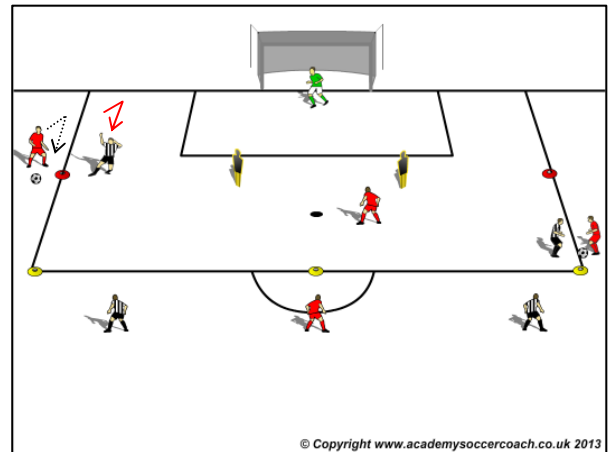
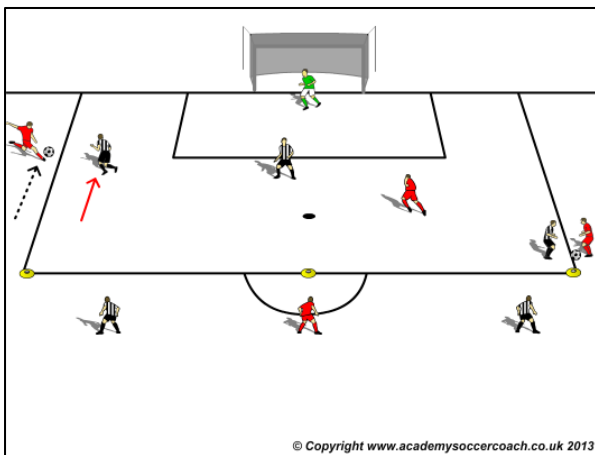


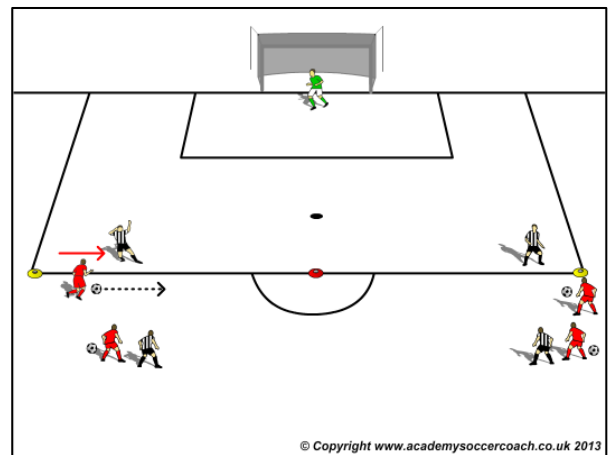
1. Initial set up



2. Flank attacker can now turn back once past red cone



3. Flank attacker can cross at any time (4 seconds)



4. Flank attacker driving across top of the box

File Name:

Matching & Mirroring – Blocking Cross & Shots (Technique)

Organisation:

- Set up as in diagrams – Fullbacks work on a mirroring (firstly stopping ‘box crosses’).
- Starting point on yellow cone, with flank attacker and fullback opposite each other.
- Flank attacker must stay outside the box (close to line) and fullback inside the box.
- Always work off flank attacker’s first touch – 5 seconds to cross into the box.
- The flank attacker must initially get beyond the red cone in order to work the fullback.
- Flank attacker crosses into the box for the striker who has 2 touches maximum to score.

Technical Coaching Points:

1. Watch and match the feet of the flank attacker – try to mirror stride/pace/stop-starts.
2. Clean footwork to move sideways – slow/medium/fast pace (different patterns).
3. Low carriage to travel → big obstacle to block.
4. Blocking action (blocking foot low to ground) & arm position.
5. Changing direction quickly following an unnecessary blocking action.
6. Predicting intentions and not selling yourself – know your opponent (ball to feet distance).
7. Retaining close pressure on the ball at all times – stickability!

Possible Progressions:

1. Flank attacker is now allowed to turn back once past red cone.
2. Flank attacker can cross at any time after first touch.
3. Start the fullback at a different cone – i.e. behind the wide player (disadvantaged).
4. Add 1v1 in the box.
5. Work across the top of the box – wide player driving infield (work conditions as above).
6. Attacker can decide with first touch whether to drive down the side or across top of box.