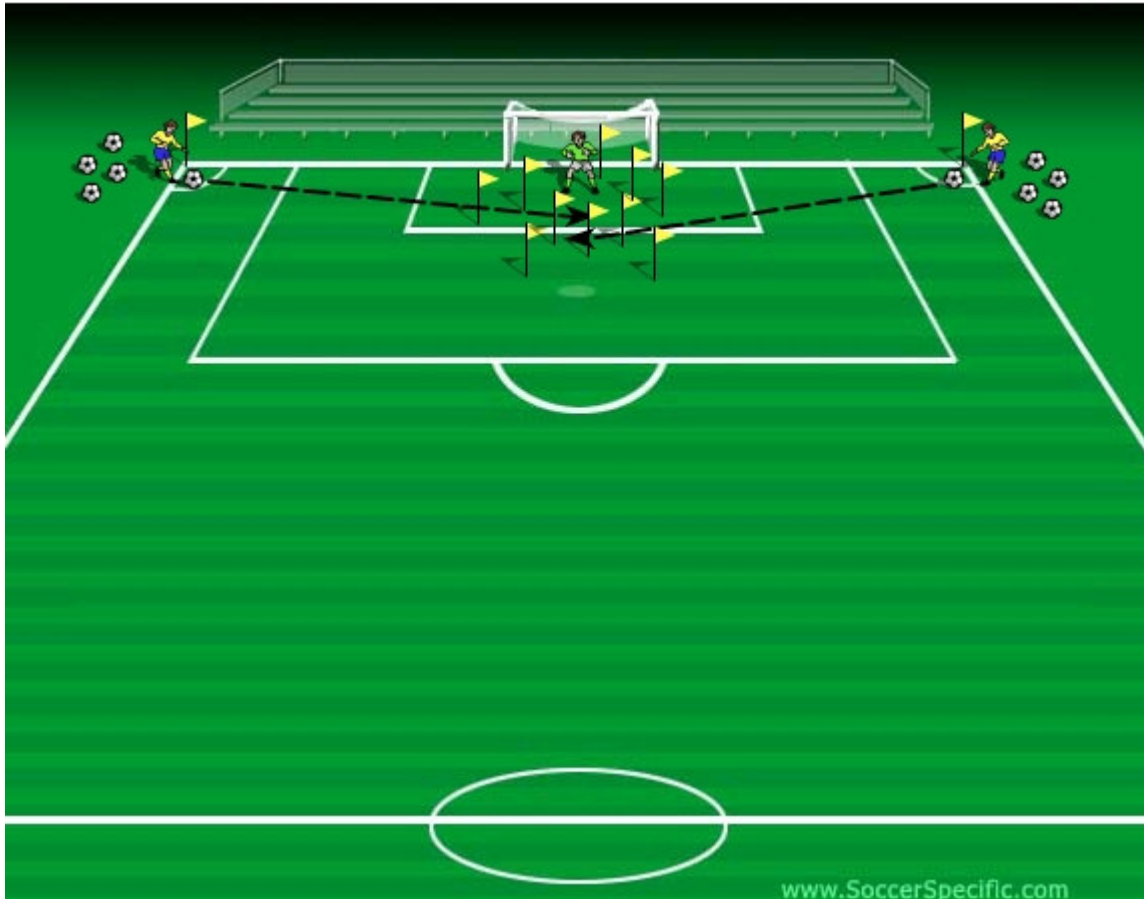


Crosses In Traffic

Emphasis: Taking the direct route to the ball, dealing with traffic in the box



Set-up:

Goalkeeper starts in the goal mouth. Randomly place 10-12 corner flags between the goal line and the penalty spot. Place a server at each corner flag with a group of balls.

Objective:

The servers strike a cross into the goal mouth. The goalkeeper must make his way through the traffic and make the appropriate save. The goalkeeper must be willing to make contact and keep his/her concentration on the ball.

Progressions:

1. Add more flags.
2. Move the servers closer to the goal.
3. The server can play a cutback ball to the top of the box for a shot that most likely take a deflection on the way to the goal.

Coaching Points:

- Concentrate on the ball, not the flags.
- React to the flight of the ball.
- Decide early arrive on time and drive through the flight of the ball.

“Instead of loving your enemies, treat your friends a little better” -Ed Howe-