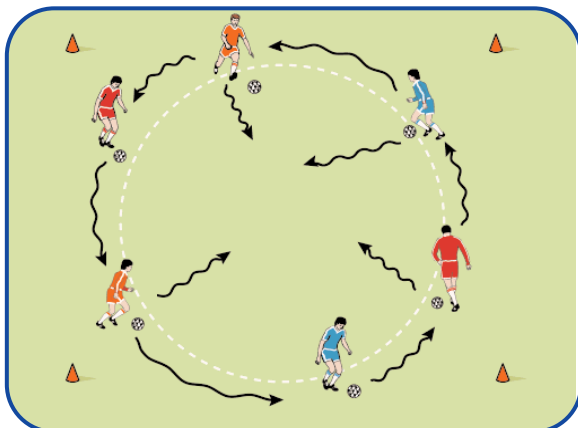


Cross Over



Implications for the Game

Technical

- Dribbling
- Changing direction
- Close control

Physical

- Balance
- Agility
- Quick reaction time

Tactical

- Looking for space
- Reading the environment

Social/Psychological

- Working within a group

Activity Organization:

Players work in a circle formation, each with a ball.

Players dribble around the circle. On the coach's signal, the players attempt to cross through the circle without touching each other. If the group is large, have players count off by two. When the coach calls number one or two, players quickly turn and dribble across the circle without touching other players or their soccer balls.

Related Activities

- Like Magnets
- Find the Coach
- Everybody's It