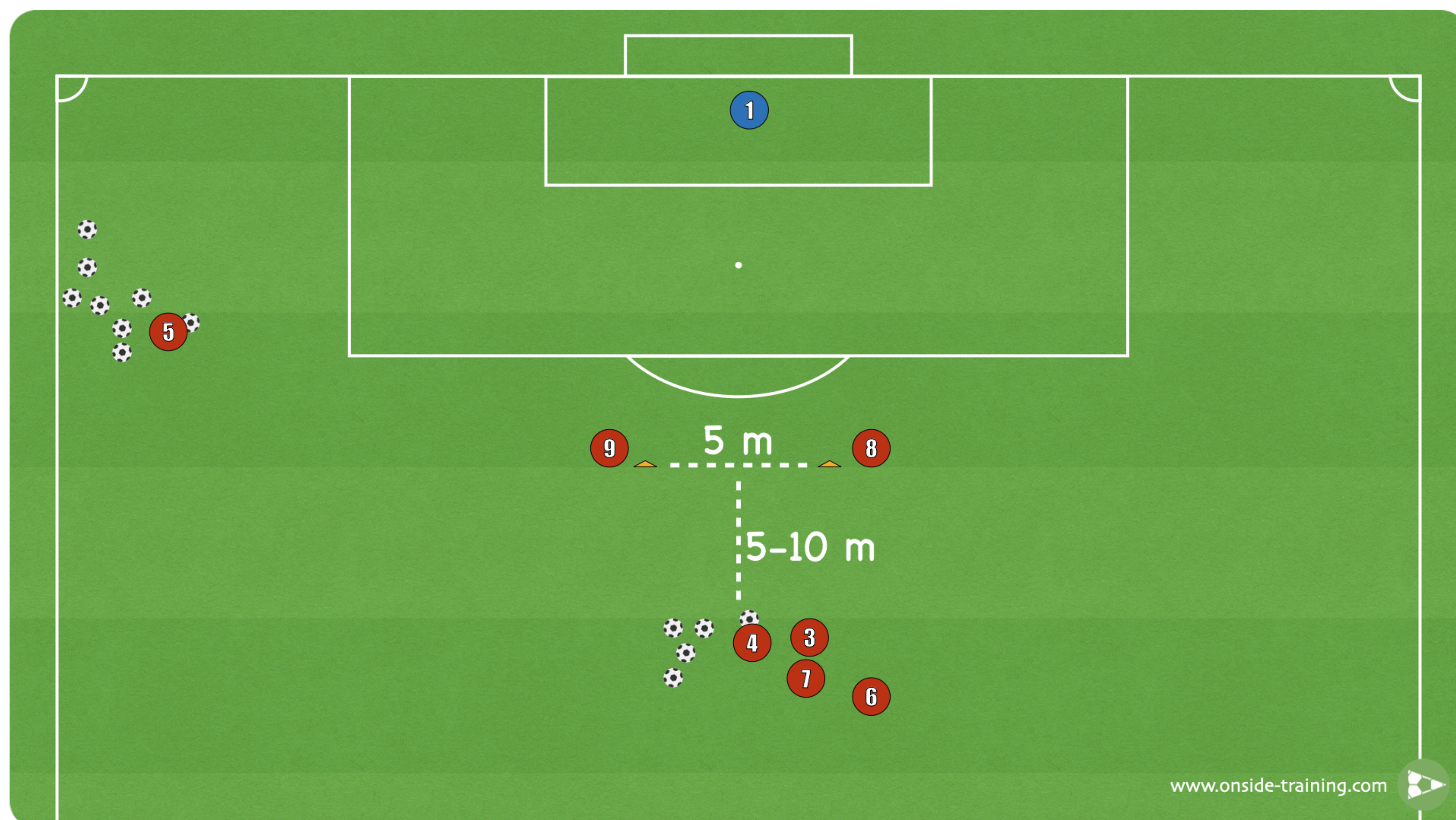


CROSSING AND SHOOTING DRILL 1

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Setup:

- Position two cones a few meters outside the box with approximately 5 meters of space between them.
- Assign two players to stand at each cone.
- Position a winger on one side of the field with a supply of balls.
- Place the remaining players a few meters behind the two cones, with a supply of balls at the same location.



Why Use This Drill?

This crossing and shooting drill is straightforward and uncomplicated, making it ideal for any team. It's easy to set up and provides your players with valuable skills for the attacking part of the game.

During the first phase, players focus on passing in tight spaces and taking shots from outside the box. This helps improve their precision and power in shooting.

In the second part of the drill, players practise crossing the ball and scoring goals. Those positioned in the box also learn to time their runs for the perfect cross.



CROSSING AND SHOOTING DRILL 1

How It Works:

- The drill kicks off with a pass directed to one of the players stationed at the two cones.
- The player at one of the cones receives the ball, takes a single touch, and swiftly passes it to the player at the opposite cone.
- The receiving player now executes a single touch before making an attempt on goal.
- Following the shot, both players move into the box to position themselves for the incoming cross.
- Simultaneously, the winger takes one or two touches down the pitch and delivers the cross.
- Rotate players after each cross.
- Make sure crosses are taken from both sides of the field.

