



## Cross w/ Distribution

**Category:** Goalkeeping: Distribution

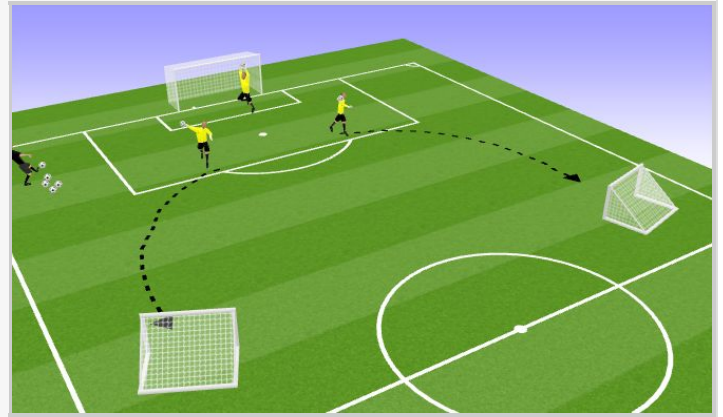
**Skill:** Mixed age

Pro-Club: SSP South America  
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### Description

- 1) Cross from corner, high ball;
  - 2) Catch and run to the big box line for a throw: (small net is the target)
    - 1st with hands;
    - Shooting (progress) - move the small net further.
- P.S: Switch side.

### Screen 1 (10 mins)



### Coaching Practice Review and Reflection

Hands: Ball goes up and down;  
5 balls each side;