach to agree with players where the space will be and where defenders will head to. Players need to make realistic runs, show good timing and must stay outside.

How would I put this into a game situation?

Tramline game

On a half-pitch, set up as shown [4a/4b] for this is 9v9 game including keepers. Play as you would do a normal game, though only one defender is allowed in the wide tramline area. There is no restriction on attackers inside the tramline, but we might limit touches. Goals can only be scored from crosses, or rebounds from crosses.

“Before the exercise begins, it’s important for the coach to agree with players where space will be, and where defenders will realistically head to”

KEY

- Ball movement →
- Player movement →
- Dribble - - - - - →

