

Crossing practice

Objective – Where to cross and when to cross

GameFocusResetProgression

1. 3 attackers vs the keeper
2. Box in middle of D
3. Objective is to score in goal OUTSIDE the box

Phase 2

1. Add a defender
1. Speed of run
2. Pass pace
3. Keep from keeper
4. 3rd man looking for options
5. Where to pass to expose keeper and keep possession

Reset

1. Defence vs attack – who wins
2. Goals for ways of scoring
 1. Deflection
 2. Post
 3. Flick

