



MASSACHUSETTS YOUTH SOCCER

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Age Group

U10

Topic

Crossing and Finishing

Who: #7 and #11

Where: Attacking half of the field

What: Crossing(Low crosses), Passing, Receiving, Shooting (Finishing)

When: In possession of the ball when the defense is compact centrally

Why: To penetrate the defense and create scoring opportunities

Play

Up to a 4v4 Game

Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, or 4v4 start the second game on the next field.

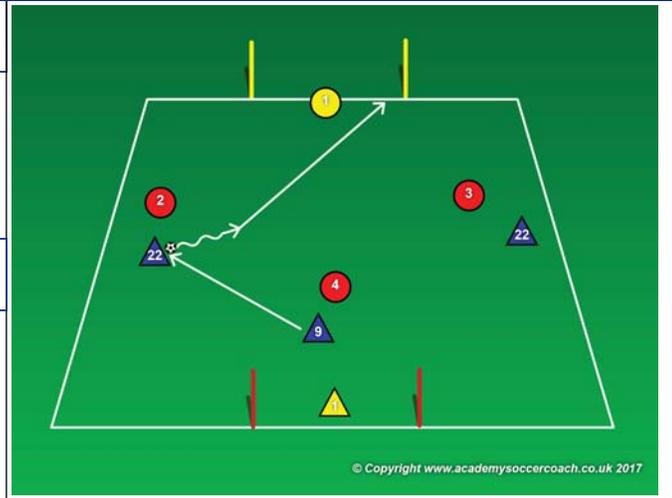
Coaching Points

Activity Time 2.5 min

Rest 30 secs

Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to crossing and finishing
3. Is there repetition? - Low crosses and finishing
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for low crosses and finishing



Practice 4v5 to Regular and Two Counter Goals

Duration 21 min

In a half field with a regular goal and 2 small counter goals.

Focus Team (Blue): #'s 7, 9, 10 and 11 - Defending Team (Red): #'s 1, 2, 3, 4, and 6. Scoring: Blue Team scores in the regular goal and the Red Team in either of the counter goals.

Coaching Points

Activity Time 5 min

Rest 2 min

Intervals 3

What? Technique of Crossing: Angle of approach, Head up to locate the target, Head down to strike the ball, Accuracy and Pace and type of low crosses: Early or Late - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch - Dribbling and Running with the ball - Finishing

Play

Scrimmage

Duration 26 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points

Activity Time 11 min

Rest 2 min

Intervals 2

- What? Technique: Crossing, Finishing, Receiving and Dribbling.
- Where on the field is this likely to happen most often? From the final third flanks into the central channel of the goal area.
- When should we cross? Winger can pass a low ball in front to a runner.
- Why do we shoot? To create a scoring opportunity to score more goals.

