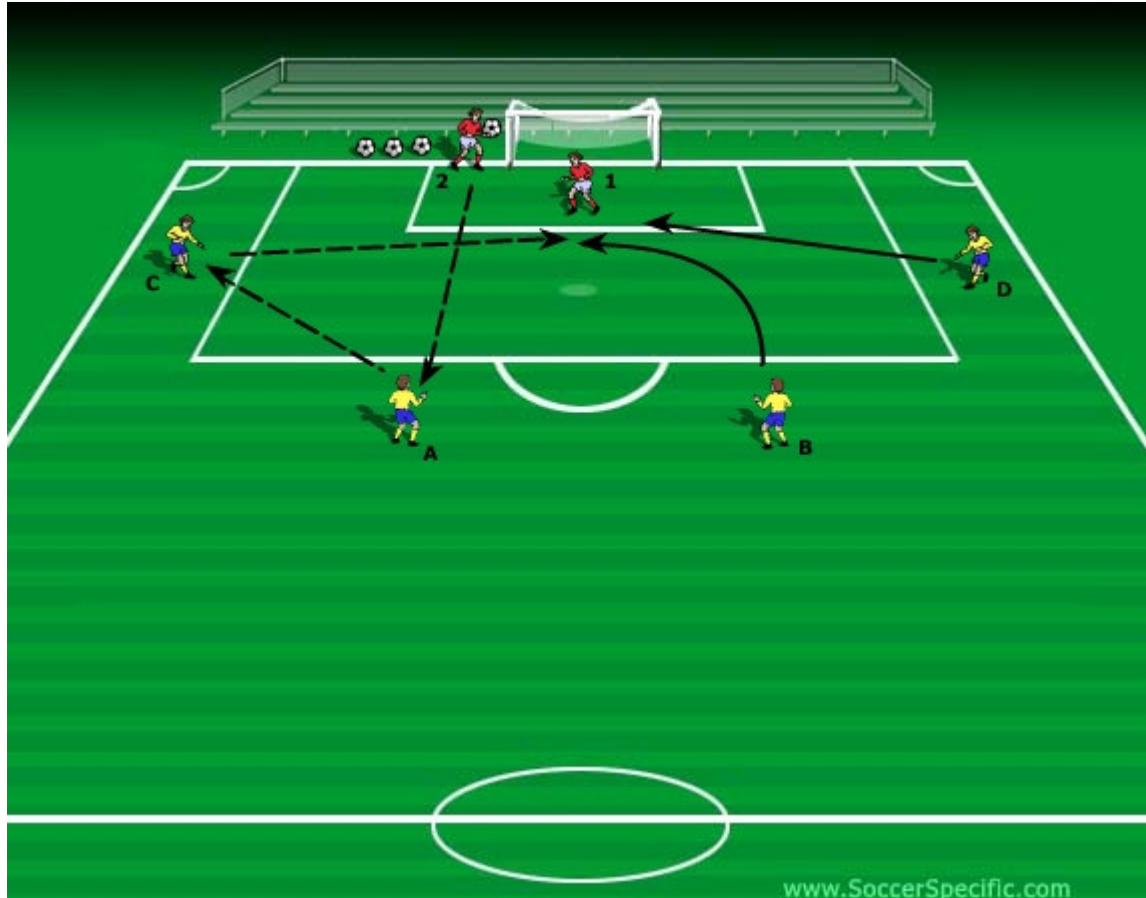


Crash The Box

Emphasis: One touch finishing from early crosses into the box.



Set-up: Place one goalkeeper in goal and the other goalkeeper on the side of the goal with a group of balls. Place two players (A,B) 30 yards out from the goal and even with the corner of the 6-yard box. Place two players on the sides of the 18-yard box and 5 yards in from the sidelines.

Objective:

Goalkeeper (2) distributes the ball to either player (A) or (B). Player (A) or (B) can play it on the ground to either player (C) or (D). Player (C) and (D) must hit a one time in-swinging service into the box for their teammates to attack. If (A) and (D) were involved with the build up then (B) and (C) must attack the ball at the front and back post. Look for a one-time finish to score.

Progressions:

1. (A) and (B) can shoot or go on a 1v1 breakaway.
2. (C) and (D) can shoot at any time.
3. Add a defender.

Coaching Points:

- Early delivery must be in front of the attackers.
- Timing of runs into the box must be precise.
- Redirect the ball into the goal – no need to go for power.