

# Cross town traffic

Tearing an opposition defence apart is exciting and can be done especially well on the wing. But what can you do if the wing is blocked? Cross the ball to the other side and create chaos there instead.



### What you tell your players the session is about

1. Switching play.
2. Getting crosses into the opponent's penalty area.
3. Scoring from crosses.

### Session planner

Warm-up 5 mins	Session 15 mins	Development 15 mins	Game situation 20 mins	Warm-down 5 mins
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Activity	Kit	Outcome
Warm-up	n/a	Players warm up by listening to the coach and following the movements called, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 7
Session	Cones, balls, two goals, bibs	Players quickly switch the play in order to dribble and cross
Development	One goals, balls, tow goals, bibs	The teams switch play to the neutral wide players
Game situation	Two goals, balls, bibs, cones	The teams switch play in order to create 2v1 situations
Warm-down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Passing, receiving, communication, dribbling, crossing, finishing skills

Team skills: Communication, combination play, team work

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- 11 [Scoring from crosses](#)
- 25 [Crossing](#)
- 44 [Crossing and finishing](#)



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### What to think about

- When the play is blocked down one side of the pitch, there may be some space on the opposite side.
- Switching play can help your team utilise this space.
- Dribble the ball into the space to create 1v1 or 2v1 situations or simply to get quality crosses into the opponent's penalty area.
- When the switch is made it needs to be done quickly to catch the opposition off guard.





## Set-up

Use an area 60 yards wide by 40 yards long.  
The reason the area is wide is so your players learn how to switch the ball to the opposition wing and burst into the penalty area to convert a good cross.



## Session – 15 mins

Line up two groups as in the top picture. The first player in each queue passes to an attacker in the centre of the pitch.  
This attacker passes to a winger who dribbles the ball up the pitch and crosses it for the attacker to try and score.  
The first passer becomes the new attacker. Swap wingers regularly so every player is tested in all positions.



## Development – 15 mins

Add two five-yard channels outside the playing area. Two neutral players are placed inside the wide channels and play for the team in possession of the ball.  
The aim of this small-sided game is to switch the play from one neutral wide player to the other side of the pitch in order to get a cross into the opponent's penalty area.  
All goals must be scored from a cross in this game.

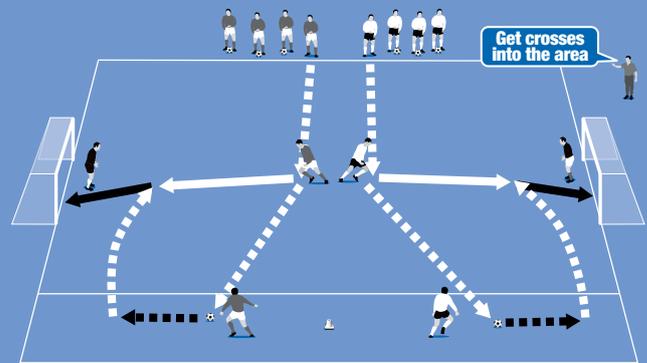


## Game situation – 20 mins

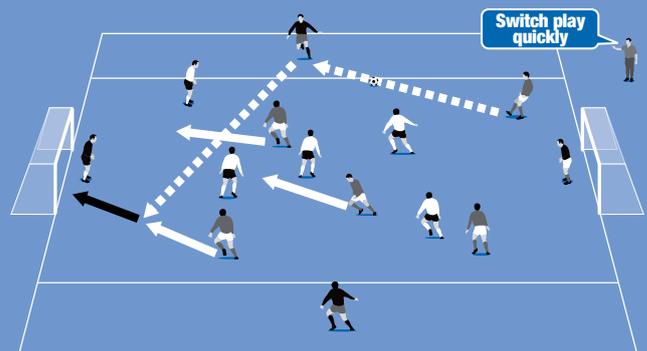
Remove the wide channels and instruct the two neutral players to come on to the pitch.  
The only restriction on the neutral players is that they try to play in wide positions.  
This will enable the team in position to switch the ball quickly from one side of the pitch to the other and create 2v1 situations.  
Swap neutral players regularly.

# Cross town traffic

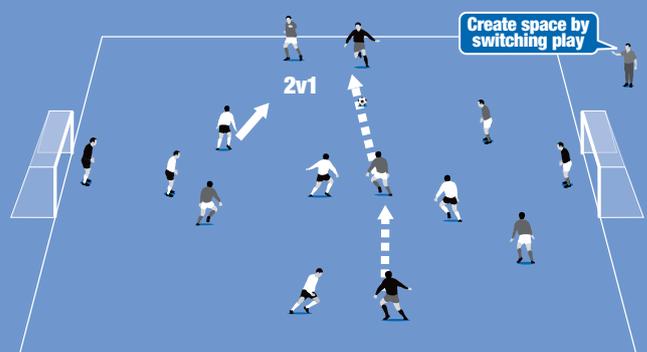
player movement  $\Rightarrow$  pass  $\square\square\square$  shot  $\rightarrow$   
run with ball  $\dashrightarrow$  what to call out  $\text{blue bar}$



Using two teams at once, play is switched wide and a cross should lead to an attempt at goal.



Both teams try to work the ball to the neutral crossing players so an attack can be mounted.



Teams try to create 2v1s using the neutral players to find space.