

# DEFENDING THE CROSS

## STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

## THEMES & COMPETENCIES

### Theme:

- + Defending in pairs and groups.
- + Shooting

### Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking in pairs.
- + Shooting technique

## WHY USE IT

This activity helps train the goalkeeper and central defenders to organize for crosses served into the penalty area.

## SET UP

The activity focuses on the penalty area. A server provides unchallenged crosses to forwards running from outside the area to goal. Both the defenders and goalkeeper start goal side of the forwards. Flags are placed outside the area for defenders to clear toward.

## HOW TO PLAY

Have the server signal a cross is to be served to begin the movement of the forwards. As the forwards move the defenders must respond to their movement, the flight of the ball and the direction of the goalkeeper.

## COACHING NOTES

- + Coaching objectives - to train defenders to mark opponents on crosses and clear the ball.
- + Coaching tip - vary the starting points of the attackers and defenders to create different situations that will occur in the game.
- + Adaptations - increase the number attackers and vary the position of the crosser.



- + Forwards move near and far post.
- + Defenders recover to deep and inside positions.



- + Forwards make crossing runs.
- + Defenders avoid crossing each other.
- + Defenders recover to goal.



- + The goalkeeper calls for the ball and comes out.
- + Defenders recover to the goal line to cover.

