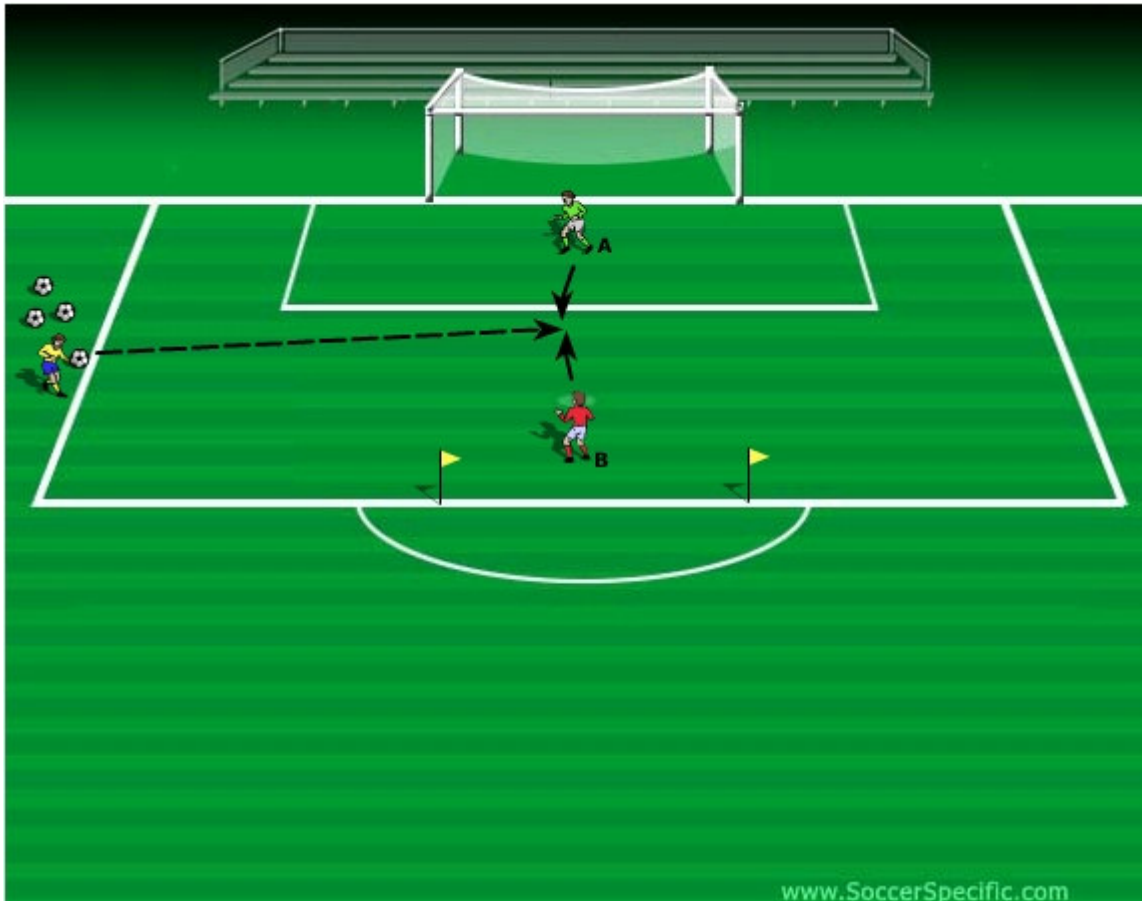


1 V 1 Crossing Game

Emphasis: Attacking the ball, aggression, timing, competitiveness



Set-up: Place two goals 18 yards apart with a goalkeeper in each goal. A server stands on the side of the penalty box with a group of balls.

Objective:

The server punts the ball high into the air and aims for it to land on the penalty spot. Goalkeeper A and B must compete for the high ball save. Whoever catches the ball in the air gets 2 points. If the ball drops to the ground, whoever wins possession gets 1 point. The first one to 10 points wins.

Progressions:

1. After the goalkeeper catches the ball in the air, he/she must set it down immediately and try and dribble a breakaway across the opponents' goal line.
2. The server can also put the ball down at his feet and shoot on target to either goal.

Coaching Points:

- Attack the ball and catch it at the highest possible catching point.
- Drive your knee up to protect yourself from the other goalkeeper.
- Decide early and arrive on time.