CROSSING ON THE RUN

Technique, accuracy and decision-making from wide areas

SESSION OVERVIEW

SESSION AIM

Develop accurate crossing on the move by improving approach, contact and follow-through, then applying the technique in realistic wide-channel games.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Crossing	Technique	3v3 games	Channel game

WARM-UP | PASSING ON THE MOVE

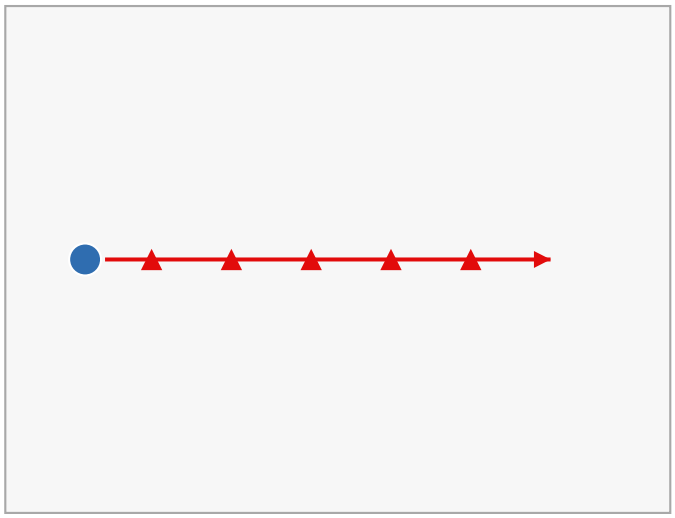
ORGANISATION

Use half a field. Divide players into pairs with one ball per pair.

HOW IT WORKS

- Partners pass back and forth while gradually increasing the distance.
- Start stationary, then progress to passing while moving.
- Use right foot only, then left foot only.
- Use the instep, inside and outside of the foot.

DIAGRAM



COACHING POINTS

- Approach the ball at an angle.
- Plant foot beside the ball.
- Lock the ankle and strike cleanly.
- Follow through in the intended direction.

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PRACTICE 1 | 3v3 + NEUTRALS

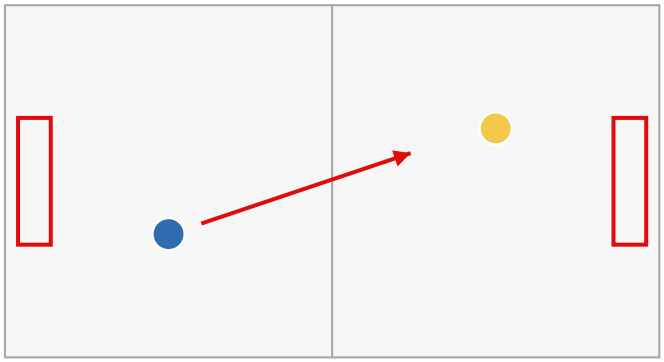
ORGANISATION

Mark out a 30 x 35-yard area with two goals and goalkeepers. Play 3v3 with three neutral players who always support the team in possession.

HOW IT WORKS

- Use the neutrals to create overloads, especially in wide areas.
- Encourage the ball to be worked wide before a cross or final pass.
- Rotate neutrals so all players experience wide service.

DIAGRAM



COACHING POINTS

- Treat a cross as a pass: accuracy, pace, timing and height matter.
- Look before delivering.
- Use the final touch to prepare the body for the cross.
- Cross into space as well as to a player.

PRACTICE 2 | 3v3 CHANNEL GAME

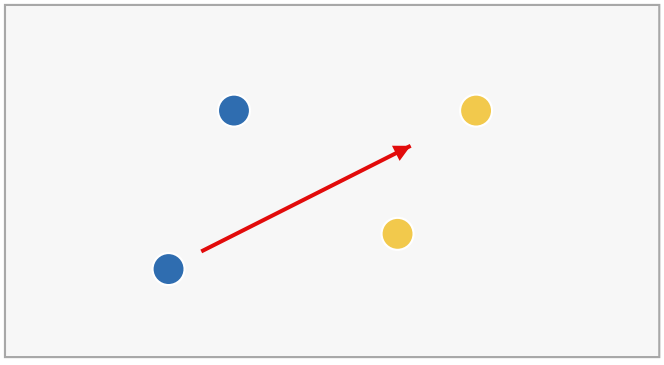
ORGANISATION

Use a small-sided pitch with wide channels. Goals only count when the attack has used a wide channel before the finish.

HOW IT WORKS

- Players can enter the wide channel to receive and cross.
- Encourage overlaps and supporting runs.
- Vary the type of delivery: driven, lofted or pulled back.

DIAGRAM



COACHING POINTS

- Head slightly forward and eyes on the ball at contact.
- Swing the kicking leg from the hip.
- Rotate hips through the strike.
- Follow through slightly upward and across the body.

COACHING REVIEW | GUIDED DISCOVERY

ORGANISATION

Use questions to help players recognise why a cross succeeded or failed rather than giving every answer directly.

HOW IT WORKS

- What type of pass is needed over a defender?
- Which part of the foot gives the required flight?
- Where should the final touch place the ball before crossing?
- What changes when the target is near post, far post or cut-back?

COACHING POINTS

- Focus feedback on technique and decision-making.
- Praise accurate service, not simply balls that enter the box.
- Encourage players to self-correct.
- Connect crossing choices to the movement of attackers.

SESSION DIAGRAM

