



UNIONVILLE-MILLIKEN SOCCER CLUB GOALKEEPER SESSION

TOPIC: Crosses ...progressions made for age appropriateness

WARM UP/STRETCH: (30 minutes)

1. Jog or game of tag
2. Basic catching moving pairs.
 - a. Same as above.
3. Pairs on butts:
 - a. Throw to each side and collapse.
 - b. Roll to each side and "kill." (one hand on top, one hand behind)
4. Pairs standing up:
 - a. Collapsing on ball.

CATCHING CROSSES: (25 minutes)

1. 2 GK, 1 in (6 x 6) goal
 - a. Ball thrown from side, after 5; change GK; switch sides after 10
2. 3 GK, 1 in (big goal)
 - a. Ball at post with each GK, side to side, catch ball
3. 4 GK, 2 goals; both facing each, 1 server
 - a. Catch ball...battle each other
4. 1 GK, vary service on big goal

COACHING POINTS:

Crosses:

- ready position, weight forward
- set before cross
- correct catching technique for ball height
- take shortest path to ball, cut it out

Footwork:

- take the shortest path
- efficient movement, watch crossing feet