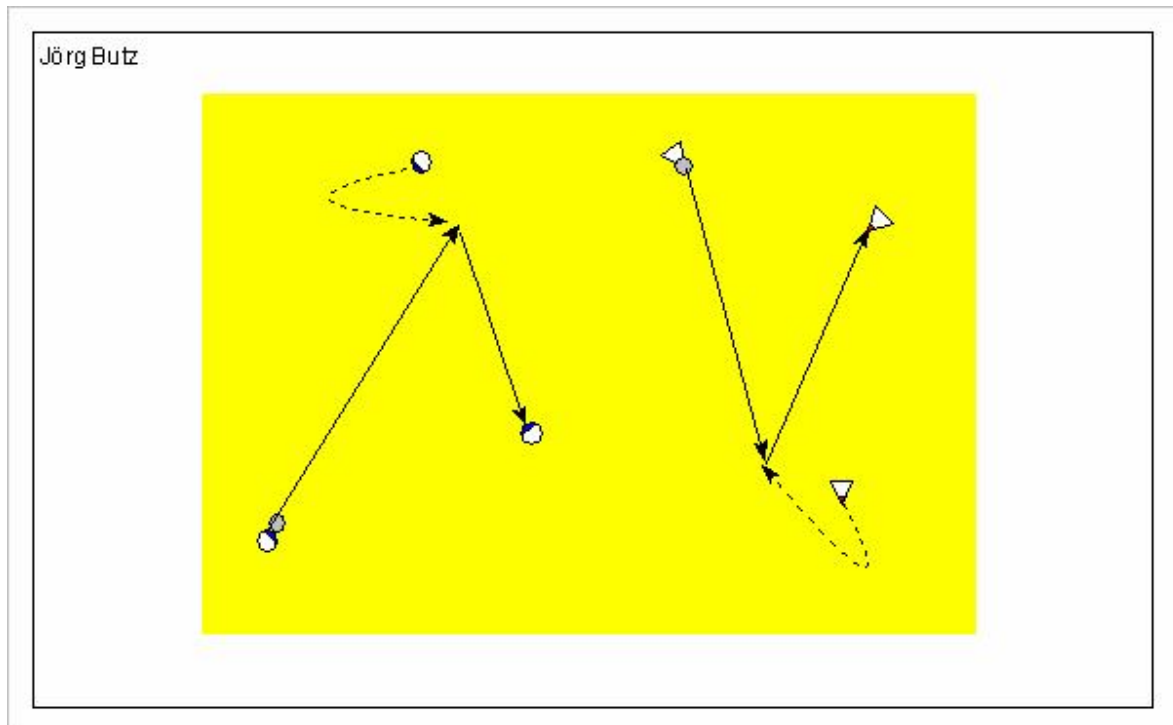


## Crossing Staged exercise



### Goal of the exercise

Groups of 3 players move with 1 ball in a defined space.

### Level 1

The players of one group pass to each other while dribbling with hard and accurate passes.

The team-mates must offer themselves with clear body feint to the player with the ball:

1. Start by offering yourself sideways with clear change of direction in the opposite direction!
2. Offer yourself to your team-mate after you have first sprinted away and sprinted back a short way to receive the ball!

### Pay attention to these points during the exercise

Accurate passes while the player who passes is moving.

Offer yourself at the right moment.

Turn away and offer with body feint.

Tight and active ball control ( don't wait for the ball!).