

# CROSS GOAL FINISH

AGES 10 TO 16

## HOW TO PLAY

- Players are split into two teams - Red and Blue Team
- Red players can score by connecting 10 passes without losing possession of the ball.
- If the ball leaves the field the coach will play a new ball in.
- The blue team can score in one of the 4 goals if they win possession of the ball.
- Switch the players on a regular.

## KEY COACHING POINTS

- Player awareness is huge on this one. Advise the players to always know where their nearest goal is to score. Turning their head to check the space they have.
- Turning on the ball is key in this game. A quick turn to create a quick goal-scoring opportunity.
- Discuss the quick ways to turn, no turn, drag backs, stepovers, etc.
- Teams should be encouraged to move quickly when their team gains possession. Discuss the difference between being in and out of possession.

