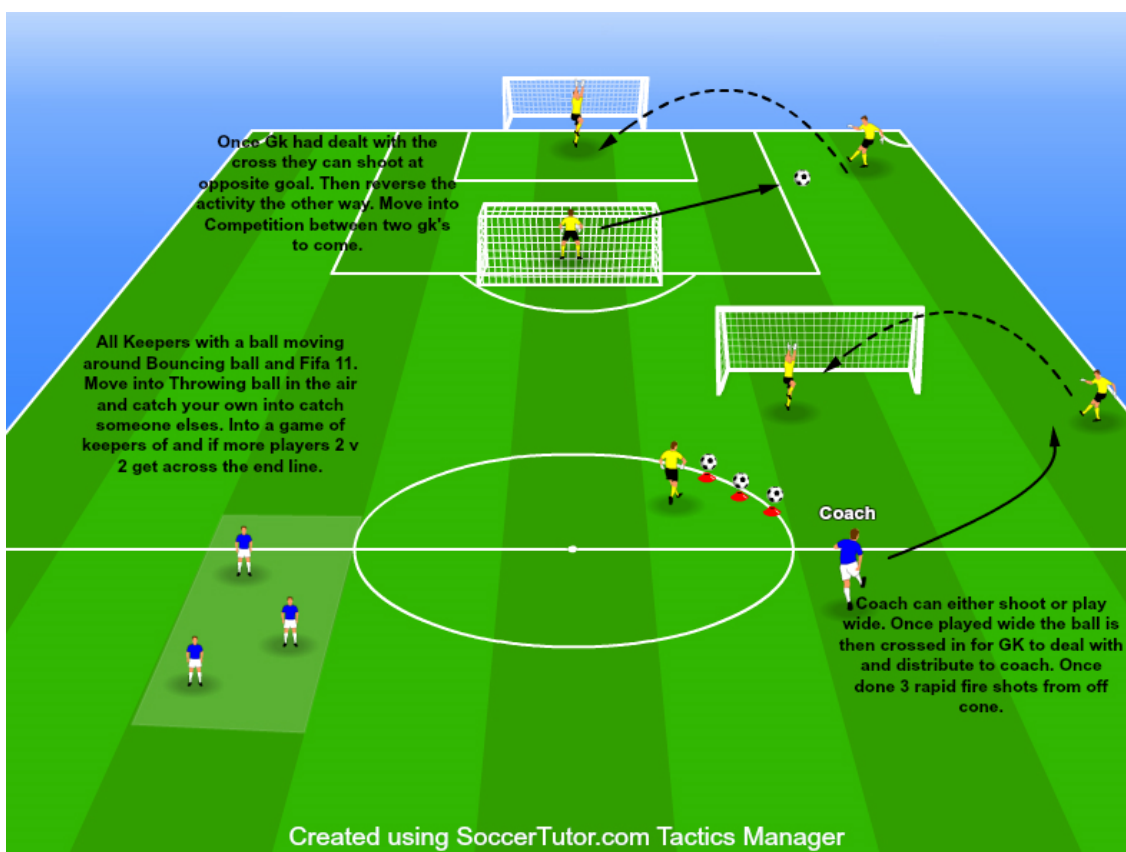




Tactics Manager

Dealing with Crosses



Date: 10/Dec/2019

Measurement: 18 Yard Box Area

Time: N/A:N/A

Players: 2

Duration: 55

Level: 18+

Objective:

Description:

Start with warm up which can also include generic Gen Handling. Move into Main Game Training Practice coaching the Dealing with Crosses aspects. Finish with short sharp crosses and rapid shots.

Finish session with short fun conditioning exercise pending workload.

Coaching Points:

- 1) Positioning and Repositioning.
- 2) Assess Line and flight
- 3) Get in Line with the ball.
- 4) Delay and then quick
- 5) Soft hand strong wrists
- 6) Quick Reactions for 2nd Phase.

Progression: