



Dealing with crossed balls

Category: Goalkeeping: Crossing/High balls
Difficulty: Moderate

Reseller-Club: GkNexus
Gk Nexus, www.gknexus.com, United Kingdom

Screen 1 (10 mins)

Crossed Balls 1

Organisation

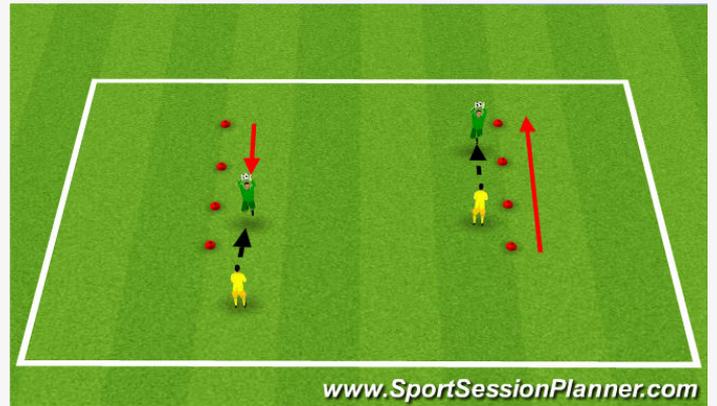
A. Set the cones out in a straight line, with 4 yards between each cone.

B. The server must always be around 6 yards from the working Goalkeeper, with a ball in hand.

1. The server feeds the ball to the Goalkeeper, for the Goalkeeper to collect the ball confidently attacking the ball.
2. Goalkeeper returns the ball to the server and this continues until the Goalkeeper reaches the end of the cones, at which point they jog back to the start and repeat.

Key Points:

1. The Goalkeeper must use alternate legs to drive into the catch.
2. Catching the ball at it's highest point.
3. Moving forward and attacking the ball with aggression
4. Accurate timing of the jump.



Screen 2 (10 mins)

Crossed Balls 2

Organisation:

A. Set up teams of 3 vs 3

B. Set up 2 goals facing each other 18 yards apart.

C. Place 2 square coned areas, opposite each other, at the corners of the area.

1. Players play handball in the area, in which a goal is scored by hitting the bar of your opponent.
2. Players cannot run with the ball
2. The ball must be passed into the coned area, before a goal can be scored.

Progression(s):

1. You can score with your head for 2 points
2. Add in more coned areas, for players to receive the ball into.
3. Players can punch the ball into the goal for an extra point

Key Points:

1. Players/Goalkeepers challenge for the ball in a crossed ball situation.
2. Attacking and aggressive movements towards the ball
3. Taking ball at your individual highest point.
4. Decision making, coming/staying.
5. Communication with team.



Screen 3 (10 mins)

Crossed Balls 3

Organisation

A. 1 working Goalkeeper, per goal, with 1 server at either side of the Goalkeeper around 12 yards away.

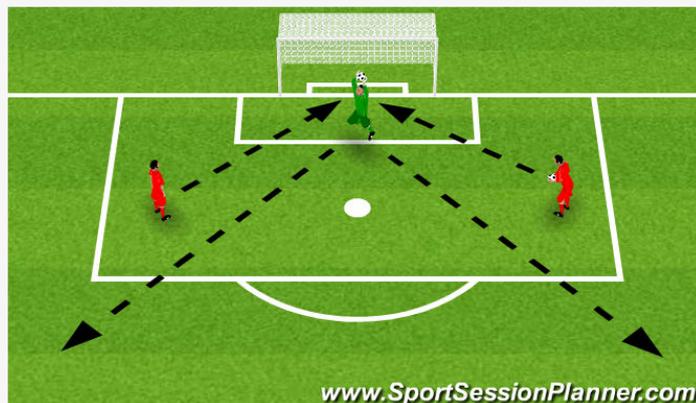
1. Goalkeeper receives high feed from both servers, in alternate fashion.
2. After Goalkeeper receives the ball, they distribute to the other server, before recovering position.
3. Goalkeeper completes 1 set of catches, before changing to a set of punches.

Progression(s):

1. Add passive defenders/mannequins.
2. Add different distribution techniques, to varying distances
2. Increase length and technique of serve.

Key Points:

1. Aggressive starting position from Goalkeeper
2. Driving off with the correct leg (inside leg).
3. Decision making process to catch/punch, come/stay.
4. Communication with team
5. Timing of the jump, taking ball at it's highest point.
6. Power and strength when attacking the ball.
7. Awareness of area and players



Screen 4 (10 mins)

Crossed Balls 4

Organisation:

- A. 1 working Goalkeeper within the goal
B. 3 attackers vs 2 defenders within the box area
C. 2 servers on the outside of each side of the box- 2 inswing and 2 outswing (4 in total)§§

1. Coach shouts S1/2/3/4, to indicate which area the cross will into the box from.
2. Goalkeeper will take up an aggressive starting position, relevant to the server position.
3. The 3 attackers attempt to score, whilst the 2 defenders and 1 Goalkeeper attempt to defend (3 defenders)
4. The ball becomes 'dead' after it is out of play, or the Goalkeeper distributes the ball into the opposite goal after a catch.

Progression(s):

1. Servers can move up and down the line, to vary crossing positions
2. Servers from opposite side, can become attackers.
3. Goalkeeper can distribute into different areas, with different techniques.

Key Points:

1. Aggressive starting position from Goalkeeper
2. Driving off with the correct leg (inside leg).
3. Decision making process to catch/punch, come/stay.
4. Communication with team
5. Timing of the jump, taking ball at it's highest point.
6. Awareness of area and players
7. Power and strength when attacking the ball

