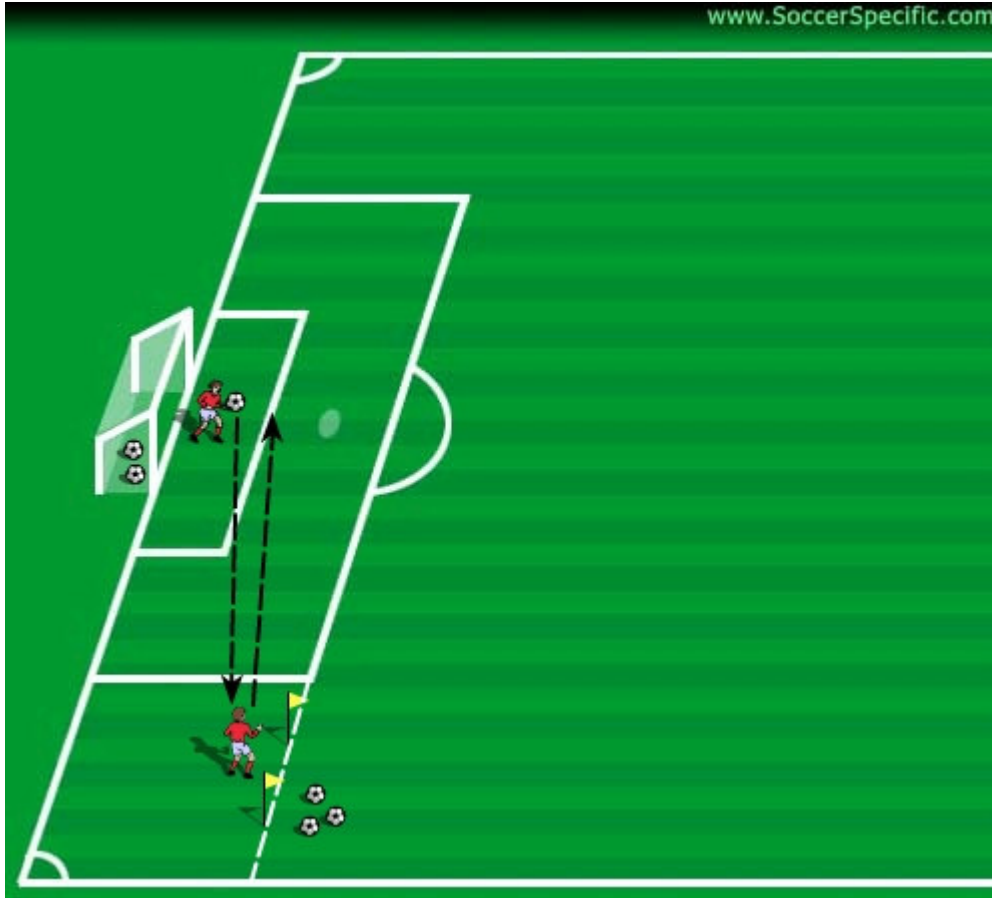


Crossing Warm-Up

Emphasis: Improve technique on high balls, warm up



Set-up:

Place two goals diagonally across from each other.
Place a goalkeeper in each goal with plenty of extra balls

Objective:

The two goalkeepers take turns throwing the ball to each other. The serves can be to the near post or back post.

Progressions:

1. Both goalkeepers can strike crosses from the ground.
2. Add some passive attackers to distract the goalkeepers.

Coaching Points:

- Catch the ball at the highest possible catching point.
- Make the save before the near post if possible.
- Decide early, arrive on time.

“If you can dream it, you can do it. Always remember that this whole thing was started by a mouse”
-Walt Disney-