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	Crossing and Heading	
<p>Summer Camps</p>		<p>Director John Dingle</p>
<p>Animated Coach's Library</p>	<p>In the recent European Championship 45% of all assist came from a cross. Nearly 20% of goals scored in this tournament came from headed shots. Crossing and heading are a major weakness in the youth and American game. When coaching attacking heading, players need to understand the importance of heading the ball down. Players also need to understand the visual signs of when an early cross is needed and when a cross closer to the end line is need. Youth coaches need to devote more time in training to both crossing and heading.</p>	<p>Director of Coaching SAC/HC</p>
<p>Coaching Clinics</p>		<p>USSF National 'Youth' License</p>
<p>Coach's Newsletter</p>		<p>USSF 'B' License</p>
<p>Holiday Clinics</p>	<p>By heading the ball down, the attacking player forces the goalkeeper to make a quick reaction to a low ball. As the ball is flighted the keeper brings his hands up. This makes a low save much more difficult and increases the chances for a follow up shot off of a deflection. Players must also be encouraged to head the ball to the far post portion of the goal. When the ball is served to the near post, the keeper is in a position at the near post. When the ball is served to the far post, the keeper tracks across the goal to the new near post to react to the cross. By heading the ball back against the keeper's momentum the chance for scoring is increased.</p>	<p>MSYSA Coaching Licensing Instructor</p>
<p>Junior Striker Program</p>		
<p>Spring Break Camps</p>		<p>MSYSA Coaching Education Consultant</p>
<p>On line Parent Education</p>		
<p>Technical Training</p>	<p>While training crossing, players need to understand the difference of early and late crosses. The visual sign to cross the ball early is space between the back line and the keeper. An early cross into this space forces all of the defender to face their own goal and outrace the forward to the ball. As early crosses are most often farther from the goal area, a low cross is best. The forwards can handle a low ball easier than a flighted ball. When there is no space between the keeper and the back line, the wide player can dribble the ball deeper. By taking the ball deeper the defenders can no longer keep the players they are tracking and the ball in their line of vision at the same time. In order to reach a team mate through the crowded goal area a flighted ball is best. The technical demands of both of these crosses is different.</p>	<p>Varsity High School Girls Coach</p>
<p>Consulting</p>		
<p>Coaching Resources</p>		<p>Central Maryland Short Sided League Founder</p>
<p>Coaching Equipment</p>		
<p>Goalkeeping Camps</p>		<p>Columbia Winter Soccer League Founder</p>
<p>All Girls Camps</p>	<p>The following session will go over the technical and tactical demands coaches need to understand in order to train players in heading and crossing. The session will also show coaches how to coach during the flow of the practice, coach during natural stoppages, and use the stop/freeze method to coach.</p>	
<p>High School Prep Camps</p>		<p>Recognized by Howard County Office of Children's Services Celebrating Successes ceremony for making a difference in the lives of children</p>

Crossing & Heading By John Dingle

<p>Warm Up Juggle Volley Ball</p> <p>Pairs juggle ball up to five times and must head ball across line. Point is scored when ball hits ground in bounds.</p>		<p>Coaching Point Head Ball Down—Get above midline center of ball</p>
<p>1v1 Crossing/Heading</p> <p>Groups of four are divided into teams of two. One player from each team crosses from opposite sides while the remaining player from each team alternate between goalkeeping and finishing</p>		<p>Coaching Points Head Ball across keeper Eliminate keeper when crossing Time run to meet ball on run</p>
<p>World Cup Variation</p> <p>Groups of four send one player to cross/defend lane and have remaining three players stand in line at designated cone. Players play one vs one in crossing lane. One player from each team times run and competes against the players from other teams to finish of cross.</p> <p>Each time a goal is scored the scoring team picks an opponent to do a running consequence.</p>		<p>Coaching Points Early Crosses are low and bent Late Crosses are flighted and driven Time run to meet ball on run</p>
<p>8v8 with arched crossing lane</p> <p>Players play 8v8. When ball enters crossing lane only one defender may go into lane.</p>		<p>Coaching Points Early Crosses are low and bent Late Crosses are flighted and driven Time run to meet ball on run</p>
<p>8v8 Conditions removed</p>	