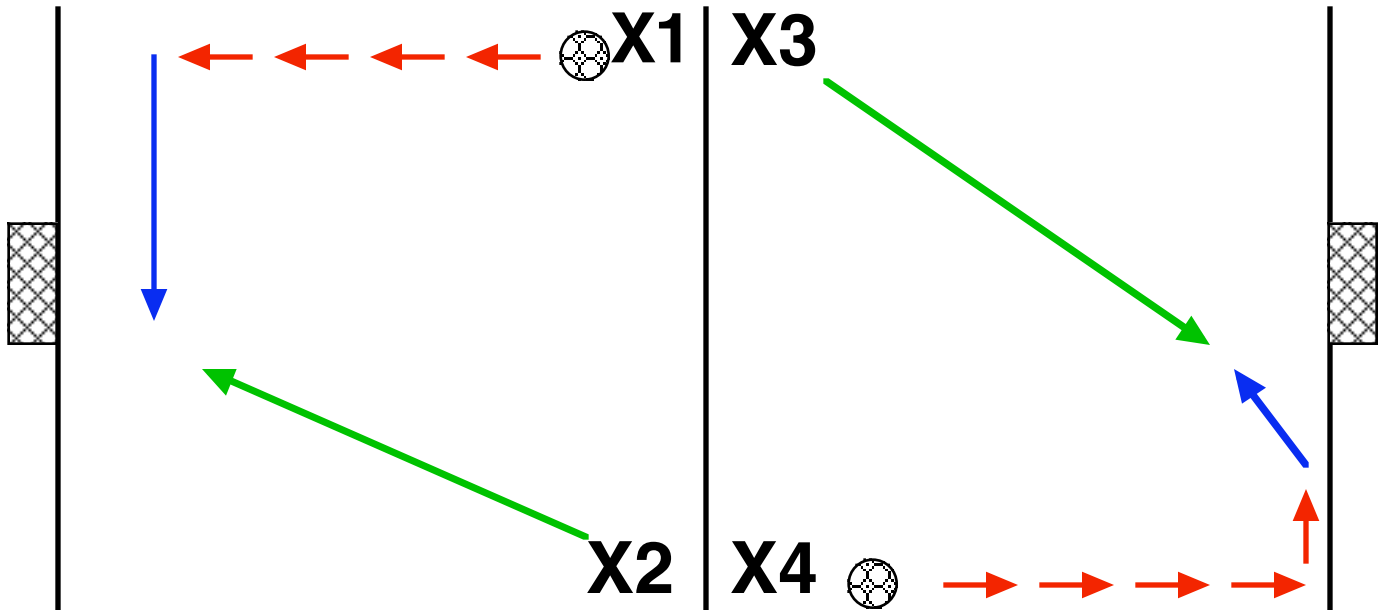


## TECHNICAL: Finishing / Crossing



## Long Cross + Diagonal Cross



**"LONG CROSS"**

**"DIAGONAL CROSS"**

### DRILL SEQUENCE:

- > Player X1 dribbles down along the sideline and sends a long cross into the box...
- > Player X2 makes a diagonal run into the box and finishes off the long cross from X1

### COACHING POINTS

- have each player serve as crosser and finisher
- be sure to switch sides so that the players practice crossing with the right and left foot
- emphasize finishing with a header when it calls for it
- but emphasize FINISHING!

### DRILL SEQUENCE:

- > Player X1 dribbles down along the sideline and takes the ball to the endline, then turns in toward the goal and sends a low diagonal cross toward the penalty spot
- > Player X2 makes a diagonal run into the box toward the penalty spot and finishes off the diagonal cross from X1

### COACHING POINTS

- have each player serve as crosser and finisher
- be sure to switch sides so that the players practice crossing with the right and left foot
- emphasize FINISHING!