



**Session Theme**

GK: Positioning & Dealing with Crosses

**Objectives**

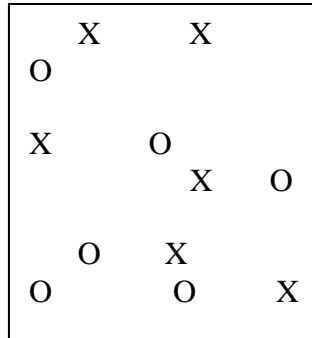
Improve start and support positions  
Improve ability to deal with Crosses

**Warm-Up**

GK's have 1 ball each moving around on balls of feet:

1. Bounce and catch
2. Bounce, catch, throw up and catch
3. Bounce, catch, throw/jump/catch

**Follow the leader:** In pairs, GK2 follows GK1, who after a few steps pops ball up in air, for GK2 to come through and catch. GK2 does the same.



“W” / Scoop Catch

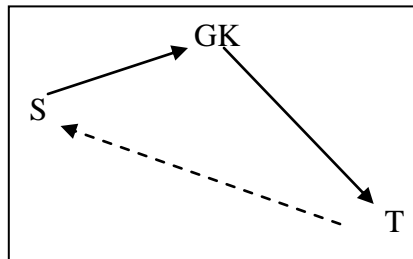
Eyes on ball

Hips/shoulders forward to ball

One/two foot take-off

Communication

**Groups of three:** GK deals with Cross from Server (S) and distributes the ball (various) to the target player (T). Vary distance and type of cross – lofted, driven etc. Use throws and shorter distances for younger players.



Hips and shoulders open

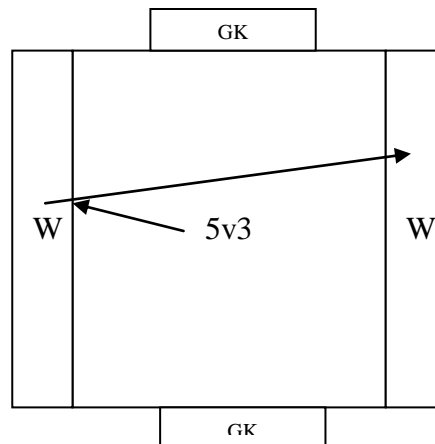
Quick approach to ball

Timing

Be positive/aggressive when dealing with ball but keep hands soft

**5 v 3 (+GK's) possession to Goal**

Goal can only be scored from a cross. GK's always play to attacking team. Defenders can shoot on either goal when winning possession.



Start position

Check back post cover before ball is delivered

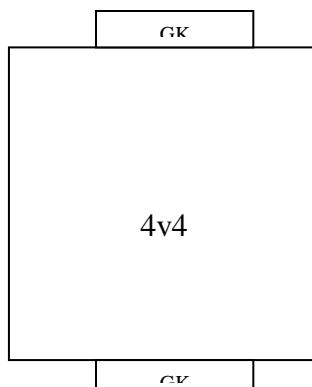
First point of attack – distribute quickly with purpose

Vision/Awareness

**4 v 4 With Goalkeepers**

Regular game/no restrictions

Emphasis on quality of passing and movement off the ball to create passing opportunities



Support play/positioning once ball is distributed