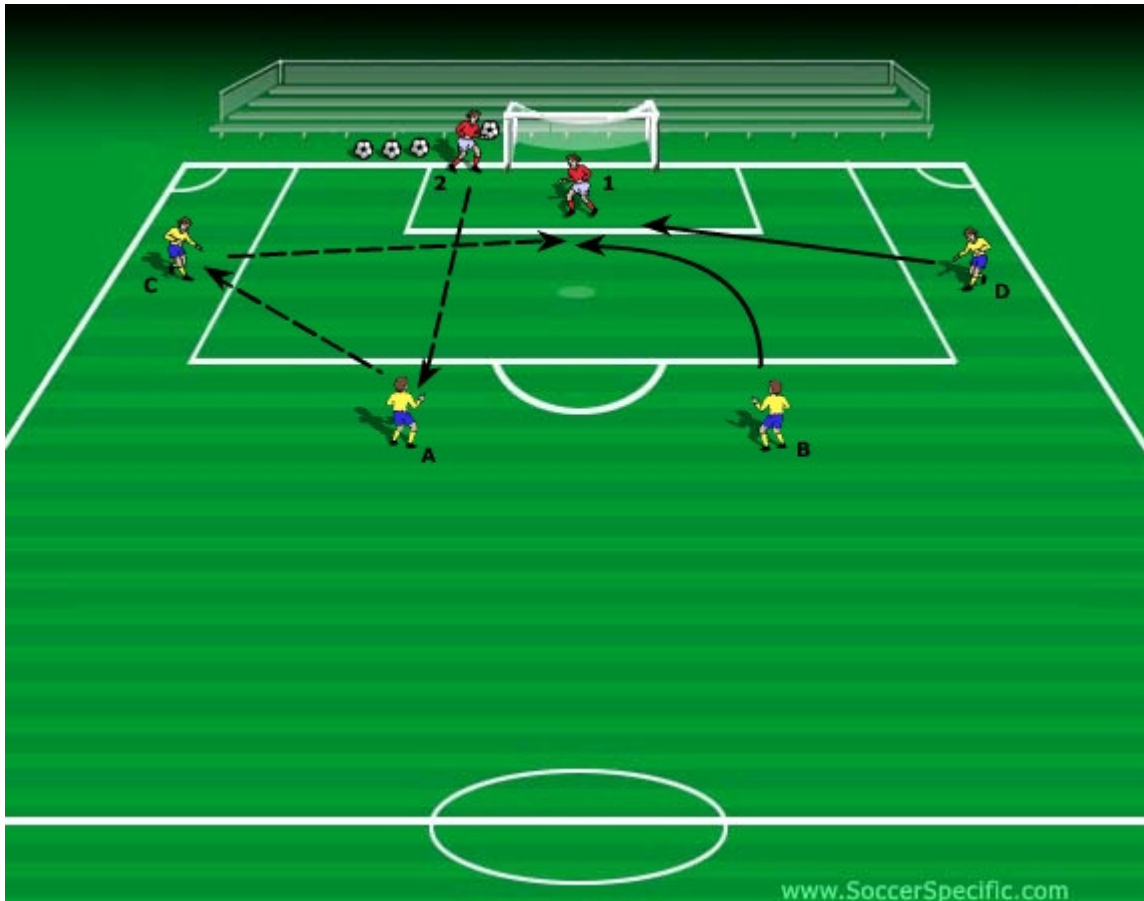


Crash The Box

Emphasis: Following a cleared ball and dealing with a early service



Set-up:

Place one goalkeeper in goal and the other goalkeeper on the side of the goal with a group of balls. Place two players 30 yards out from the goal and even with the corner of the 6 yard box. Place two players on the sides of the 18 yard box and 5 yards in from the sidelines.

Objective:

Goalkeeper 2 distributed the ball to either player A or B. Player A or B can play it on the ground to either player C or D. Player C and D must hit a one time in swinging service into the box for the goalkeeper to collect. If A and D were involved with the build up then B and C must crash the box near and far post. Look for a one time finish to score.

Progressions:

1. A and B can shoot or go on a 1v1 breakaway as well.
2. C and D can shoot at any time.
3. Add a defender.

Coaching Points:

- Communicate to the defender who should be marked up.
- Starting position of the goalkeeper must change according to where the ball is.