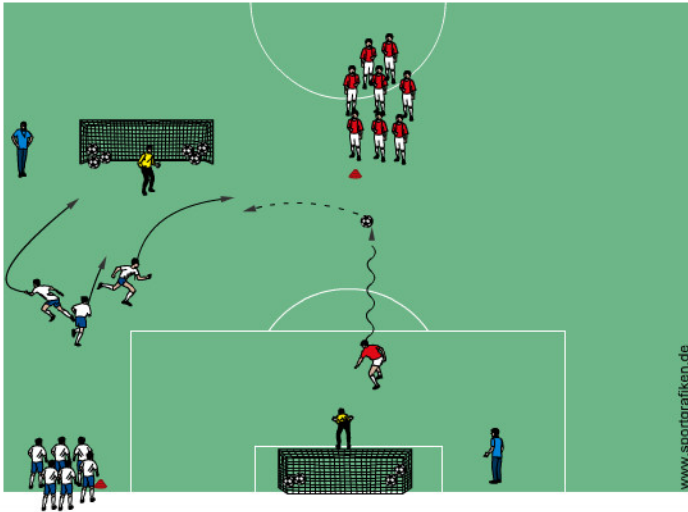


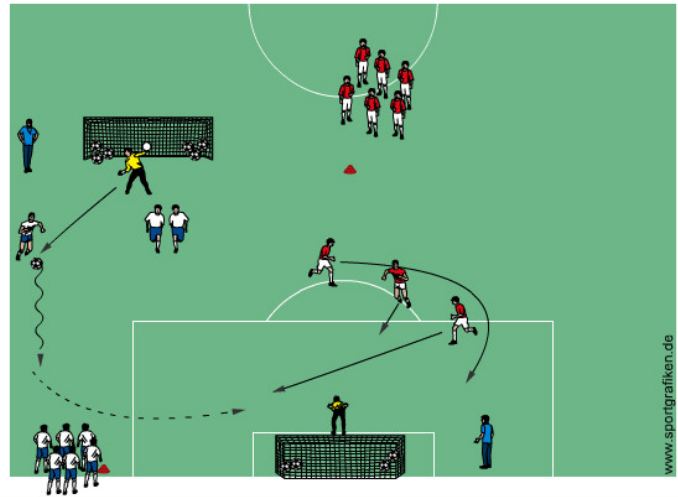
Bob Warming Crossing & Finishing



The Set-up: (as pictured). Field should be approximately 40 yards long. Divide the team in half, have plenty of balls.

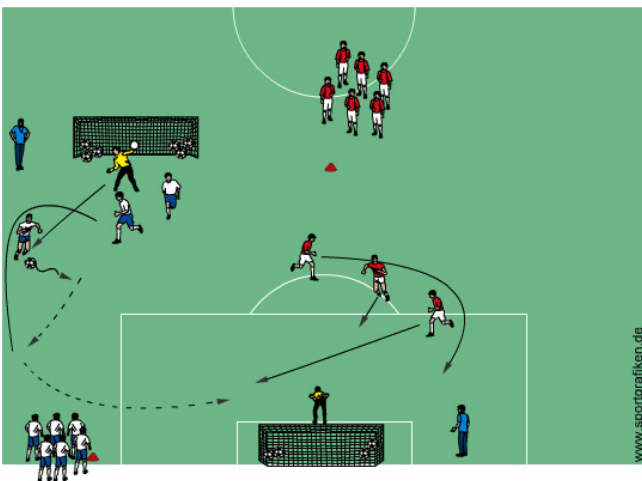
The Exercise: One red player starts the exercise by dribbling at speed toward his own line, the first three white players make staggering runs toward the goal. The white attackers should “frame the goal” with runs to the near post, far post, and a late central run toward the penalty spot. The Red player serves the ball into the 3 white attackers. The red player now joins the back of his line.

The exercise continues (pictured right) with the goal keeper distributing the ball to the widest white attacker. The white player now dribbles the ball at speed toward his line while the first three red players make staggering runs toward the goal (the other two white players jog back and rejoin their line).



1st progression:

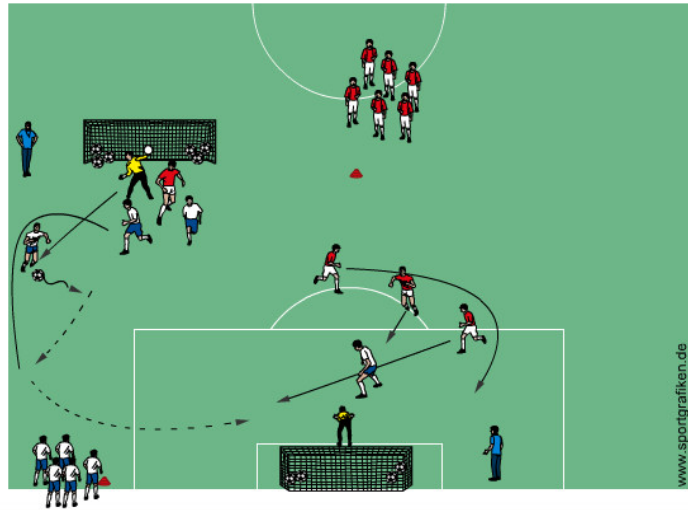
(pictured left) The goal keeper continues to distribute the ball to the widest player, but now that player dribbles inside and his/her nearest teammate makes an overlapping run. The player on the ball now passes the ball into the space for the overlapping teammate to run onto. The overrapper now serves the ball into the box for the three attacking players.



2nd progression: Add a defender (pictured).

Play three minute games and keep score! Coach can ask the defender to pick up one of the runners. This will force the server to choose one of the other runners that are unmarked.

Coach can add a second defender to increase the difficulty.



Focus:

- Timing and staggering of runs into the box
- Dribbling at Speed
- Accurate service into the box
- Finishing
- Keeper distribution
- Over lapping runs at speed