



Technical Learning Outcomes

Crossing

Low Driven

- Angle of approach – off center
- Head up to observe your target area
- Head down at the point of contact
- Non kicking foot placed to side, slight behind the ball
- Ankle locked, toe down
- Contact ball – middle above the mid line
- Contact foot – laces (Instep)
- Pull hips round to face the target at contact
- Body weight forward chest and knee over the ball at contact
- Follow through is controlled
- Target area is in between the defender and the post
- Ideal delivery stays low to the ground

High Driven

- Angle of approach – off center
- Head up to observe your target area
- Head down at the point of contact
- Non kicking foot placed to side, slightly behind the ball
- Ankle locked, toe down
- Contact ball – middle above the mid line
- Contact foot – laces (Instep)
- Pull hips round to face the target at contact
- Body weight forward chest and knee over the ball at contact
- Follow through
- Target area is the second six yard box across the front of goal
- Delivery can be lifted if required for a variety of finishes

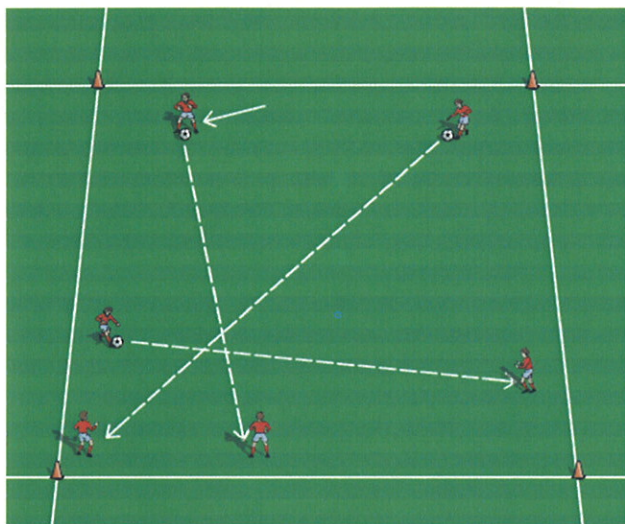
Long Lofted

- Angle of approach – wide
- Head up to observe your target area
- Head down at the point of contact
- Kicking foot is positioned to the side of the ball slightly behind
- Concentrate the weight on the outside of the supporting foot
- Contact ball – just outside the vertical mid-line, imparting spin from outside to in
- Contact foot - inside
- Striking motion is for the foot and leg to move away from the center of the body (from inside to outside)
- Lean backwards away from the ball
- Follow through is away from the body with the toe pointing slightly upwards after contact



New York Red Bulls – Practice Activity

Activity #	W800	Curriculum	Advanced
Section	Warm Up	Topic	Crossing
Key Learning Outcome(s)	Passing the ball over distance using different techniques		



Activity W800 – Advanced – Crossing

Organization

1. 40 x 40 yard area
2. 12 players (Groups of two)
3. 6 balls (additional around the outside)

Instructions

1. Players have to strike the ball to each other using different types of cross Low Driven/High Driven/Long Lofted
2. Crosses have to be over at least 10 yards, gradually increasing to 20, 30 and 40 yards
3. Continue for a 2 minutes then change partners

Coaching Points

1. Head up observe target
2. Head down
3. Technique (Specific one being used)

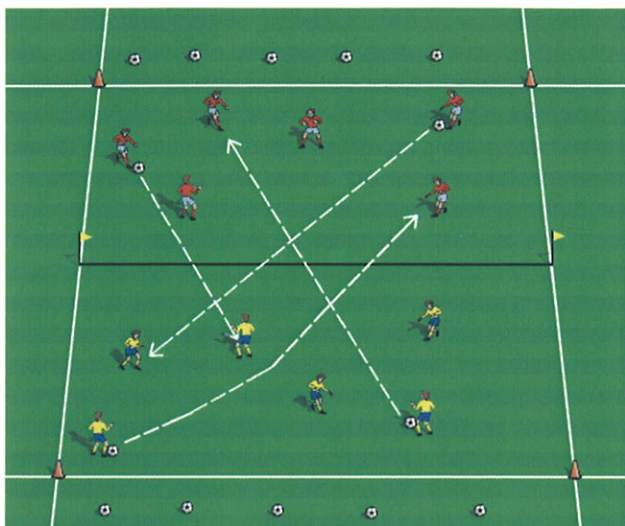
Progression/Regression:

1. P - Make area bigger by 10 yards to increase space



New York Red Bulls – Practice Activity

Activity #	W801	Curriculum	Advanced
Section	Warm Up	Topic	Crossing
Key Learning Outcome(s)	Passing the ball over distance using different techniques		



Activity W801 – Advanced – Crossing

Organization

1. 40 x 40 yard area
2. 12 players (6 vs. 6)
3. Area divided in half with markers
4. 3 balls (additional around the outside)

Instructions

1. Players have to strike the ball to each other using different types of cross Low Driven/High Driven/Long Lofted
2. Crosses are played to any player on the opposite side
3. Continue for 2 minutes

Coaching Points

1. Head up observe target
2. Head down
3. Technique (Specific one being used)

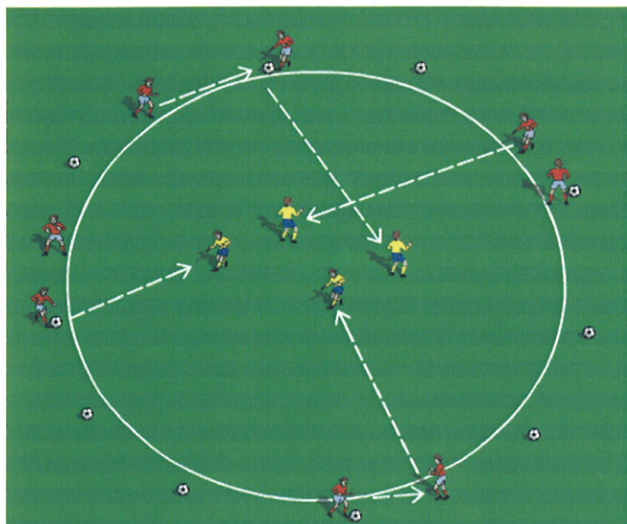
Progression/Regression:

1. P – Players are only allowed 1 touch
2. P – Add extra ball(s)



New York Red Bulls – Practice Activity

Activity #	W802	Curriculum	Advanced
Section	Warm Up	Topic	Crossing
Key Learning Outcome(s)	Passing the ball over distance using different techniques		



Activity W802 – Advanced – Crossing

Organization

1. Circle with 40 yard diameter
2. 12 players (8 attackers, 4 defenders)
3. 4 balls (additional around the outside)

Instructions

1. Players score by getting ball into defenders hands
2. Players on the outside play different combinations with each other until a defender asks for the ball
3. Player with the ball now crosses into defenders hands and throws the ball back
4. Defenders move from player to player

Coaching Points

1. Head up observe target
2. Head down
3. Technique (Specific one being used)

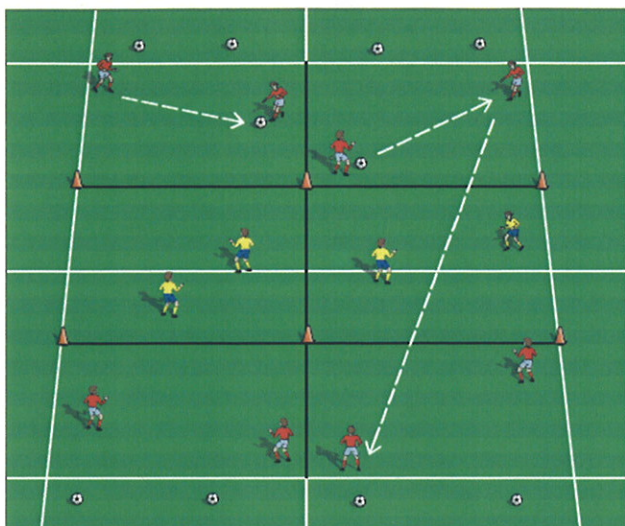
Progression/Regression:

1. P – Player not crossing the ball can close down to add mild pressure
2. P – Player not crossing closes down the defender who then serves the ball up. Attacker then must head the ball between the defenders legs



New York Red Bulls – Practice Activity

Activity #	M802	Curriculum	Advanced
Section	Main Theme	Topic	Crossing
Key Learning Outcome(s)	Select appropriate surface for delivery		



Activity M802 – Advanced – Crossing

Organization

1. 30 x 10 yard area (x2)
2. 12 players (4 vs. 2 each area)
3. Middle area 10 yards wide marked out
4. 2 balls (additional around outside)

Instructions

1. Teams score by passing to players on the opposite side of area
2. Attackers have unlimited passes in area
3. Defenders have to stay in their area and try to stop the ball being crossed
4. If defenders win the ball they change places with the team that lost the ball

Coaching Points

1. Combinations to create space to cross
2. Head up, observe target / defenders
3. Type of cross / pass (Technique)

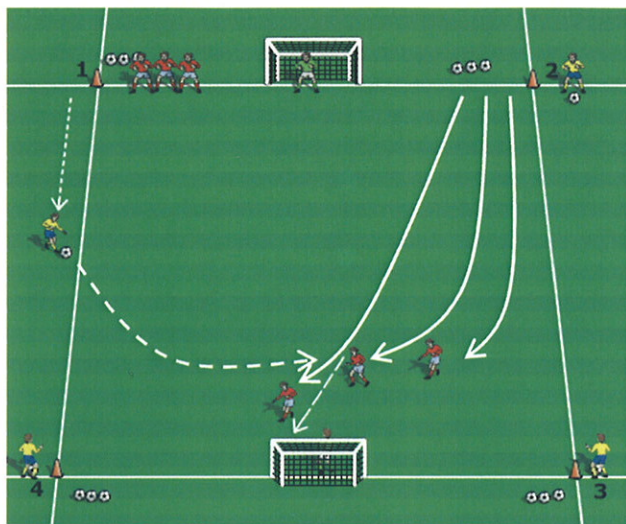
Progression/Regression:

1. P – Attackers have two touches and two passes before crossing
2. P – 1 Defender can enter the area to add pressure



New York Red Bulls – Practice Activity

Activity #	M800	Curriculum	Advanced
Section	Main Theme	Topic	Crossing
Key Learning Outcome(s)	Delivery of cross, timing of runs into the box		



Activity M800 – Advanced – Crossing

Organization

1. 20 x 20 yard area
2. 12 players (6 attackers, 4 servers, 2 goalkeepers)
3. 4 balls (additional around outside)

Instructions

1. Teams score by getting ball into the goal from a cross
2. Crosser (1) dribbles down line and crosses for on coming attackers from corner (2)
3. First set of attackers then wait by corner (4)
4. Crosser (2) dribbles down line and crosses for on coming attackers from corner (1)
5. Second set of attackers wait by corner (3)
6. Game then starts again from crosser (3) then (4) and then back to (1)
7. Play for designated time period then change crossers and goalkeepers

Coaching Points

1. Head up, observe target
2. Type of cross (Technique)
3. Timing of runs into box

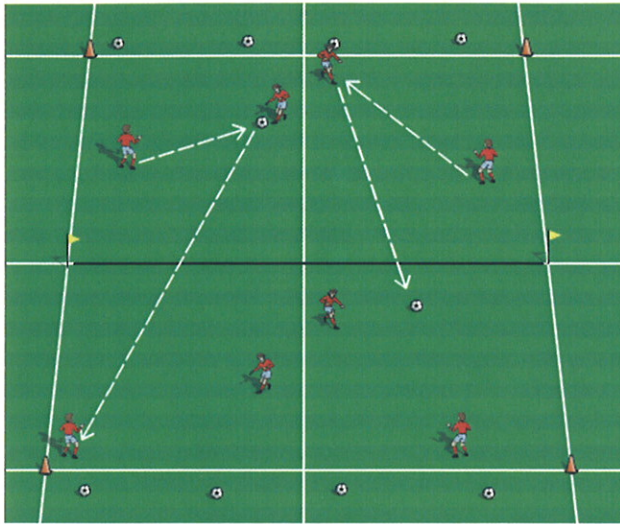
Progression/Regression:

1. R – Remove goalkeeper
2. P – Add defenders in each goal



New York Red Bulls – Practice Activity

Activity #	M801	Curriculum	Advanced
Section	Main Theme	Topic	Crossing
Key Learning Outcome(s)	Become consistent with the 3 types of cross		



Activity M801 – Advanced – Crossing

Organization

1. 30 x 10 yard area (x3)
2. 12 players (2 vs. 2 each area)
3. 3 balls (additional around outside)

Instructions

1. Teams have to make two passes then play long pass to opposite team
2. The opposite team then repeats the process

Coaching Points

1. Head up, observe target
2. Type of cross / pass (Technique)

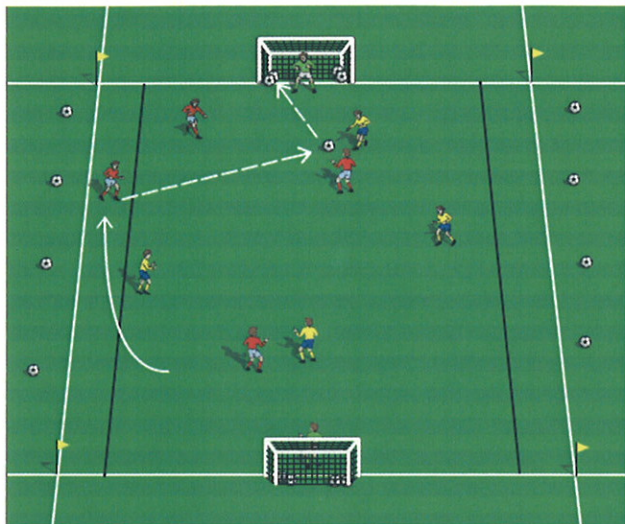
Progression/Regression:

1. P - See activity M903



New York Red Bulls – Practice Activity

Activity #	C800	Curriculum	Advanced
Section	Conditioned Game	Topic	Crossing
Key Learning Outcome(s)	Correct selection of delivery based on options in target area		



Activity C800 – Advanced – Crossing

Organization

1. 40 x 60 yard area
2. 12 players (4vs. 4 with one team resting)
3. Two 5 yard areas marked on each side
4. Age specific goals
5. 1 Ball (additional around the outside)

Instructions

1. Teams score by shooting from a cross
3. Players can dribble the ball into wide areas and be unopposed
4. Players can only be in wide areas for 2 seconds if not in possession with the ball
5. If ball leaves the area, game is restarted with kick in on the sides and corners as normal
6. Play for 5 minutes then rotate teams

Coaching Points

1. Head up observe target
2. Cross (Specific technique being used)
3. Cut back inside or cross early

Progression/Regression:

1. P – Remove the wide areas
2. P – Players can score from anywhere
3. R – Make the field narrower to allow crosses