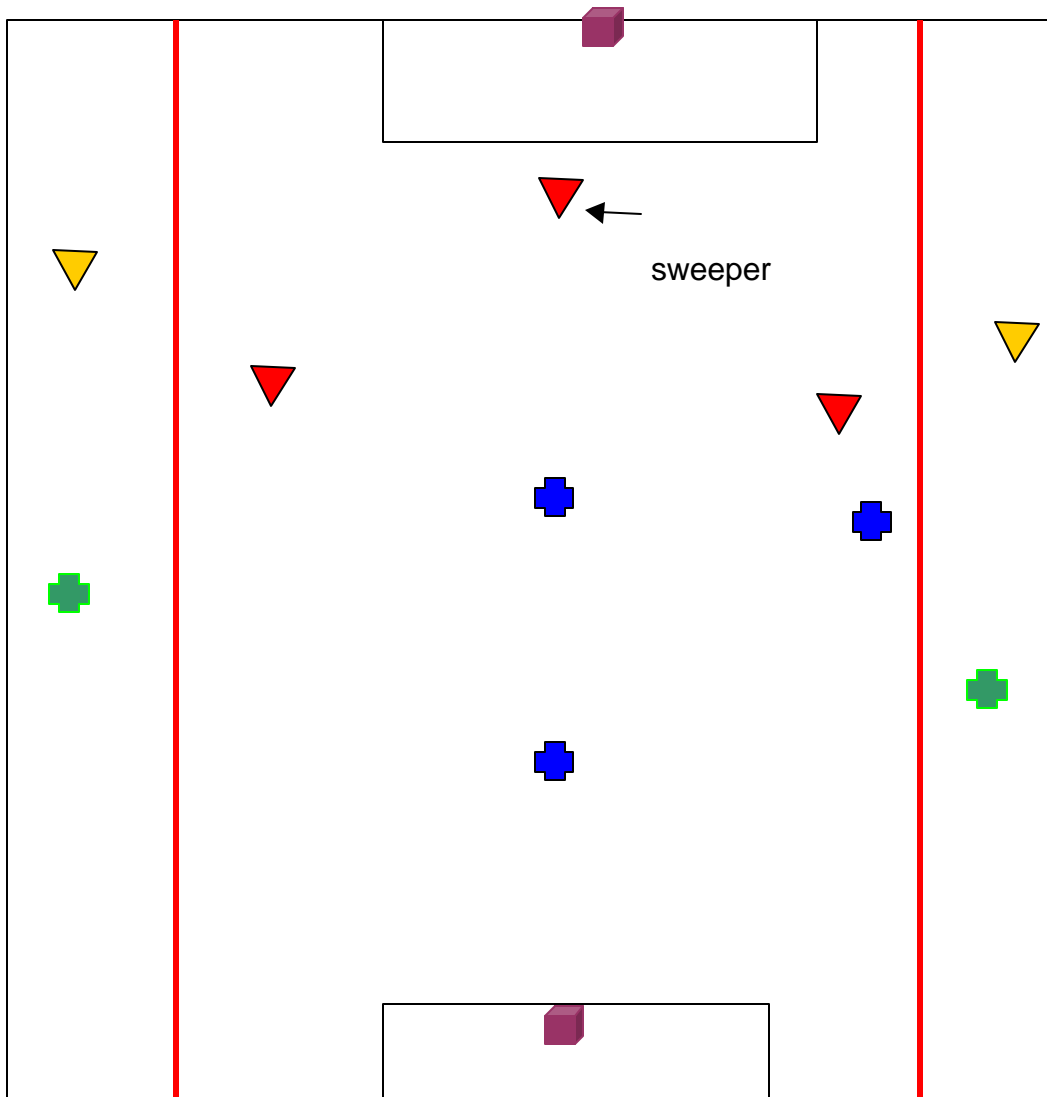
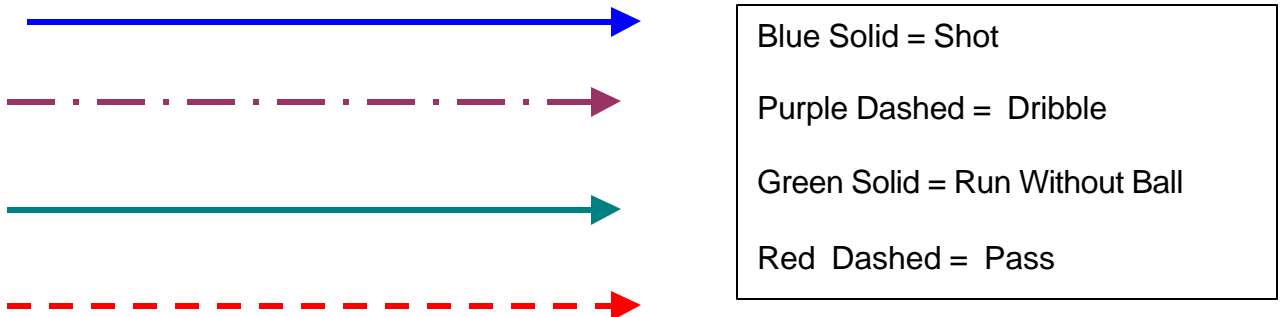


Winger Check and Cross

This is an exercise from one of the coaches from the nationwide soccer coach e-mail list. It is a 6 v 6 drill, suitable for Under 12's in a confined space with keepers and full sized goals.

The following convention is made.



Wings are in the outside channels

Players rotated various positions throughout.

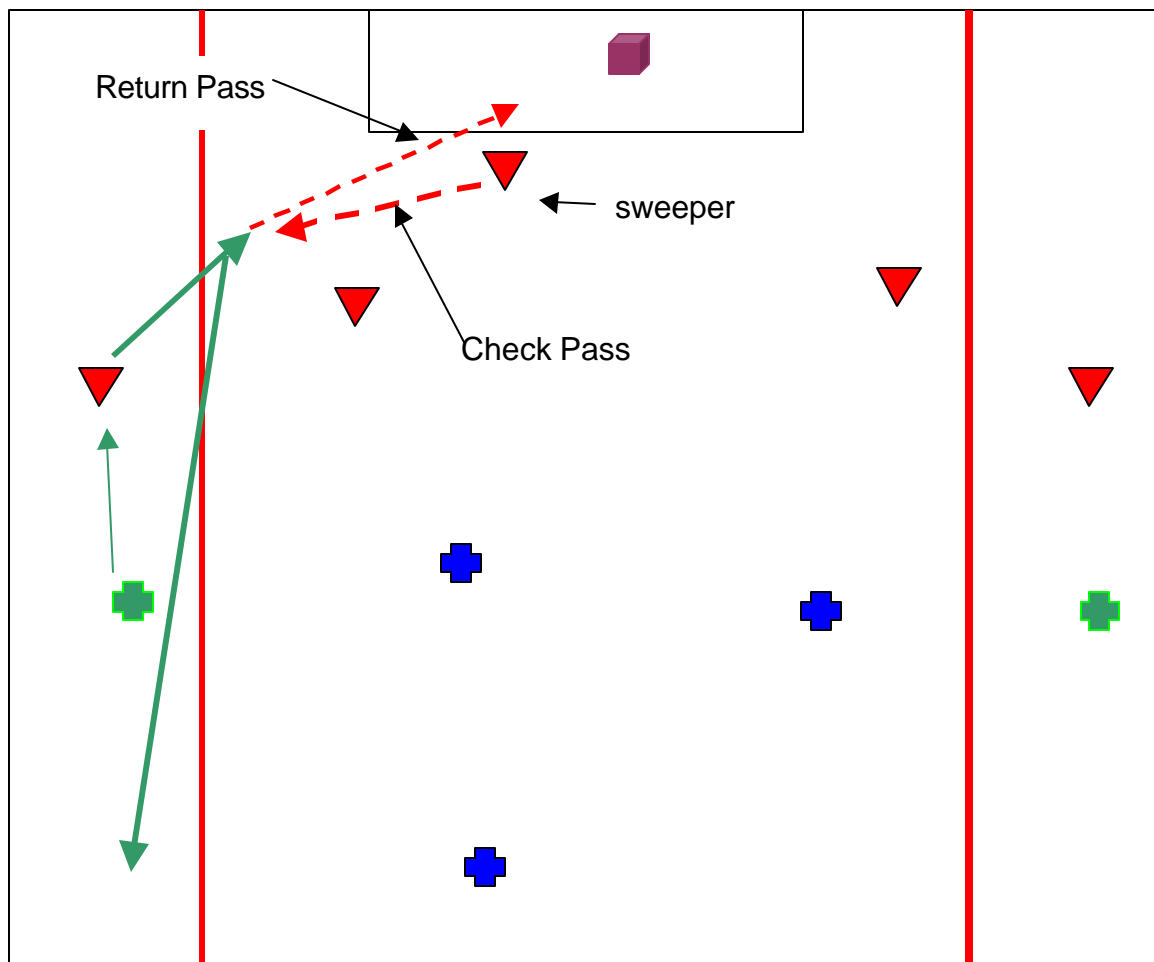
The only restriction was that wingers could be marked, but **NOT** tackled. In other words, passes to and from them could be intercepted, and their marks could stay goalside if they could keep up, but once the ball was in the outside channel at the feet of the winger, the winger could carry the ball inside the channel without disturbance, and pass/cross the ball if the mark gave him room to do so.

But wingers could also pinch in, and once they did, they were available for the tackle.

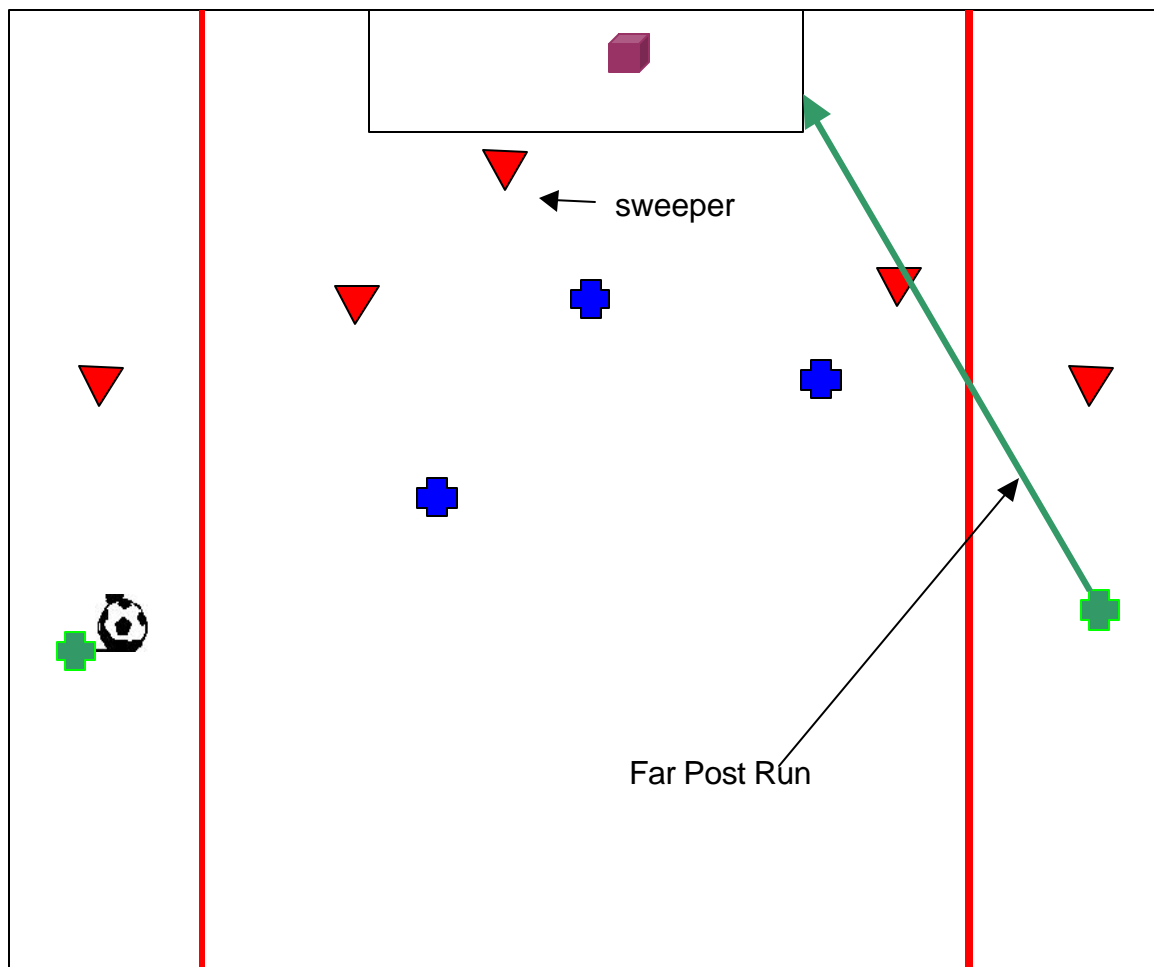
Coaching Points

Four coaching points should be emphasized.

- Play from keeper or sweeper to wing should present a "check and go" opportunity. Wingers were encouraged to check and receive, one or two touch back to keeper, sweeper, or mid, and then make a run straight down the channel and receive a longer ball. Many opportunities to move the ball quickly up the field were thus available, along with crossing opportunities.



- The winger who marked had to quickly learn that ball watching was deadly. Lesson: stay with your mark unless you're sure you can intercept the pass.
- Wingers were told to be the far post option and pinch in if their opposite number was preparing the cross.



- Maintain depth on the cross. Mid and striker should NOT be on the same horizontal line, but maintain depth with striker at the keeper, and mid five or so yards behind.