

# High way to the danger zone

Working the ball wide will give your team chances to deliver good-quality attacking crosses into the penalty area. The key to scoring goals from crosses is to have players making runs off the ball and into scoring positions – which ultimately leads to goals.



### What you tell your players the session is about

1. Making sure the ball is moved into wide areas.
2. Delivering a variety of crosses into the penalty box.
3. Forwards running off the ball and reaching goal-scoring positions.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls, cones	Speed reaction knockoff. From <i>The Ultimate Warm-Ups Manual</i> , exercise 20
The session	Two goals, balls, bibs cones	Players are hitting crosses into the box early from deep positions
Development	Two goals, balls, bibs cones	Players reach the goal line to cross the ball from an advanced position
Game	Two goals, balls, bibs, cones	The team is switching play in order to create opportunities to cross the ball
Warm down	n/a	Gentle jogging and stretching exercises



### Where it fits

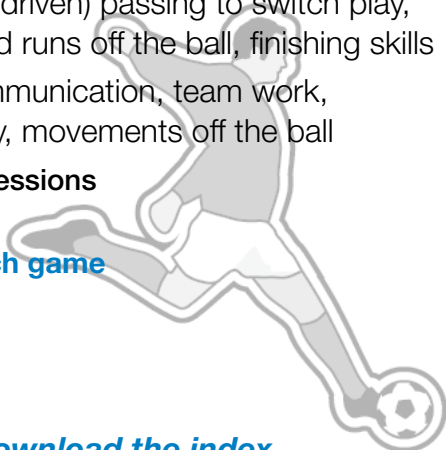
Individual skills: Crossing techniques (lofted, curled, diagonal driven) passing to switch play, dribbling, forward runs off the ball, finishing skills

Team skills: Communication, team work, combination play, movements off the ball

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### What to think about

- Wingers should look to get crosses into the penalty area (danger zone) as early as possible. Crossers shouldn't worry about whether other attackers are in the box already.
- By continually putting crosses into the box early, opponents are likely to rush and pressure the crossing player. This gives the wide player the chance to show disguise and dribble past the defender and down the line to cross from a more advanced position.
- Players off the ball need to make forward runs into the box.
- When running into the box, it is important players cover the whole area by making runs to the near post, centre of goal and far post as this will maximise the team's chances of scoring.





## Set-up

Use an area 40 yards long by 50 yards wide.



## What you get your players to do

Use two players on each wing, which is marked off as in the top picture. The main pitch is split into two halves with two attackers and two defenders in each half.

To start, one of the wide players passes the ball back towards the crosser who whips the ball in to the danger zone from a deep position. Can the two forwards make a run into the box and score from the cross?

Both ends of the pitch can be used simultaneously.



## What to call out

- "Get the ball into the box"
- "Make forward runs to score"
- "Cover the whole box"



## Development

Now change the types of crosses that are played into the danger zone.

The server passes down the outside channel for the wide player to run on to and cross from the goal line, as in the middle picture.

Again each cross is challenged for by two defenders and two attackers.

Again both ends of the pitch can be used at the same time.



## Game situation

Each team has a wide player on either side of the pitch. The wide players are in the defensive half of the pitch.

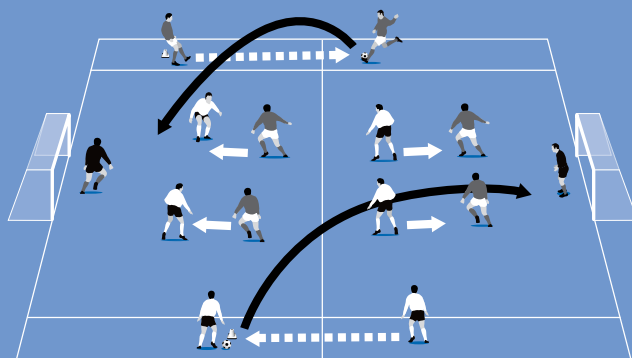
The aim is to switch play and give the wide player possession of the ball. When in possession, the wide player is unopposed in his zone so he can cross from a deep position.

However, the wide player can choose to dribble forward into the opposing wide player's zone and attack the player 1v1 in order to cross from the goal line.

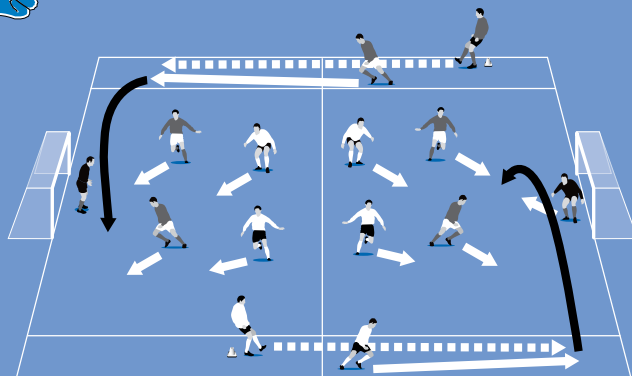
Goals count as double if scored directly from crosses.

# High way to the danger zone

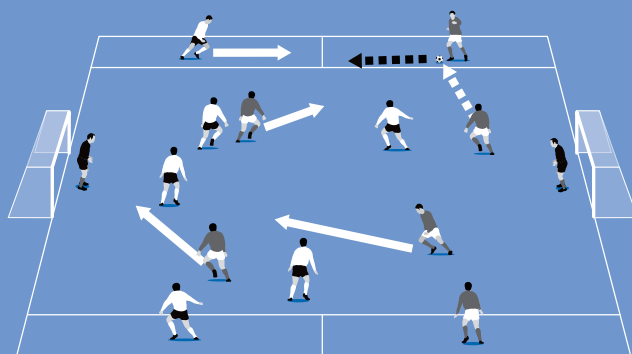
player movement  $\Rightarrow$  pass/serve  $\square\square\square\Rightarrow$   
 run with ball  $\dashrightarrow$  cross  $\rightarrow$



The ball is passed back for a deep diagonal cross in the box for the forwards to attack.



The ball is passed down the line for a cross from the goal line.



The winger can either cross unopposed from deep or take on the opponent's wide player in a 1v1 and cross from the goal line.

