

Training session

Crosses (adults) B1

Objective: Improvement of crosses with opposition. Goalkeeper comes into contact with an opponent at the moment of save (catching or clearing the ball).

Number of goalkeepers: 4 adult goalkeepers

Duration of the training: approximately **70 minutes**. It's a technical and tactical training, which has no definite time limit. It can be extended if the coach needs more time for corrections and explanations.

Number of repetitions and organization: they are described separately for each exercise.

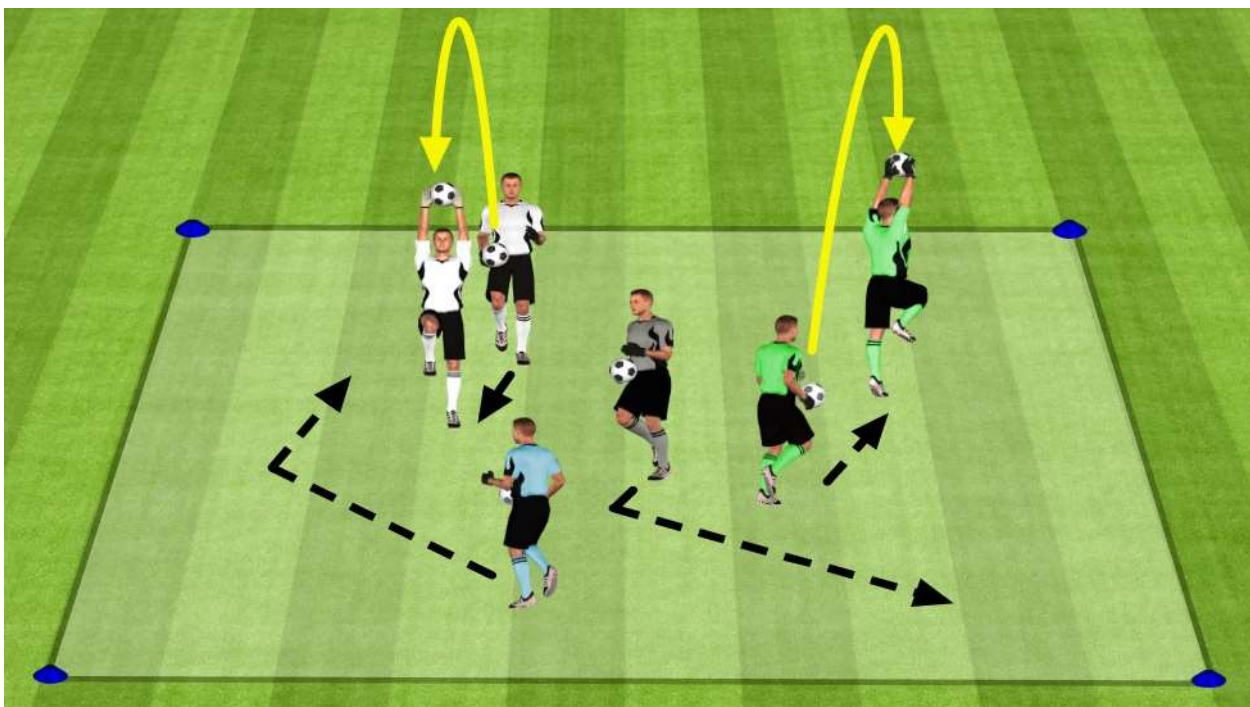
Equipment: balls, 8 dummies (poles)

Attention! With outstretched arms, the goalkeeper catches the ball at its highest point. The goalkeeper is calling when he comes for the ball.

Warm-up

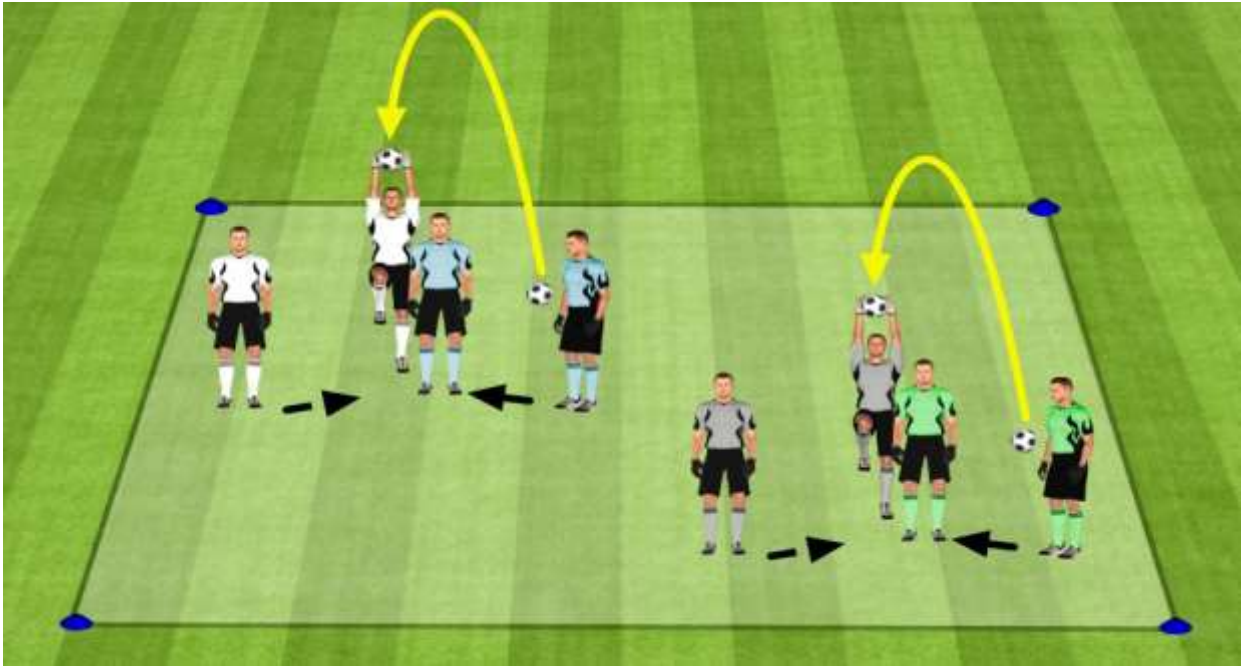
1. Individual warm-up without and with a ball ... **5 minutes**
2. Group warm-up with a ball

Exercise 1



Each goalkeeper moves freely. Throwing and catching the ball.
6 balls per goalkeeper.

Exercise 2

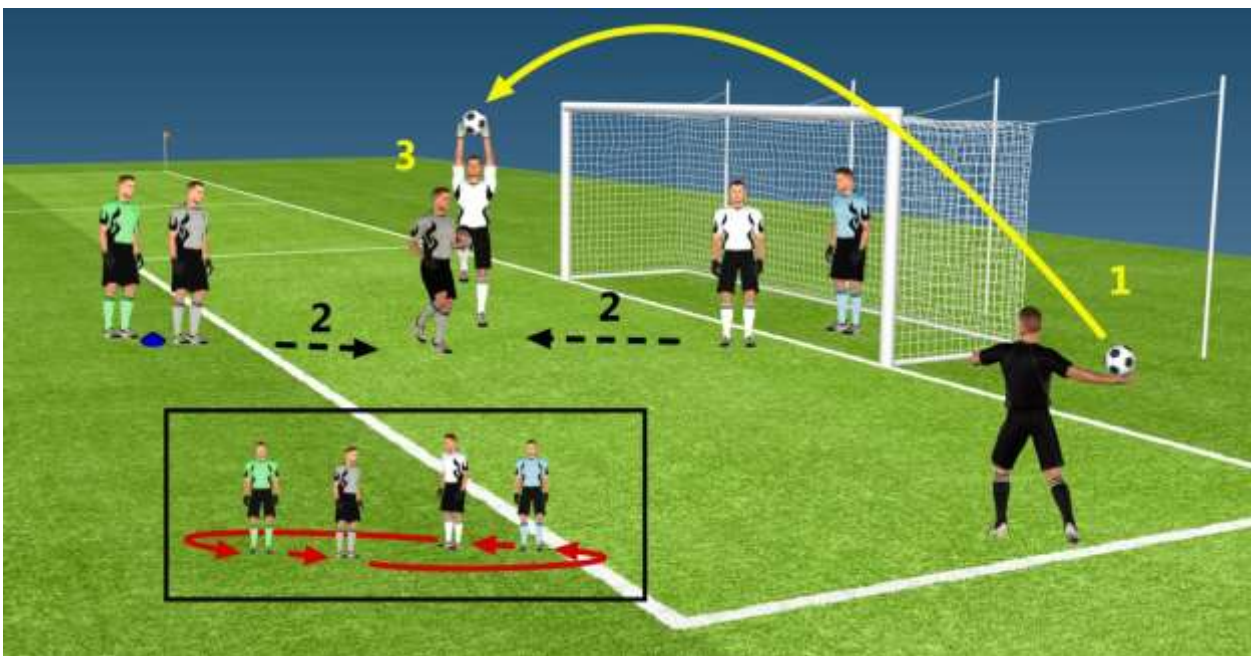


1. Aerial ball thrown in (contact with the shoulders)
Change of roles.
8 balls per goalkeeper.

Organization:

- The goalkeepers move in the zone.

Exercise 3



1. Aerial ball thrown in
2. Movement
3. Catch the ball (aerial 1v1)
Change of goalkeeper.
4 balls per goalkeeper on each side.

Organisation:

- Light contact (with shoulders) when in aerial confrontation (1v1).

The main part of the session

Exercise 4



1. Cross with opposition (end of action)
Return without rhythm.
Change of goalkeeper after **5 repetitions**.
1 set per goalkeeper from each position.

Organization:

- Active attacking of other goalkeepers.
- Coach and goalkeeper kicking alternatively.

Attention:

- Try to catch all the balls.

Exercise 5



1. Cross
2. Throw-out (overarm throw) to the opposite side
Change of goalkeeper.
Change the roles after each set.
2 sets of 6 repetitions per goalkeeper.

Organization:

- Goalkeepers work in pairs.
- 2 crosses on each side with build-up to other side.
- 2 high crosses from the middle of the field with optional throw out.
- Change of ball trajectory (outswinging or inswinging ball) in the second set.

Attention!

- Before considering distribution, the goalkeeper must, above all, concentrate on stopping the ball.

Cool-down

Stretching and feedback on the session ... **10 minutes**