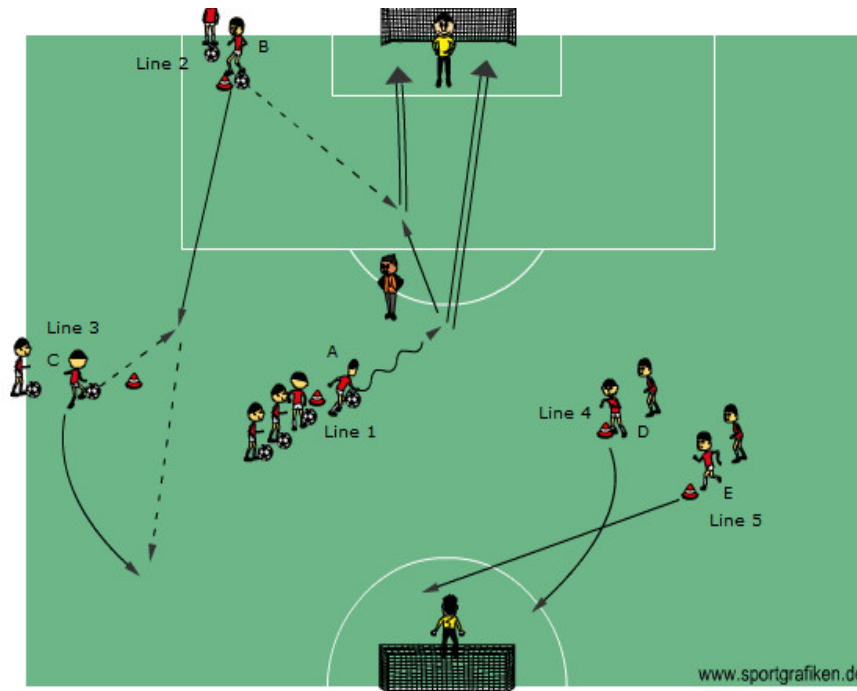


Chelsea Youth Academy Finishing & Crossing Circuit



The Set-up: (as pictured)
Use half the field with two goals. Coach can adjust field size depending on age group.

Circuit works best with a full team. If you have less than 12 players eliminate line 5 and have just one runner into the box (line 4).

Lines 1, 2 and 3 should have plenty of balls.

The Exercise: The first player in line 1 (player A) dribbles toward the coach and cuts the ball at an angle to move past him (could ask the player to carry out a particular move). Player A now takes shot from distance. Once this shot has been taken the first player in Line 2 (Player B) passes the ball into the area for Player A to finish 1st time. Player B immediately sprints up the field toward Line 3. The first player in Line 3 (Player C) passes the ball to player B and moves quickly down the line. Player B passes the ball into the space for Player C to run onto. Player C serves the ball into the box for Players D & E to finish.

Rotation: Players move up a line each time (line 1 to 2, 2 to 3, etc.). Line 5 moves to Line 1. The second player in line 1 should start his dribble after the player in line 3 crosses the ball.

Focus:

- Shooting from distance
- Finishing 1st time
- Passing into the space
- Crossing the ball
- Timing runs into the box
- Goalkeeping