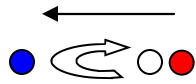


WARM-UP

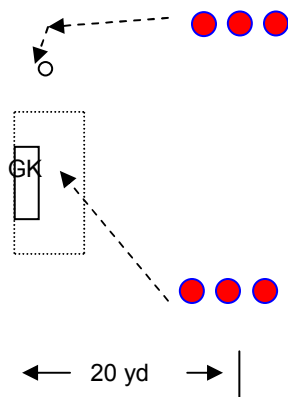


Players partner up. And face each other on the goal line. Player facing the field passes the ball on the ground to partner running backwards, who passes it back. Switch partners at each endline. (Right foot, left foot, knee trap, chest trap, volleys, headers).

Coaching Points:

- Players stay 5yds apart
- Passing is very quick and repetitive
- Player running backwards push off quickly after controlling and passing the ball back to her partner

EXERCISE 1



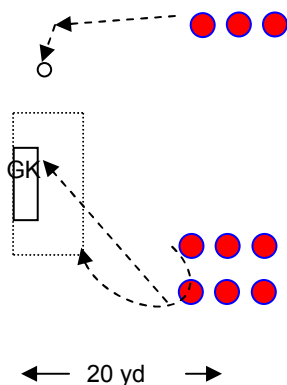
Crossing (10 min.)

Wing player takes a hard touch down the line, then with her second touch takes a touch in towards the near post and crosses the ball out to the 12 yard spot where a player making a near post run should bury the ball into the net.

Coaching Points

- Wing player sprints down with ball, cuts the ball in and gives a very hard cross directly to the feet of the oncoming player
- Encourage communication and eye contact
- Keep lines moving very quickly
- Switch sides

EXERCISE 2



Crossing (10 min.)

Wing player takes a hard touch down the line, then with her second touch takes a touch in towards the near post and crosses the ball out to EITHER the 12 yard spot where one player is making a near post run OR to the player making a bending run to the far post

Coaching Points

- Wing player sprints down with ball, cuts the ball in and gives a very hard cross directly to the feet of the oncoming player
- Encourage communication and eye contact
- Player crossing ball should yell name of person she is crossing to
- Keep lines moving very quickly

