

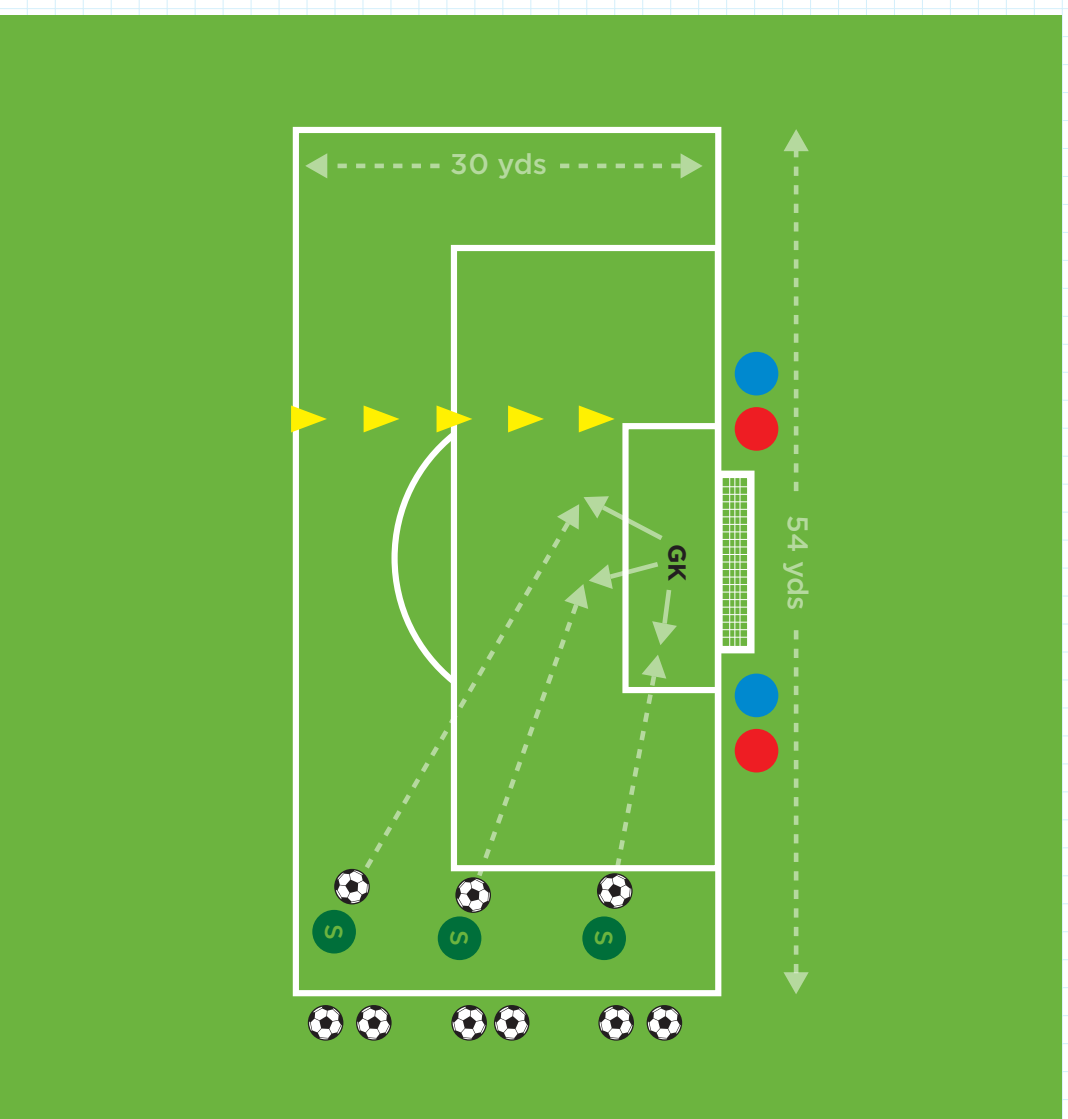
Dealing with crosses II

Practice organisation

- Quarter pitch incorporating full width & penalty area with appropriate size goal, as illustrated.
- 8 players (incl. GK) arranged 2 Attackers, 2 Defenders, plus 3 Servers (right & left foot mix if possible).
- Discs to mark-off far post area, supply of balls by S's.
- Practice starts with: GK takes-up realistic start position in goal & S's cross balls in rotation to near & far post areas.
- S's provide a variety of in-swinging & out-swinging crosses.
- Simple progressions for this practice are:
 - Provide crosses as described from opposite side.
 - Introduce A & D to compete for crosses (passive then increasingly active).
 - Introduce 2nd A & D to provide greater realism.
- GK collects far post service & quickly distributes ball away from direction of service, as to initiate counter-attack.

Key coaching points and detail

- Start position in relation to ball & goal.
- Main priority is to defend goal.
- 2nd. Priority is to defend space between GK & D's.
- GK positive stance & body language.
- Keeping D's pushed-out & organising marking positions.
- Assess flight of ball & make decision to collect or allow D's to deal with it.
- Early, loud, clear, calm and concise communication with D's ("Keeper" or "away").
- If GK shouts: "away", retreat to defend goal.



- Appropriate footwork & recovery lines to defend goal.
- If GK collects: timing & angle of take off (take off inside leg if possible).
- Angle & speed of GK approach via quickest & shortest route.
- Technique of catching at highest/safest point: elbows slightly flexed & "see ball into hands".
- If GK needs to punch ball: height, distance & width required.
- Two fisted or one fisted: through bottom & middle of ball.
- Ensuring roles of D's: depth, protection (of GK) & covering the goal.
- Readjustment of D's, holding a good defensive line & communicating (e.g. "Hold penalty spot" or "6yd line").