

Crossing And Finishing Exercises

Emphasis: Dealing with crosses, shots and breakaways



Set-up:

Place servers A and B at each corner flag with a group of balls. Place a target on each side of the D at the top of the penalty box. Servers 1, 2, and 3 start roughly 35-40 yards away from goal spaced evenly apart with extra balls. Lastly, place servers 4 and 5 on either side of the center circle.

Objective:

The goalkeeper makes a save from either server A or B and distributes properly to the opposite side it came from. The goalkeeper must then make a save from either server 1, 2, or 3. Server 1, 2, and 3 can either play a wall pass with the target as shown with player 1. Or, can play a give and go and dribble 1v1 to goal as shown with server 2. Or, as shown with server 3, dribble straight to goal for a 1v1 breakaway. Finally, the goalkeeper must make a save from a long driven service over the top from either server 4 or 5. One set consists of three saves; a cross, either 1, 2, or 3 goes, and 1 deep service from the center circle. Repeat other side and switch the role of the goalkeeper.

Progressions:

1. Goalkeeper must punt the ball to server 4 or 5 after receiving the cross.
2. Servers A and B can drive inside the end line for a cut back service.

Coaching Points:

- Catch the ball above the crossbar and at the highest possible catching point.
- Must constantly change your starting position based on where the service is coming from.

“The uncommitted like isn’t worth living” -Marshall Fishwick-