

Appendix B

Technique Example

Crossing by Age Group

Technique is acquired from simple to complex. Another way of saying is: technique is acquired from general to specific.

U-13+14= Cross in air, can eliminate GK?

U-14+15= As above; begin to find targets, 2nd six yard box, back post.
Larger targets, easier to find.

U-15+16= As above; Intro early cross and more specific targets, near post, top of box. Relation of position on flank to type of service.

U-16+17= Refinement of technique of crossing to np, bp, 2nd six, top of box and the early cross.

Tactical application

Type of service to target; driven ball to np space, half chip-drive to bp, pull ball back by chopping ball with instep. Technique for early cross and 2nd six- hips face goal line, toe up, scissors, strike through outside of ball.

Runs in the box; what player, which space? Preparing runs. Depth of runners. Getting across defenders face.

Timing of runs; player and ball arrive in same space simultaneously, first to “the spot”. Runs timed to cross. Crosser serves to a target (space).