

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 re-adjusts 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.