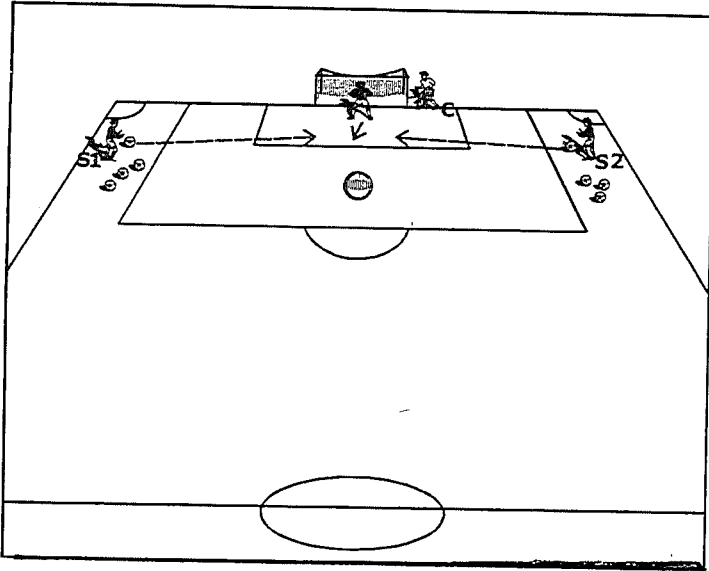
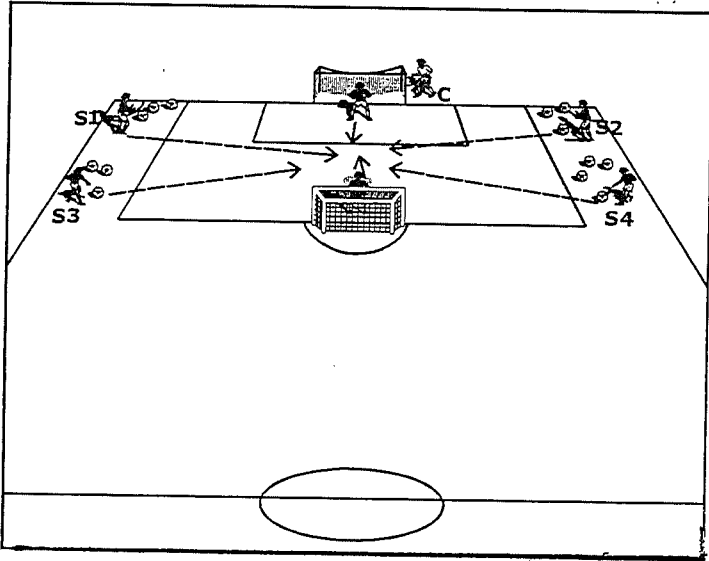


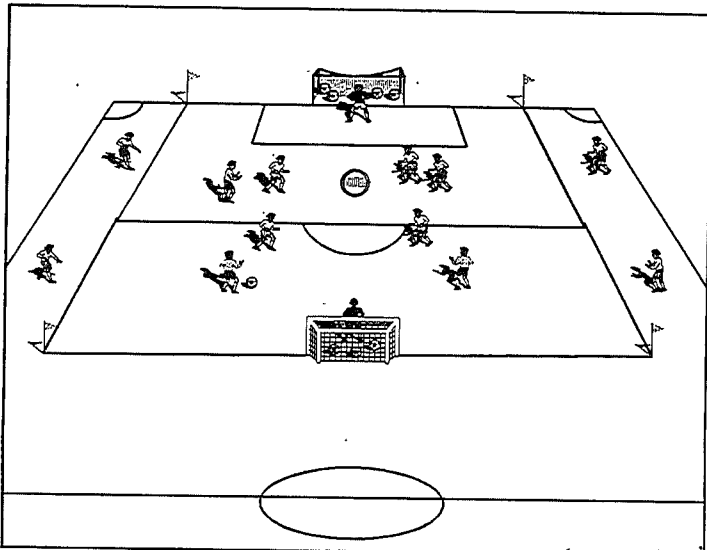
Crosses



**COACH (GK) TO DEAL WITH CROSSES;**  
**INSWINGER AND OUTSWINGER: INTRO**  
 Servers are outside the edge of the 18 yard box with a supply of balls  
**Instructions:** Servers alternate delivery into the area for GK to claim  
**Coaching Points:** Set Position; Starting position  
 Footwork  
 Communication  
 Catching, Punching, Deflecting; Watch the flight of ball, catch at highest point of jump  
 Which take-off foot  
 Angles

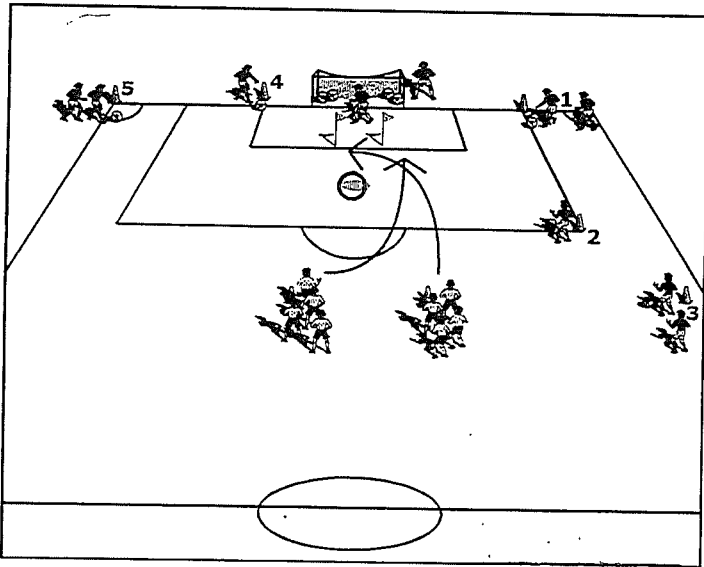


**COACH (GK) TO DEAL WITH CROSSES;**  
**INSWINGER AND OUTSWINGER: GOALIE WARS**  
 4 Servers are outside the edge of the 18 yard box with a supply of balls  
**Instructions:** On coaches command, servers alternate delivery into the area for both GK to claim. GK's compete to catch or punch the cross  
**Coaching Points:** Set Position; Starting position  
 Footwork  
 Communication  
 Catching, Punching, Deflecting; Watch the flight of ball, catch at highest point of jump  
 Which take-off foot  
 Angles



**COACH (GK) TO DEAL WITH CROSSES;**  
**INSWINGER AND OUTSWINGER: SSG**  
 4 v 4 plus 2 GK's with 4 flank players outside the area  
**Instructions:** Players inside the area can either shoot or play the ball out wide for a cross into the box.  
 If GK gets the ball, they throw to their 2 attacking flank players  
**Coaching Points:** Set Position; Starting position  
 Footwork  
 Communication  
 Catching, Punching, Deflecting; Watch the flight of ball, catch at highest point of jump  
 Which take-off foot  
 Angles

## Crosses

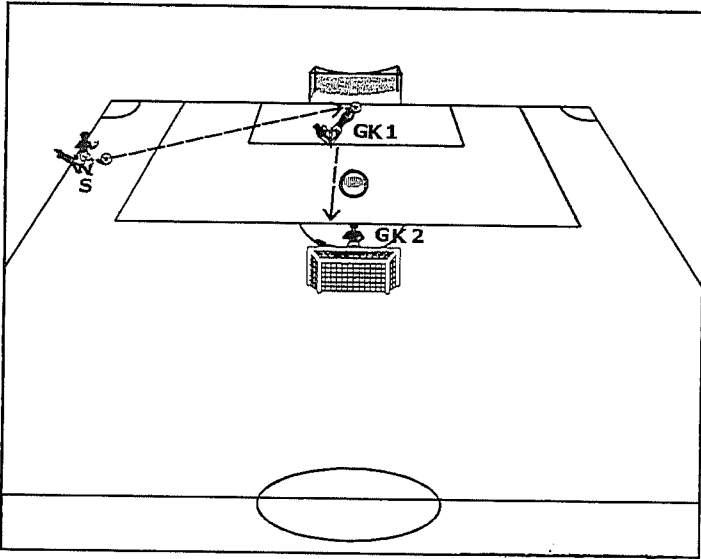


### Crosses

**Instructions:** Cones 1 and 5 have a left footed player as well as a right footed player enabling them to hit an inswinging ball as well as an outswinging service into the box. Player at cone 3 penetrates on the dribble and hits a moving ball into the goalkeeper. Cone 2 can either be a shot or drive the ball across the goalmouth forcing the goalkeeper to make the proper decision. Lastly, the player at cone 4 hits a cutback ball on the ground to the top of the six yard box.

#### **Coaching Points:**

- 1) Starting Position
- 2) Communication
- 3) Crosses
- 4) Punching
- 5) Footwork

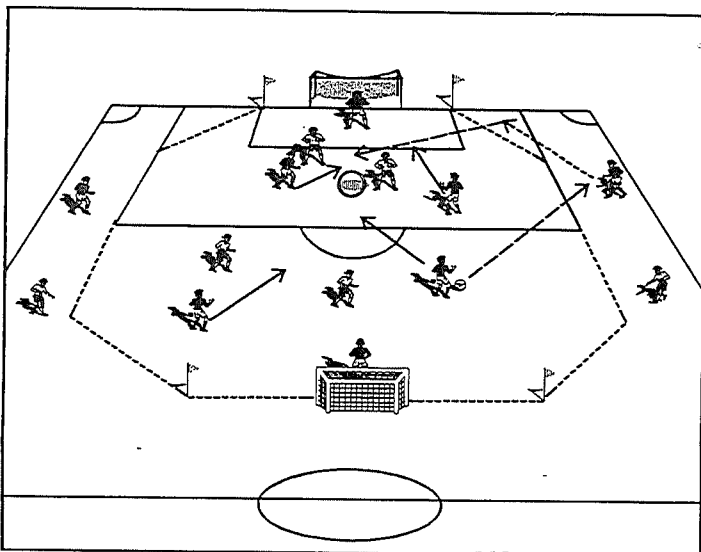


### Crosses

**Instructions:** S crosses ball into area for GK1 to claim. Once the GK claims, they shoot on goal for GK2 to save.  
**Variations:** 1) Serve both sides 2) Inswinger and Outswinger 3) GK1 volleys, throws at goal

#### **Coaching Points:**

- 1) Starting Position
- 2) Communication
- 3) Crosses
- 4) Punching
- 5) Footwork



### Crosses

**7 v 7 SSG with Flank players.** Set up field as per diagram. Corners are angles to encourage cutbacks.

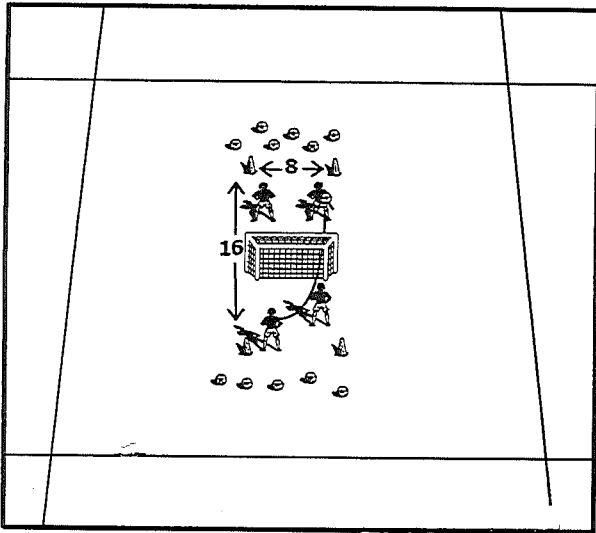
**Instructions:** Play directional SSG to encourage crosses and cutbacks.

**Variations:** 1) Limited touches 2) Goals can only be scored from crosses.

#### **Coaching Points:**

- 1) Starting Position
- 2) Communication
- 3) Crosses
- 4) Punching
- 5) Footwork

## Crosses



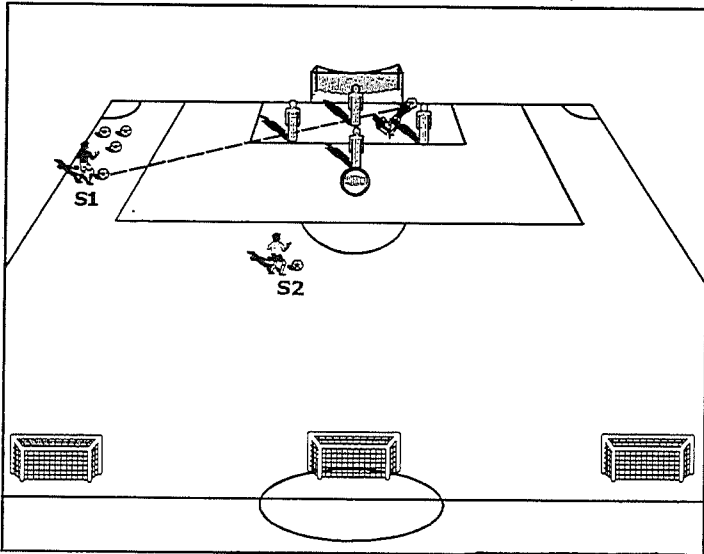
## Crosses

**Instructions:** GK play Volleyball over the goal using proper punching techniques. GK have 3 touches to play the ball to other side. Ball must be played in air at all times. Play games upto 11, 15, or 21 points.

**Variations:** 1) Make grid bigger 2) Add more GK's 3) Punching using one hand only

### Coaching Points:

- 1) Punching 2) Communication 3) Footwork



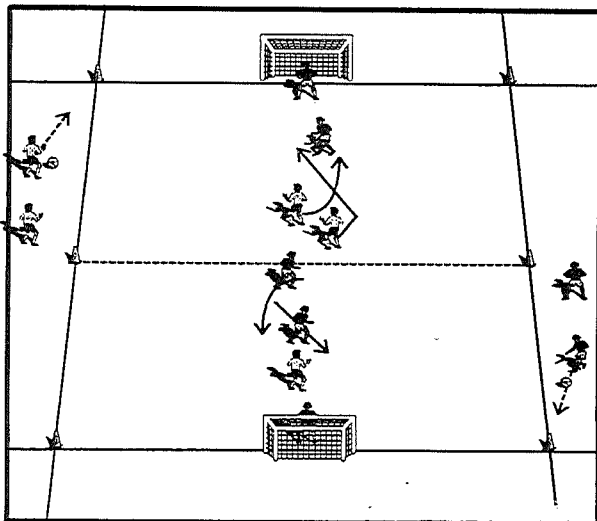
## Crosses

**Instructions:** S1 crosses ball into area for GK to claim. Serve from different angles and from both sides. Work both inswingers and outswingers

**Variations:** Add target for GK to distribute. Cross-Shot combinations with S2

### Coaching Points:

- 1) Starting Position 2) Crossing 3) Punching 4) Communication 5) Footwork 6) Kicking from hands 7) Throwing



## Crosses

**Instructions:** Flank players cross balls, focusing on various services. Target players make both near and far post runs as shown above. Award points for scoring out of the air (i.e., header or volley), and award defenders a point for clearances outside the 18-yard box. Further progression: 3 attackers vs. 2 defenders.

### Coaching Points:

- 1) Starting Position 2) Communication 3) Crosses 4) Punching 5) Footwork