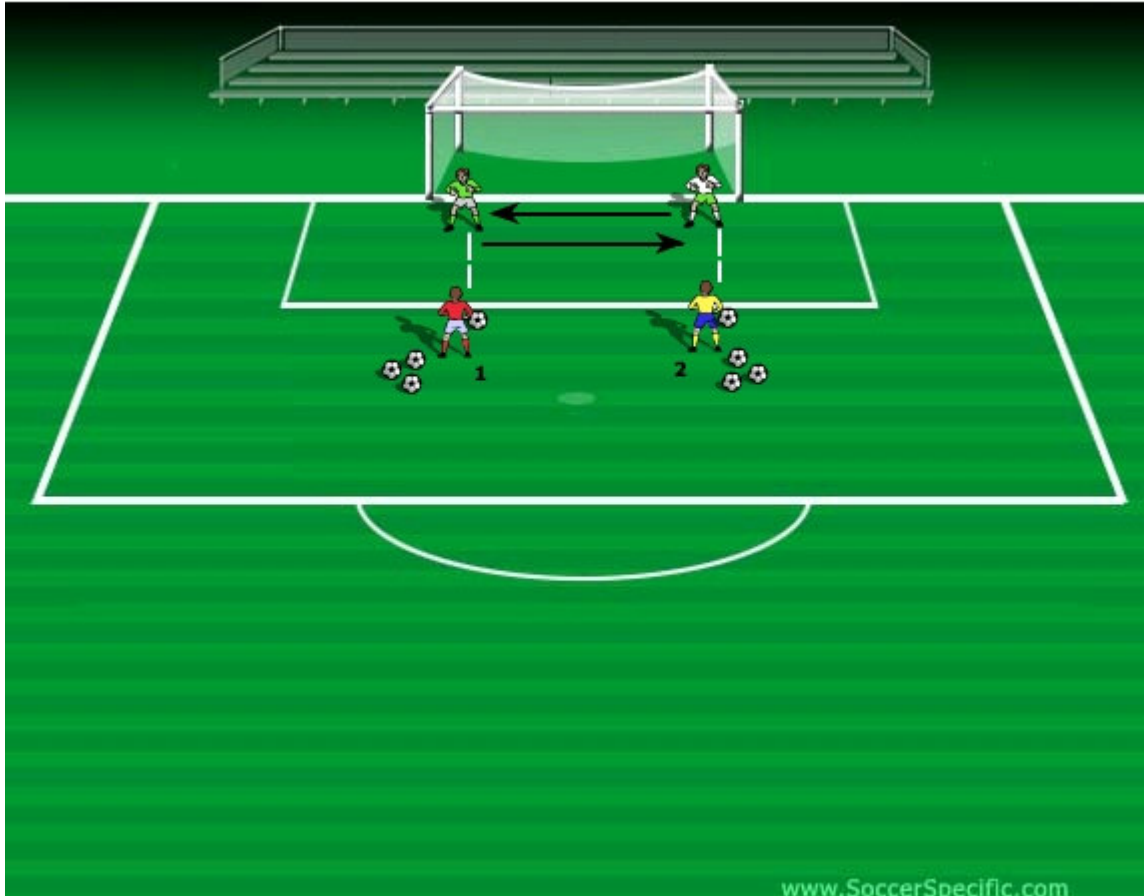


## Cross Over

**Emphasis:** Keeping shoulders square, getting feet set, relaxed upper body



**Set-up:**  
Can work with either 1 or 2 goalkeepers working and two servers. Groups of balls required.

### Objective:

Goal keeper receives the volley, throws the ball back to the server and side shuffles across trading positions with the other goal keeper. Receives volley and switches places again.

### Progressions:

1. 1 and 2 serve volleys.
2. 1 serves volley, 2 serves chest pass.
3. Back the servers up to 10 yards and serve short hop skip ins (forward dives).
4. Back the servers to the top of the box (roughly 18 yards away) serve dipping volleys and half-volleys.
5. Return to Serving from six yards away for real tight set of volleys.

### Coaching Points:

- Make sure your feet are set for the service.
- Watch the ball all the way into your hands.
- Get to the spot first, then react to the serve.

“The force of selfishness is as inevitable and as calculable as the force of gravitation.” -Hailliard-