

Defending the High Cross

High Cross Warm Up

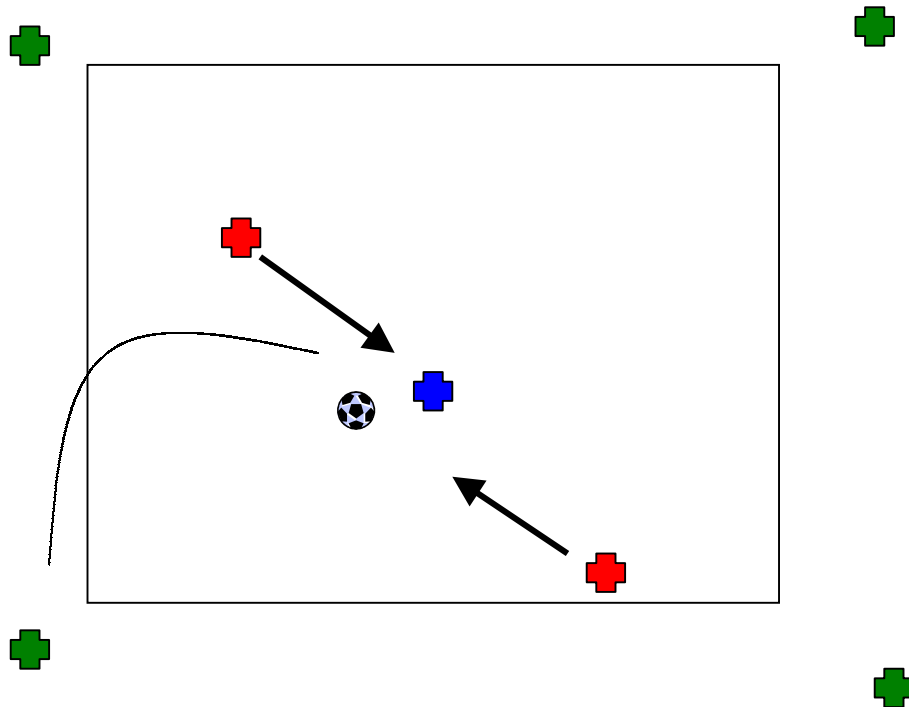
Players stand back to back and pass the ball over head and then thru legs and then side to side.

Bounce ball hard and high as you can. Reach hands over head and catch as high as you can without leaving your feet. Get directly underneath the ball.

Progression: Leave feet to catch at the highest point.

Team up with a second player. One player bounces the ball and then harasses the catcher. Second player catches the ball. Arms and legs working together get you in the air.

Training for the High Cross

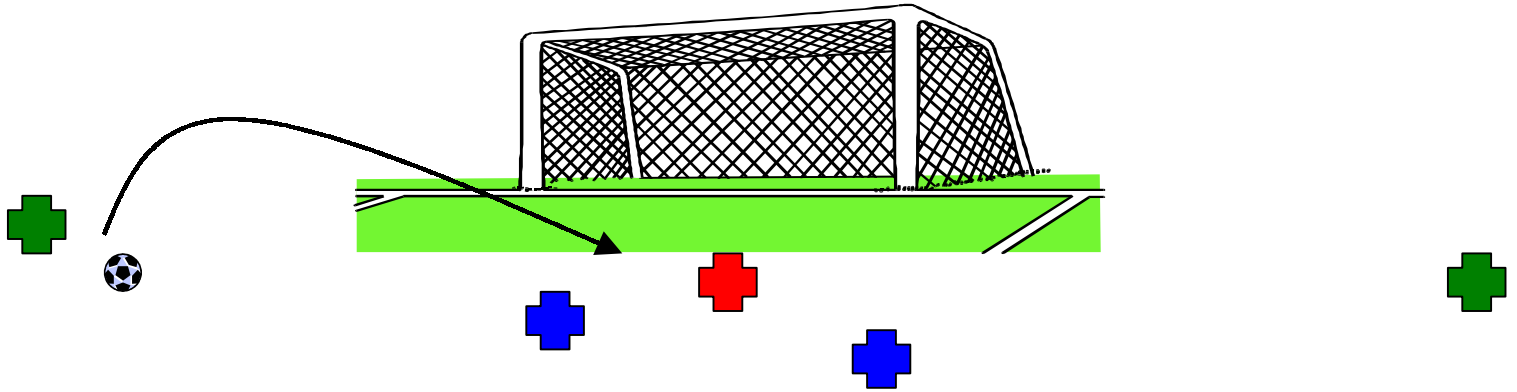


Make a 15 yard by 15 yard square. Place one catcher and two “blockers within the square. Place a man at each corner with a ball.

Each corner man has a number 1 to 4. The coach calls out a number (1 to 4) and that player serves a high ball to the center keeper. The keeper has to **attack** the high ball and win it in the air while being harassed by the other two players in the box.

Keeper immediately returns the ball to the server where upon the coach calls out a second number.

Defending the High Cross and Clearing

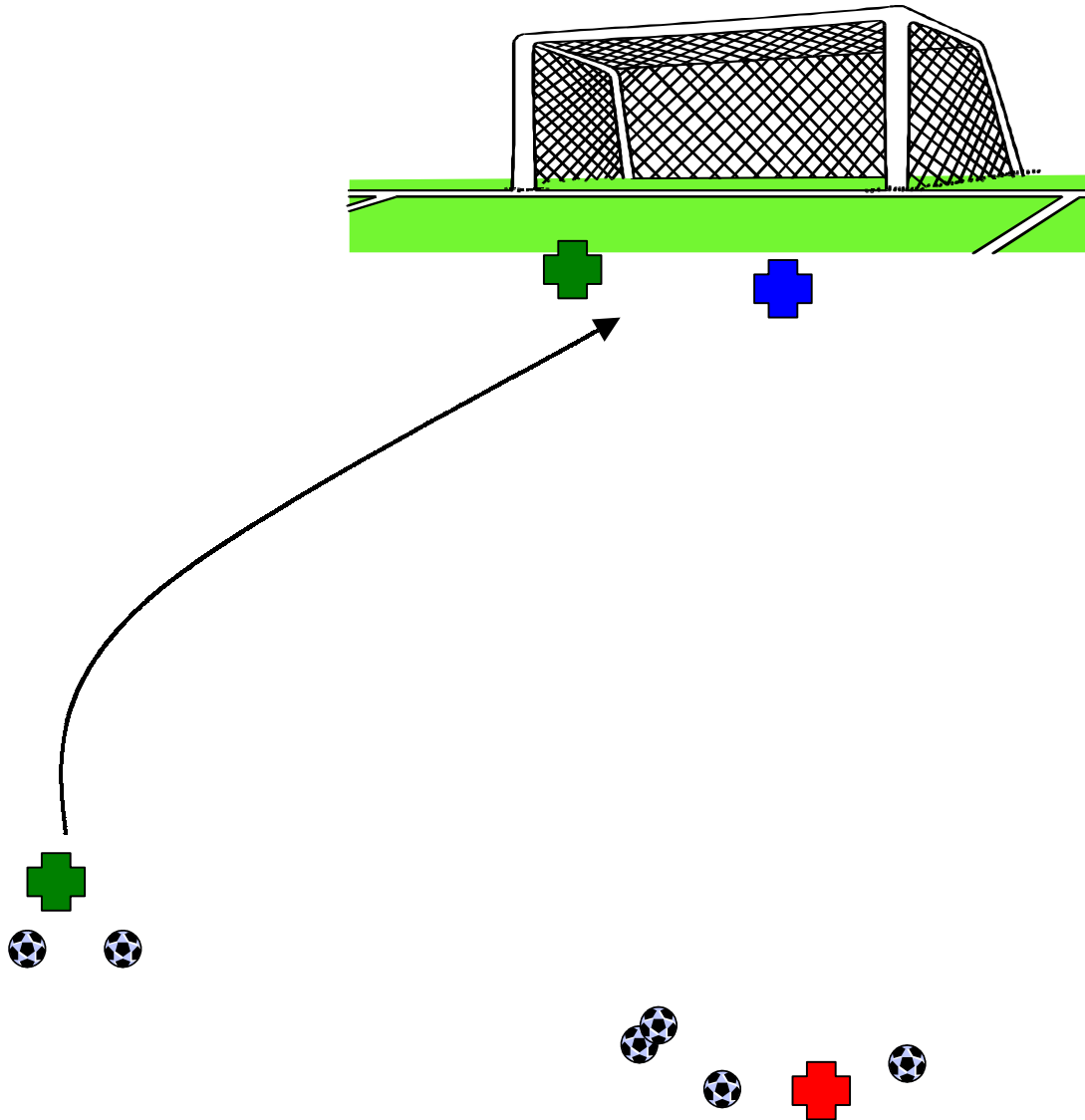


Set Up and Execution

Place one keeper in the goal with two blockers to harass her. Two players with multiple balls stand outside the 18 to serve high balls across the box. Two other players are 25 yards down field in side a marked off target (cones will do)

Keeper attacks the high ball, wins it in the air and immediately turns and throws it downfield **opposite** the direction from which the cross came. This switches the field and hopefully catches the offense still charging at the goal.

After the throw has been made, a second cross, from the opposite side is made and the process repeated.



High Cross Knockout

Place two (2) keepers in goal. High cross is served into the box. Both keepers must legally go for the ball. No pushing, no shoving. Whoever wins the ball steps out and the remaining keeper defends a shot from the second player standing at the top of the 18. Play to 3 goals allowed. Whoever loses, stays in and defends again.