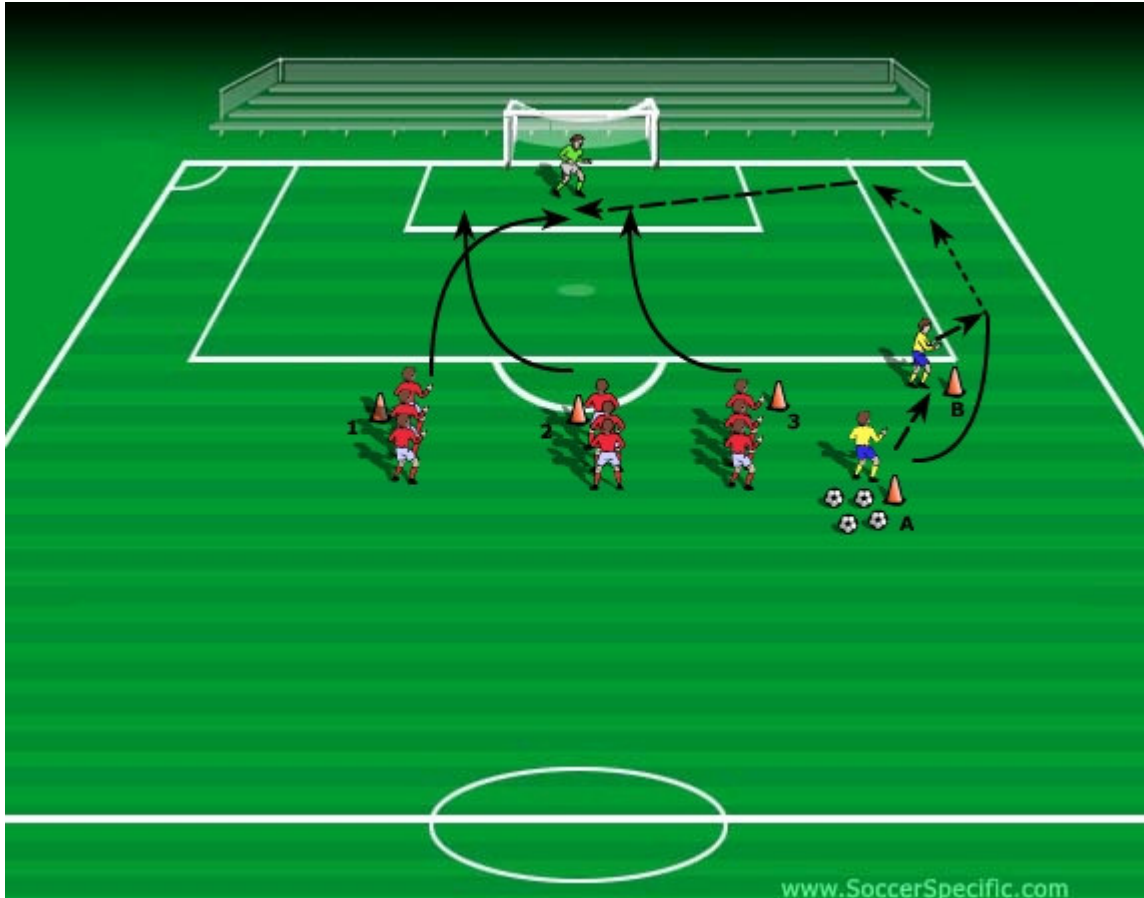


Overlap And Three Runs In

Emphasis: Crossing and Finishing



Set-up:

The goalkeeper is in goal. Place three cones approximately 22-25 yards from goal, one in the middle of the D and the other two even with the corners of the six-yard box. Place two additional cones 8 yards apart from each other and on a diagonal from the corner of the penalty box as shown.

Objective:

Server (A) plays it on the ground to Server (B). Server (A) performs an overlapping run around the cone and up the sideline. Server (B) lays the ball off in the path of server (A's) run. Server (A) takes one touch before crossing to runner's (1, 2, or 3). All three runners bend their run to the far post, front post, and middle of the 6-yard box. Players must attempt to attack the ball and finish with one touch. Rotate servers to avoid fatigue. Repeat on the left side of the field.

Progressions:

1. Add defenders.
2. Server (A) must deliver a first time cross – no preparation touch.

Coaching Points:

- Timing and angles of runs into the box.
- Encourage players to attack the cross with their head – don't wait for it to drop to their feet.
- All crosses must be driven with pace – no chipped balls.