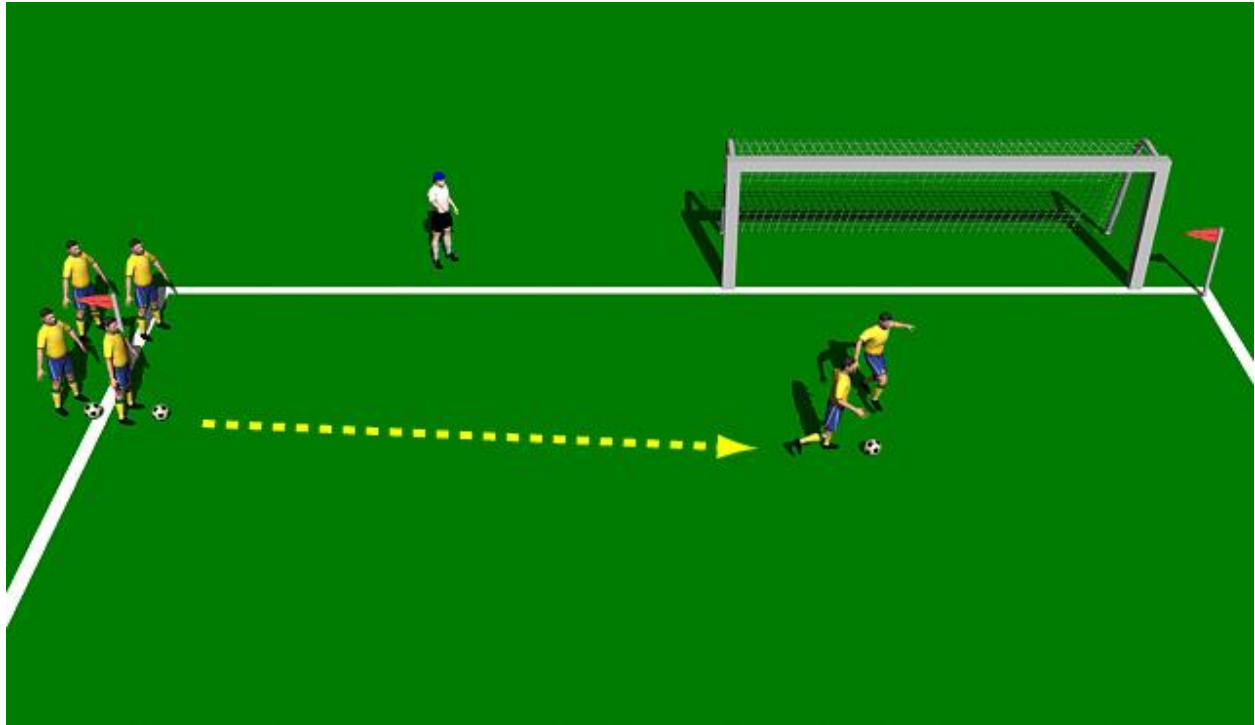


Blocking the Cross Drill



Exercise Objectives:

This exercise designed to coach the defenders technique and attitude towards “Blocking Crosses”.

Coaching Pointers:

Divide your players into pairs. One is an attacker, the other is a defender. The attacker travels with the ball approximately 15 yards before attempting to cross the ball. (Full size goal is used to collect the cross). The defenders objective is to prevent to cross from being served. Swap roles each time.

Focus on:

High tempo, offensively and defensively.

Defender must keep their eyes “on the ball”

Timing of the “Block” to prevent cross.

Field Preparation:

Playing area approximately 20 yards by 20 yards.

Balls, cones, bibs,

Full size goal is placed only to collect to ball, not as a target.

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