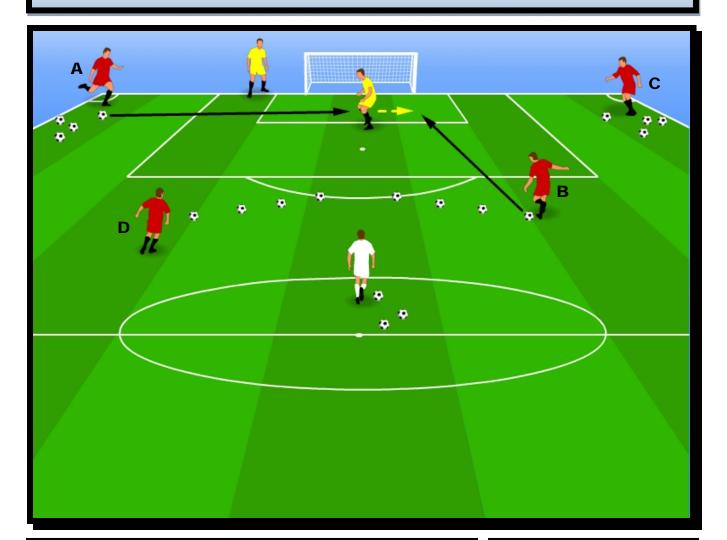
Cross, Shot

Fundamental

Goalkeeping



Set Up: There are four players set up in the attacking third, with two goalkeepers.

Procedure: Player A begins the drill with a cross into the penalty area. The goalkeeper catches, and then moves over to play the shot from Player B. Player C follows the shot with his cross, and after the goalkeeper catches the third ball, Player D shoots. The goalkeeper saves and readjusts his position with each ball, and switches out after four balls. The shooters move quickly, giving the goalkeepers just enough time to recover in between saves.

Teaching Topics:

- 1 Set position.
- 2 Recovery runs.
- 3 Save technique.

Progressions:

1 Add an attacker in the penalty area.

Coaching Points:

- 1 Come to a set position before the ball is struck, regardless of where you are.
- 2 Use small, quick steps to get across the penalty area.
- 3 Parry or punch the crosses you cannot catch, and send the ball out wide.