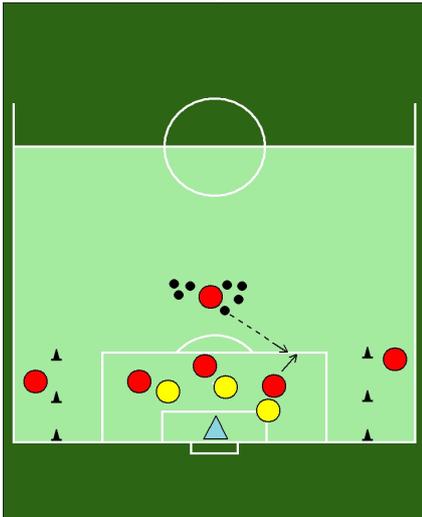




Cross til you drop

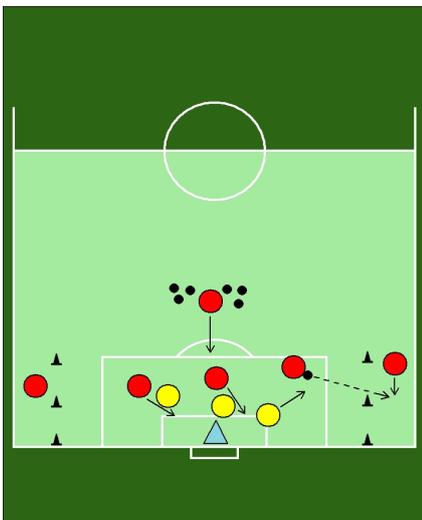


How it works

Play is set up as shown in the diagram with 3 v 3 inside the penalty area and two wide players. The players inside the penalty are restricted to that space.

The other red player in the middle starts play with a pass to any red player.

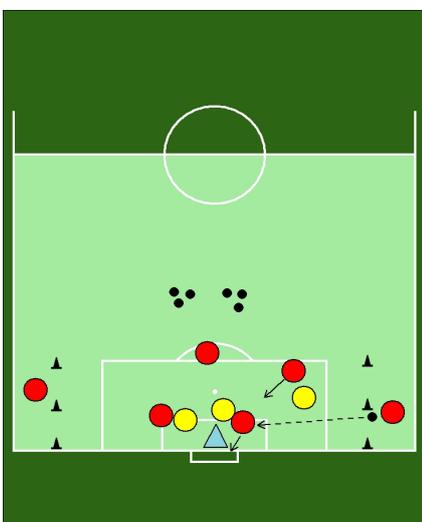
In this example the ball has been passed to a red player who has made some space inside the penalty area but the ball could also be passed straight to one of the wide players.



The ball is then passed to the wide player who has the chance to cross the ball without being pressured from a defender.

The red players in the penalty area try to make runs across or behind the defenders to create space to receive a cross and make an attempt on goal.

The red player who started the play is also allowed to make a run towards the penalty area.



On this occasion the cross has come to the front post where the red player has made a run across the yellow defender and scored.

If the ball rebounds off a post or the goalkeeper then play can continue until the ball goes out of play or is cleared away by a yellow defender.

Possible changes

Play with just two defenders to give the red players extra space.

Allow yellow defenders to be able to move out of the penalty area as far as the cones to put more pressure on the wide players when crossing.

Allow the wide player at the opposite side to the player crossing the ball to make a run into the penalty area. You could then add an extra defender to make it 5 v 4 when the ball is crossed.