



Cross-Cage Two-Ball Series

Category: Technical: Specialist Skills

Difficulty: Performance Phase

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Screen 1

Objective: Encourage your goalkeepers to get on angle quickly and be balanced for two quick shots.

Set Up:

- Two piles of balls on the right and left side of the circle

The Drill:

- Goalkeeper starts on the opposite post than where the shot is coming from
- When the coach yells go the goalkeeper runs quickly to get on angle
- As soon as the goalkeeper is set, the coach sends a shot to the far post
- After the save, the coach sends a second shot toward the near post
- Play out the second ball if the rebound stays in the circle

Points of Emphasis:

- Encourage your goalkeepers to execute a one-time clear out of the circle
- Pay attention to your goalkeeper's set position—make sure their weight is forward, hands are up, and they are on angle
- Get your goalkeeper to move quickly to get on angle for the shot

Recommended: If your goalkeeper is not on angle, pause before starting the shot sequence to get them in the correct position. Start your shots at 50-75% power to build their confidence. Set up gates low on either side of the circle to give your goalkeepers a target for their clears. After 4-6 rounds on the right side, switch to the left.

