




# The Cross Bar Challenge

## Training Plan

<b>Title:</b>	The Cross Bar Challenge
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Improve ball striking</li> <li>2. Improve aerial kicks</li> <li>3. Can improve throw ins and identify who might be a good thrower</li> </ol>
<b>Age range:</b>	U6's +
<b>No. of Players:</b>	From 1 to 20
<b>Time:</b>	30 mins max
<b>Organisation:</b>	<p>Plenty balls. Discs.</p> <p>Place players in their groups of 3 (max).</p> <p>Each group is behind a disc equal distance away from a goal with a cross bar.</p> <p>The distance will depend on age and player capability (older more capable = further away).</p> <p>AVOID HAVING TOO FEW GROUPS WITH LOTS OF CHILDREN IN A LINE.</p>
<b>Drill:</b>	<p>First player in each group tries to hit the cross bar with a throw in or kick from the floor or from their hands (depending on what you want to coach).</p> <p>Players then retrieve their balls before next 3 try.</p> <p>Anyone who hits the cross bar is cheered and can do a celebration of their choosing.</p> <p>The group achieving the most hits is the winning group.</p> 
<b>Coaching Points:</b>	<p>Try and hit the target.</p> <p>Weight the kick or throw properly.</p> <p>Get the correct trajectory.</p>
<b>Progression:</b>	Go further back.