

CRISS CROSS TECHNICAL TRAINING

WHY USE IT

Technical repetition for players in the first 3 stages of development can be demanding, exciting and enjoyable. In this activity players work in small groups to perform a variety of dribbling and passing routines against 1-3 other teams.

SET UP

The area is 15x15 yards with cones placed halfway along each side of the square. 2 players start at each cone and work with the pair opposite. Each team has a ball.

HOW TO PLAY

The objective of this activity is for both teams to move the ball from one side of the area to the other avoiding a collision with the opponent in the center. One team is required to dribble the ball to within a yard of their teammates before exchanging the ball with a take-over move. The other team is allowed 3 touches only and must make a 'self-pass' before making a final pass to the player opposite. Each time the team transfers the ball from one end to the other they win a point and if the ball hits an opponent the team loses a point. Play for 1 minute and then switch the conditions so both teams have an opportunity to dribble and pass. Build up to 8 pairs playing 'criss-cross' patterns.

COACHING NOTES

- + Coaching objectives - Work with the dribbling players to take a firm first touch and then penetrate at pace and under control. The coach should also help the passing players to get their bodies into a good position and play a firm pass with the inside of the foot.
- + Coaching tips - Increasing the degree of challenge for attacking players does not necessarily have to involve defenders. In this activity the player's technique can be tested by adding more groups of players to the same space, changing the type of pass or dribble and reducing the space.

HOW TO MODIFY THE ACTIVITY

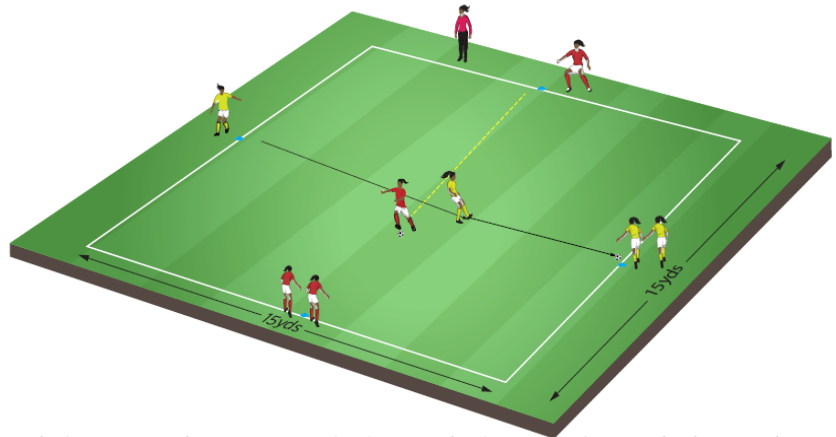
- + Less challenging: Keep the passing combinations simple, have both teams dribble or pass only and stick to 4 pairs of players.
- + More challenging: Stipulate the dribbler must take 10 touches before switching, add more groups, require a passing combination such as a double pass, insist on passes being made from halfway across the area, require the dribbler to perform a take-on move before exchanging and add conditions on the fly with the ball in play.

STAGES COVERED BY ACTIVITY

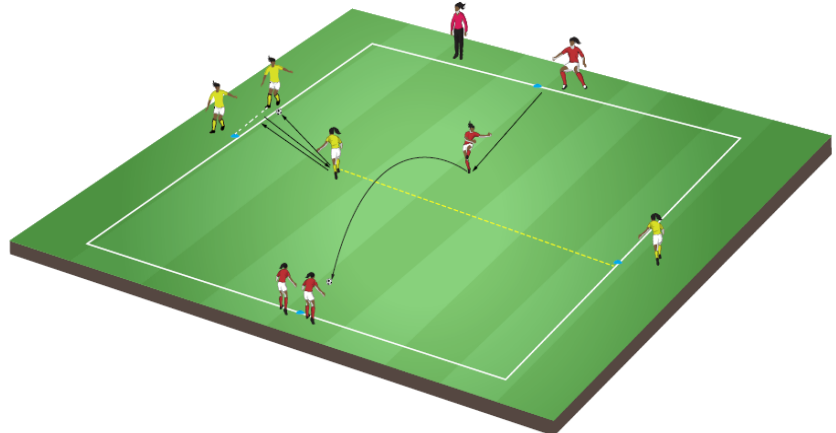
Stages 1, 2 & 3 - 3-9 year old players

THEMES & COMPETENCIES

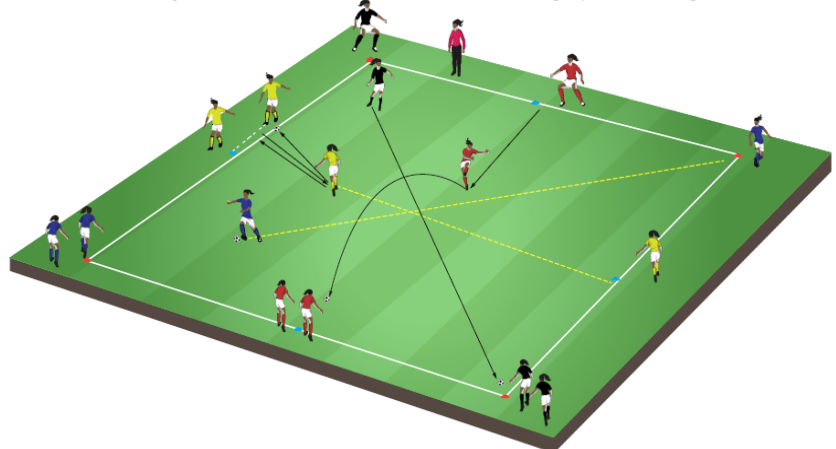
Top 3 themes: Passing over short and medium distances, dribbling and creating space.
Top 3 competencies: Passing, receiving and dribbling.



- + In the first sequence there are 2 teams of 4 players, each split into pairs facing each other 15 yards apart.
- + The red team must move the ball from one side to the other on the dribble avoiding the yellow team.
- + The yellow team is required to move across using only 3 touches. If the teams successfully complete their tasks they earn 1 point. Play the game for 60 seconds and then swap the conditions for both teams.



- + Keeping with the same layout, the coach now imposes new conditions to make the activity more challenging.
- + The yellow team dribbles across to within 4 yards of the other line before making a double pass.
- + The red team has only 2 touches to transfer the ball which results in longer passes on the ground or in the air.



- + In the final sequence the coach has added 2 new groups starting from the corners of the area.
- + The coach can decide whether to have all 4 groups perform the same technical challenge or assign a different condition for each group.