

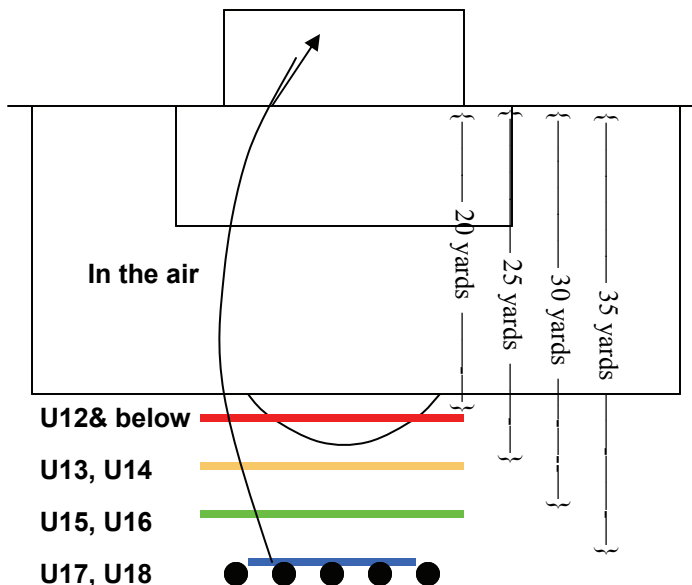


# SKILL : Crossing



## Set up:

- 5 balls,
- 1 regulation size goal
- stop watch
- witness
  
- 5 balls are placed on a line of a certain distance away from the goal line. The distance depends on your age.
- Each color represents an age group and a certain distance. Example: The U18, U17s have to strike balls that are 35 yds. away



The penalty box above is a regulation size box, 44 yards wide and 18 yards deep. The goal is a regulation size goal.

## Directions:

Time starts when player hits the first ball. The player must try to hit all 5 balls into the goal while each ball cannot touch the ground before it crosses the goal line. Time is stopped when the last ball crosses the goal line.

## Other rules:

- 3 of the 5 balls must be struck with one foot, the remaining 2 balls must be struck with the other foot.
- Balls that hit the cross bar and/or posts and go into the goal are counted.
- Balls that bounce directly on the goal line and then go into the goal are NOT counted.
- Obviously, more balls placed into the goal with a slower time is better than a faster time and less balls in the goal.
- The preferred part of the foot to strike the balls with is the instep.

## Note:

You must have a coach (or another adult) witness your record breaking attempt in order for Top Flight to post your times / scores online. Best way to send us a new record is by VIDEOTAPING it. We will post record breaking video online.