

**Session Designed By:**  
 John Gregg  
 Region 1 ODP Goalkeeping Staff  
 NSCAA National Goalkeeping Staff

**Topic:**  
 Goalkeeping:  
 Defending Crosses

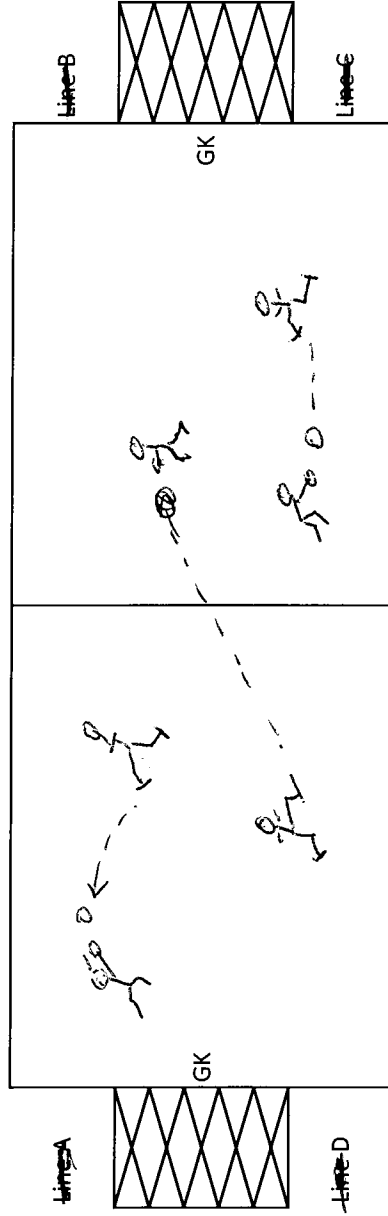
**Age/Time:**  
 All ages  
 1.0 to 1.5 hour session  
 (Teaching or Training session)

Field Set Up -  
 2 goals needed roughly 40 to 50 yards apart, may vary depending on age and numbers but halves should have area on them larger than the penalty box.

**Step 1 - The Warm up (10 to 15 min)**

Warm up should consist of lots of catching of all types of served balls. Rolling balls, bouncing balls, driven balls, flighted balls, balls served over head. Footwork should be involved on all areas of these types of catching. Now standing still while receiving

Coaching Points: Encourage that keeper are using proper hand positioning when catching the ball and the importance of keeping body square to the ball, hands in forward position, foot work is to get hands to the ball quickly.



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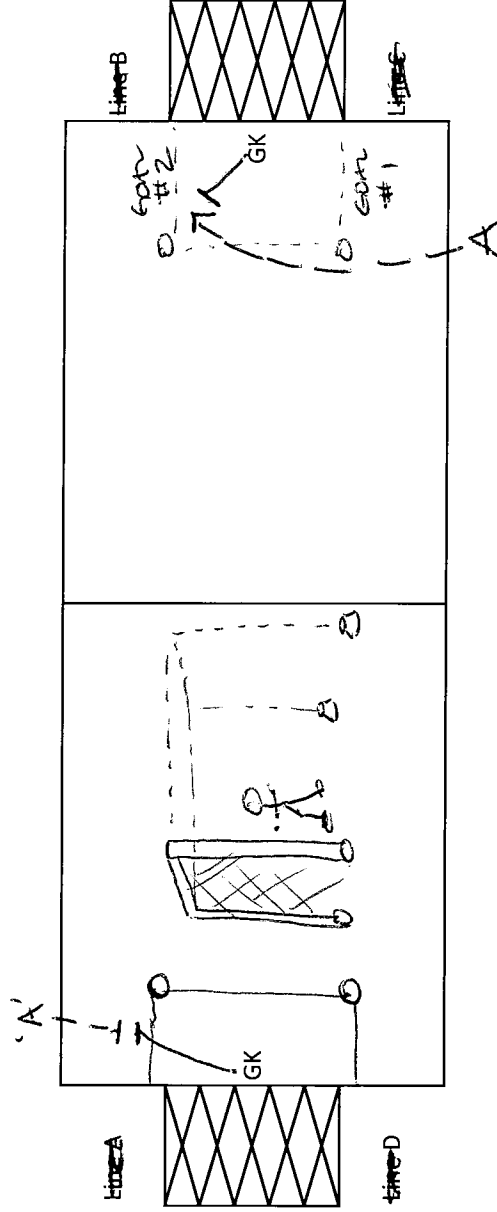
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**Step 2 - 3D Box - Near and Far Post balls (10 min each)**

With cones set on the 6 yard box straight out from box, create an area for the GK's to see a box. Give visual of a 3D area where there are located inside a big box. All sides of the 3d box are different goals to work on protecting. Step 1 - services from 'A' into Goal #1 (near post area) - services vary from ground up. GK's form line inside goal area for an easy rotation. After all service types are worked on, switch sides. One Goal #1 has been completed, begin working on Goal #2 (Far Post area) by flying balls in with a throw or a soft punt/drip kick - Younger ages coach should service to get the reps needed. Switch sides when required reps are gained. A passive attacking player can be added with starting points being at the cones. Start with 1 player running at near post then add a second starting at other cone. Objective for GK is to not allow the ball to cross the imaginary goal line of either goal #1 or #2.

**Focus:** GK's getting the proper reps need to see various types of service and flighted balls

**Coaching Points:** Quick speed off line after identifying service and area ball will enter into. Being load and using correct commands (keeper or away), introduction of boxed or pushed balls if catching cannot be used. Introduction of why? A ball may not be caught and the decisions that lead to that.



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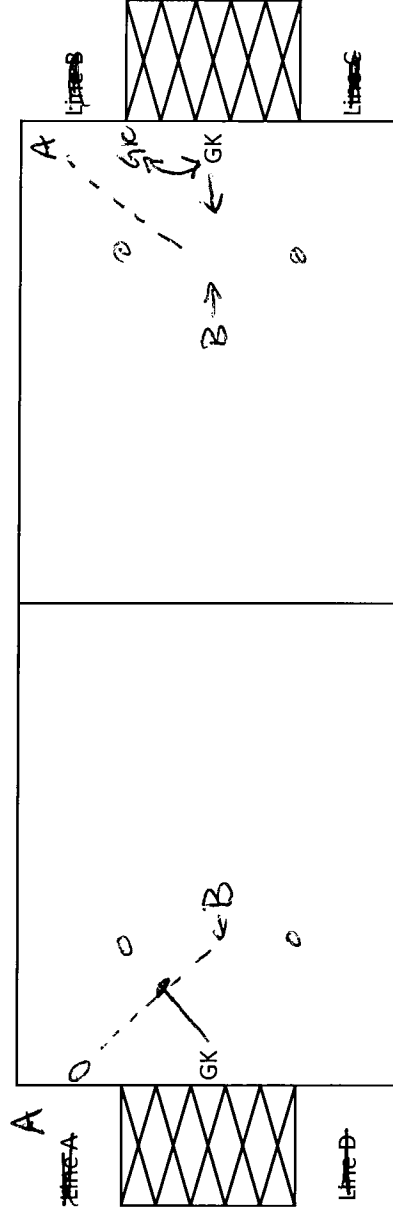
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**Step 3 - 3D Box - Angled balls back (10 min each)**

Step 2 - services from 'A' into Goal #3 (top of the box/pk spot) - services very from ground up but more likely to be on ground. Balls get played from endline from server 'A' position to player 'B' position. Goalkeeper is to ready and determine best how to cut off service back. Close range service for interception and services from further out where Gk has to move back, readjust, to face shot or attach flighted ball. This is a more difficult step for youngest keepers. Services need to vary on age due to field sizes and strenght of players to kick the ball with pace and distance.

**Focus:** Tecnique of diving out to intercept ball beig played back. Teaching the read of an 'inswinger' or an 'outswinger'. Holding a second to read the flight, working on explosion at ball allowing you to hold longer to get the read on the ball.

**Coaching Points:** Depending on age, there are many oppourtunities to make coaching points. The points lessen with experience and reps.



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**Step 4 - GAME (Crossing game or Channel Game) (30 min)**

**GAMES** - 4v4 game in middle with a neutral player in each of the outside channels. GK starts with the ball and serves it out wide. Channel player takes touch down the line and serves in a cross for their attacking team. Keeper deals with cross and starts play for their team. GK can play out wide to channel or to team. ball must go outside at least one during the team possession. Games continues from end to end.

**Focus:** Creating as many crossing situations as possible for the GK to see, react to, or take away areas of the 3D goal box worked on in session. Not required to coach, but encourage near and far post runs by the field players.

**Coaching Points:** FREE play, hold coaching situations for stoppages or after game or if crosses are not being created.

