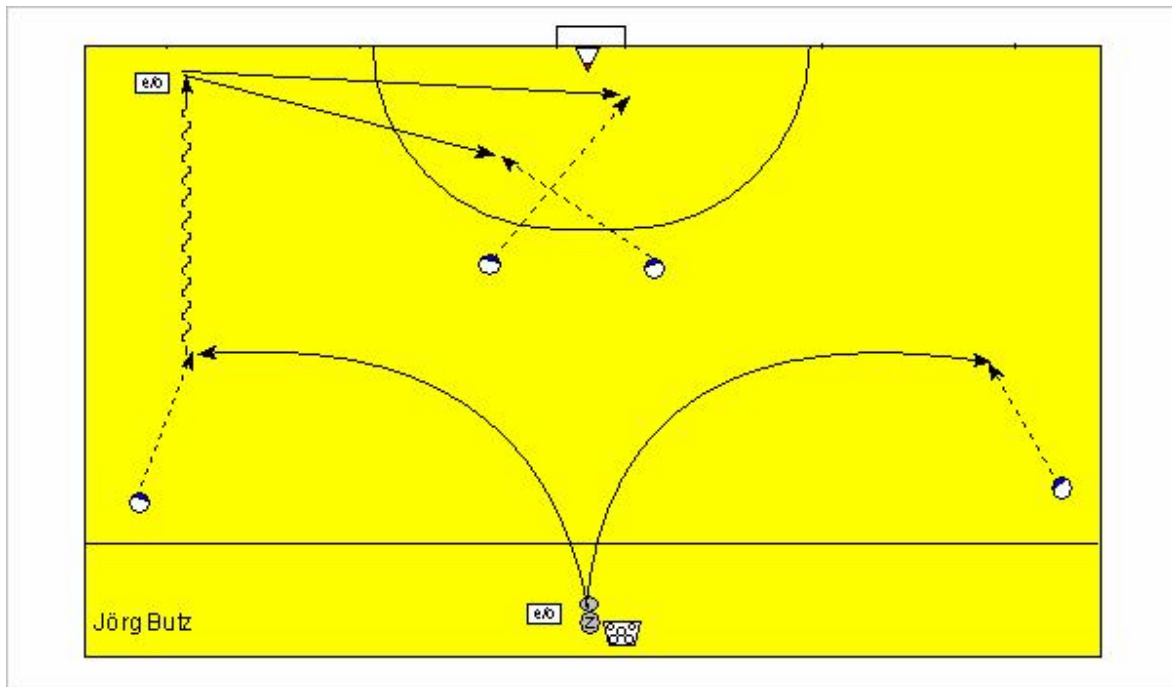


Repeat Exercise Improving passes and crosses



Set up of the exercise

- A winger on each side of the pitch
- 1 provider to pass the ball
- 2 attackers in front of a goal with keeper

Cross by field players with finishing off on goal I

Alternating: 1 of the wingers receives a scoop from the provider and crosses in a single flowing movement with an Argentine back hand to players in front of goal.
The two attackers finish off the cross either directly themselves or using their team-mate.