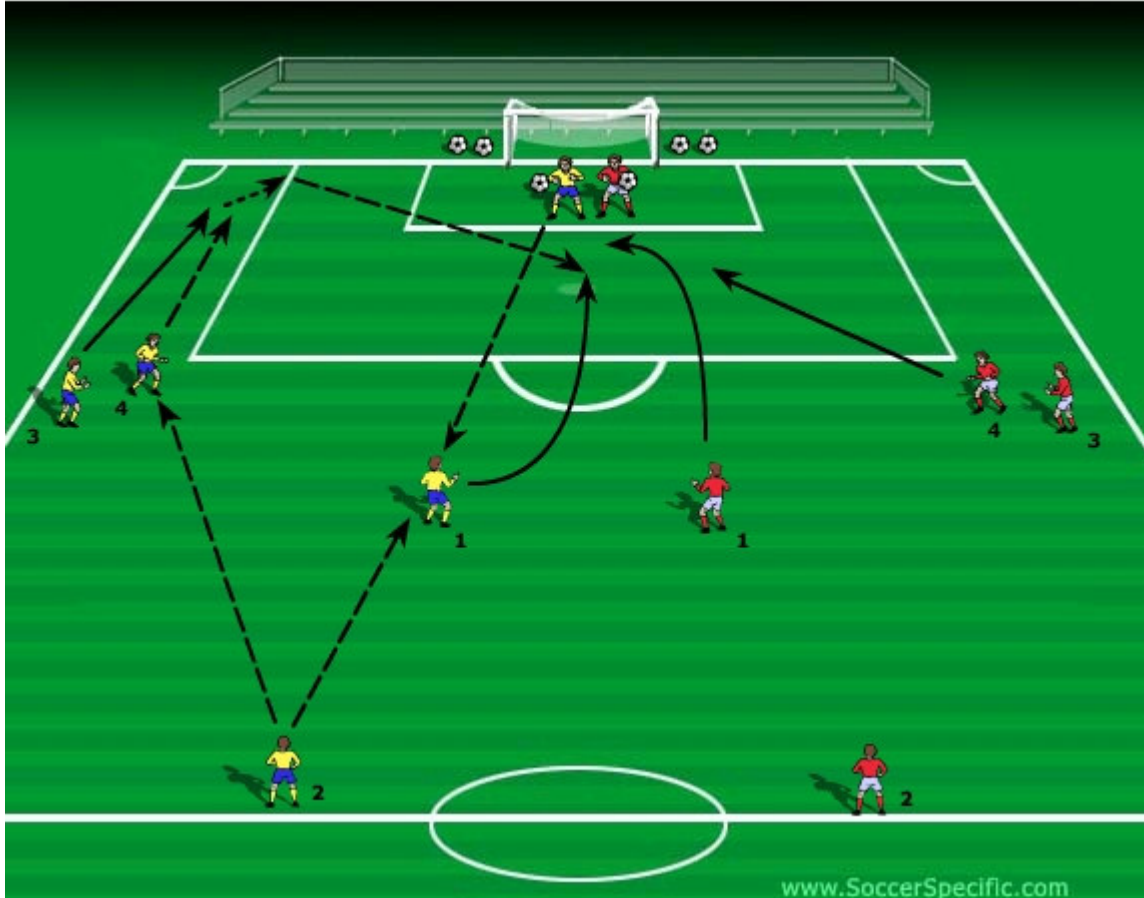


Crosses And Pattern Play

Emphasis: Distribution, controlling your area, dealing with runners



Set-up:

Start with two goalkeepers in the ready position.

One goalkeeper works the left side of the field and the other works the right.

Place player (1) 35 yards out from goal and player (2) at half field on the side of the center circle.

Players (3) and (4) are positioned close together at the corner of the penalty box. The set up is the same on both sides of the field.

Objective:

The goalkeeper drop kicks the ball to player 1 who turns quickly and plays it to player 2 at mid field. Player 2 drives the ball to either player 3 or 4. If player 3 receives it, then player 4 overlaps him/her, the ball is played into the corner and player 4 crosses it in the box. Players 1 from both sides and players 3 and 4 from the opposite side crash the box. Look for a one time finish. Alternate the patterns on both sides of the field.

Progressions:

1. The goalkeeper must drop kick the ball to player 2, they play it to player 1 who plays it to players 3 and 4.
2. The goalkeeper not working can act as a distraction to the goalkeeper who is working.

Coaching Points:

- Follow the angle of the ball as it travels around the field.
- The goalkeepers starting position must be several yards off the line.
- Control the 6 yard box.

“It is only in our decisions that we are important” -Jean-Paul Sartre-