

**Procedure:**

Four mids (in blue) play in a diamond, surrounding the mannequins. Two backs and two strikers (in green) play out on the flanks. The CM begins play by opening up to either side with his first touch. He then passes up to an outside mid (1), who passes back to the outside back (2). From there, the outside back passes up to the striker (3), who turns (4) and crosses (5). The outside mid and striker on the opposite side run in to finish the cross along with the CM.

Coaching Points:

- 1 Speed of Play – Extra touches will slow the play down and throw off the timing of the runs.
- 2 Timing the Run – Start the finishing run as the striker takes his last dribble touch and looks up.
- 3 Finishing – Unless the Mid is finishing the cross, he should stay outside of the penalty area.

Progressions:

- 1 The OM passes square to the opposite back, who plays a thru pass out to the striker.
- 2 The CM plays the 1st pass out to the striker, who drops the ball to the back to cross.