

Get in the box

Making runs into the penalty box and reaching the ball from crosses is key to any team's chances of scoring goals. This session will improve your team's ability to attack effectively.



What you tell your players the session is about

1. Improving the team's build up play.
2. Midfielders running into the opponents' penalty box.
3. Scoring from crosses.

Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 20 mins	Warm down 5 mins
--------------------	--------------------	-------------------------	-----------------	---------------------

Activity	Kit	Outcome
Warm up	Cones	Running to complete various techniques from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 119
The session	Balls, cones, goals	Players making forward runs into the box to score
Development	Balls, cones, goals	Players making runs to lose defenders to score
Game	Balls, cones, goals	Improved build up play to switch the play to the wingers and then make forward runs into the box
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Passing, receiving, forward runs into the box, awareness of space, crossing, heading, finishing skills

Team skills: Communication, movements to receive, combination play, awareness of each others runs

Related Smart Sessions

- 11 [Scoring from crosses](#)
- 44 [Crossing and finishing](#)
- 70 [Heading to score](#)

[Click here to download the index](#)



What to think about

- When moving the ball into wide areas it is essential you have players running into the box to score from the cross.
- Your players need to make runs to the near post, far post and centre of the goal in order to cover the whole box and give your team the best chance of scoring.
- Players unable to make it into the box should wait on the edge for any clearances.
- Taking a gamble by running into the box can often be repaid with goals, if the ball doesn't come to you, then opponents still need to make up the full length of the pitch in order to score so it's worth the gamble.





Set-up

Create a pitch, 40 yards wide and 50 yards long with a channel along each side and a goal at each end.



What you get your players to do

Split the group into three teams of three players, outside of these teams nominate two neutral wide players.

A goalkeeper throws the ball to any of the three players. The three players combine and pass wide to either winger. The players now make unopposed runs into the box in order to score from the winger's cross. Swap teams and work the opposite way up the pitch.



What to call out

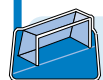
- "Get the ball out to the winger"
- "Can you get into the box?"
- "Cover the four zones (near, far, centre, edge)"



Development

The teams are now in competition. The game works in a wave motion with a team defending a cross 3v5 and then building up to attack a cross 5v3 and then resting.

The coach serves the ball to the first attacking team which combines to launch an attack at goal from a cross. After a shot or block, the defending team race forward to receive a pass from the coach and play is continuous.



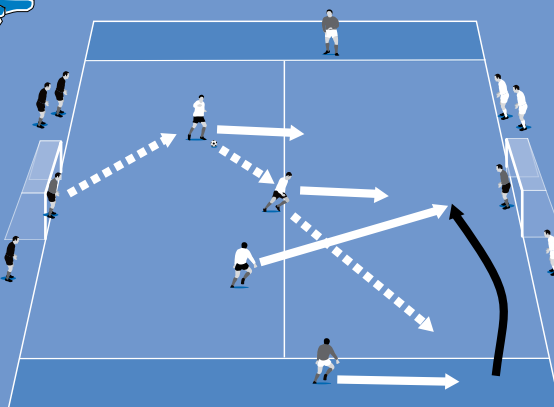
Game

In a small-sided game, each team has two wide players. The wide players must stay outside the pitch until one of them has the ball. The wide player should look to cross into the box quickly. The opposite wide player must run towards the far post should the cross reach him. One attacker runs to the near post and the other targets the central area should the ball reach either of them.

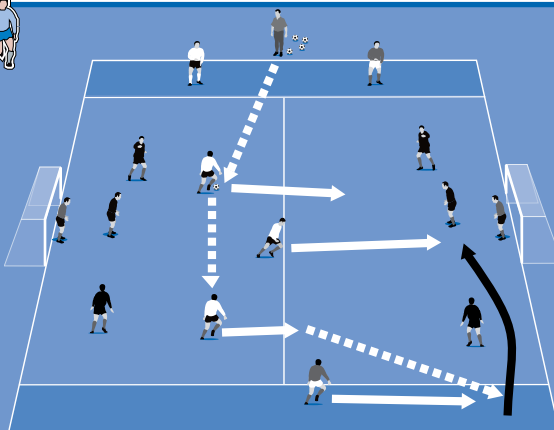
To encourage these forward runs, goals scored directly from a cross are worth double.

Get in the box

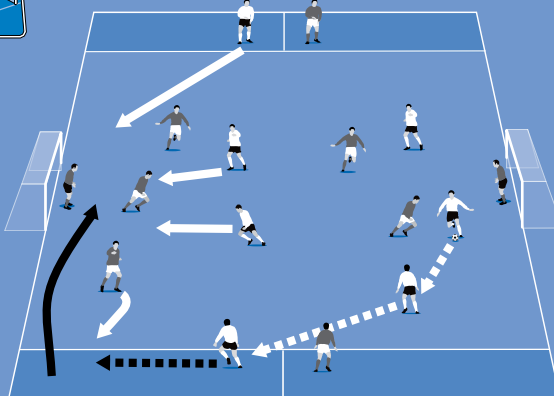
direction of run pass run with ball cross



A team of three combines to pass the ball to a neutral winger and run to attack his cross. After an attempt, a new team comes on to the pitch.



The practice is now opposed. Once a team's attack ends, the defenders become the attackers.



Each team has two players who can cross the ball in for the attackers. The winger who is not making a cross can run in to attack the far post.