

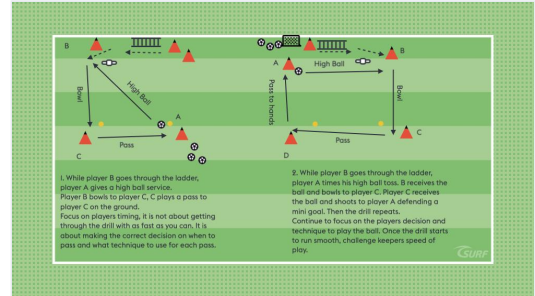
Crossing & Distribution Warmup

Written by Kelin Briones

20 mins 5 players 4 balls 18 yards x 10 yards area

Key Coaching Points

- Decision Making
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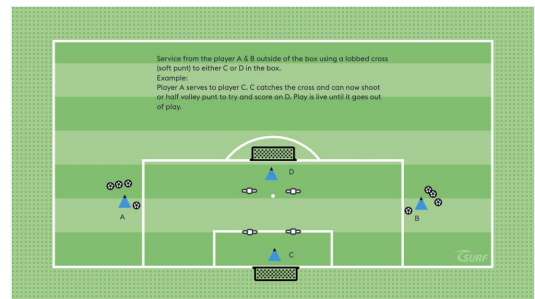
Crossing & Distribution

Written by Kelin Briones

20 mins 4 players 10 balls 18 yards by 36 yards area

Key Coaching Points

- Starting Position
- Reactions



Crossing & Distribution into space

Written by Kelin Briones

20 mins 4 players 10 balls 25 yards x 50 yards area

Key Coaching Points

- Communication
- Timing

