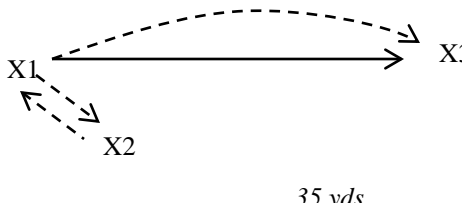
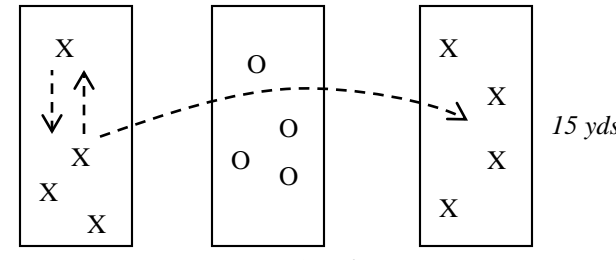
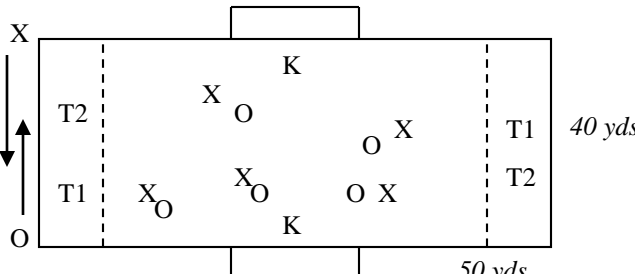


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>short – short – long</p> <p>(X1) plays to (X2), (X2) then plays short back to (X1), (X1) then plays long to (X3), (X3) then plays short back to (X1) running in, and then starts over</p> <p>* STRETCH</p>	<p>Organization</p>  <p style="text-align: center;">35 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - cross can be done in a variety of ways depending on the distance of the cross short distance / push pass mid range / driven pass long range / driven or lofted
<p>Match Related Activity 15 min.</p> <ul style="list-style-type: none"> - (X) team tries to play the ball through or over (O's) grid , (O) can then put one player in a grid at a time trying to win the ball from (X) team - can add keepers into any grid 	 <p style="text-align: center;">35 yds</p>	<ul style="list-style-type: none"> -accuracy of the cross - height of cross -does the cross go through the grid or over - why was the decision made to push pass through, lofted pass through, or driven pass through
<p>Match Related Activity 20 min.</p> <p>5 v 5 + keepers + targets</p> <ul style="list-style-type: none"> -ball must be played through targets - (T1) must play short (push pass) cross every time - (T2) must play long (driven or lofted pass) cross every time 	 <p style="text-align: center;">40 yds</p> <p style="text-align: center;">50 yds</p>	<ul style="list-style-type: none"> -cross should lead the attacker to the goal - look for heading opportunities - areas to target near post, center of goal, or back post
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> - position and distance from crossing players determine type of cross
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	