

Team Crossing Exercise

Emphasis: Dealing with crosses from the flanks, near and far post runs



Set-up:

The goalkeeper working is in goal. Server 1 stands just inside the center circle with a group of balls. Servers 2 and 3 start 35 yards from goal and ten yards in from the side line. Lastly, player 4 (far post runner), starts close to server 3 and player 5 (near post runner), starts 35 yards out even with the corner of the six yard box.

Objective:

Server 1 drives the ball into server 2. Server 2 wall passes with server 3 who is checking back to the ball. Server 3 slots the ball down the line for server 2. Server 2 makes his run down the outside channel and crosses it in the box. Players 4 and 5 time their runs to the near and far post. The goalkeeper either cuts off the cross or makes the save from players 4 and 5.

Progressions:

1. Goalkeeper must distribute to server 1 in order to start the exercise.
2. Add a third runner in the box for layoffs at the top of the box.

Coaching Points:

- Attack the ball.
- Must cover the near post runners' shot first.

“A wise man will make more opportunities than he finds” -Francis Bacon-