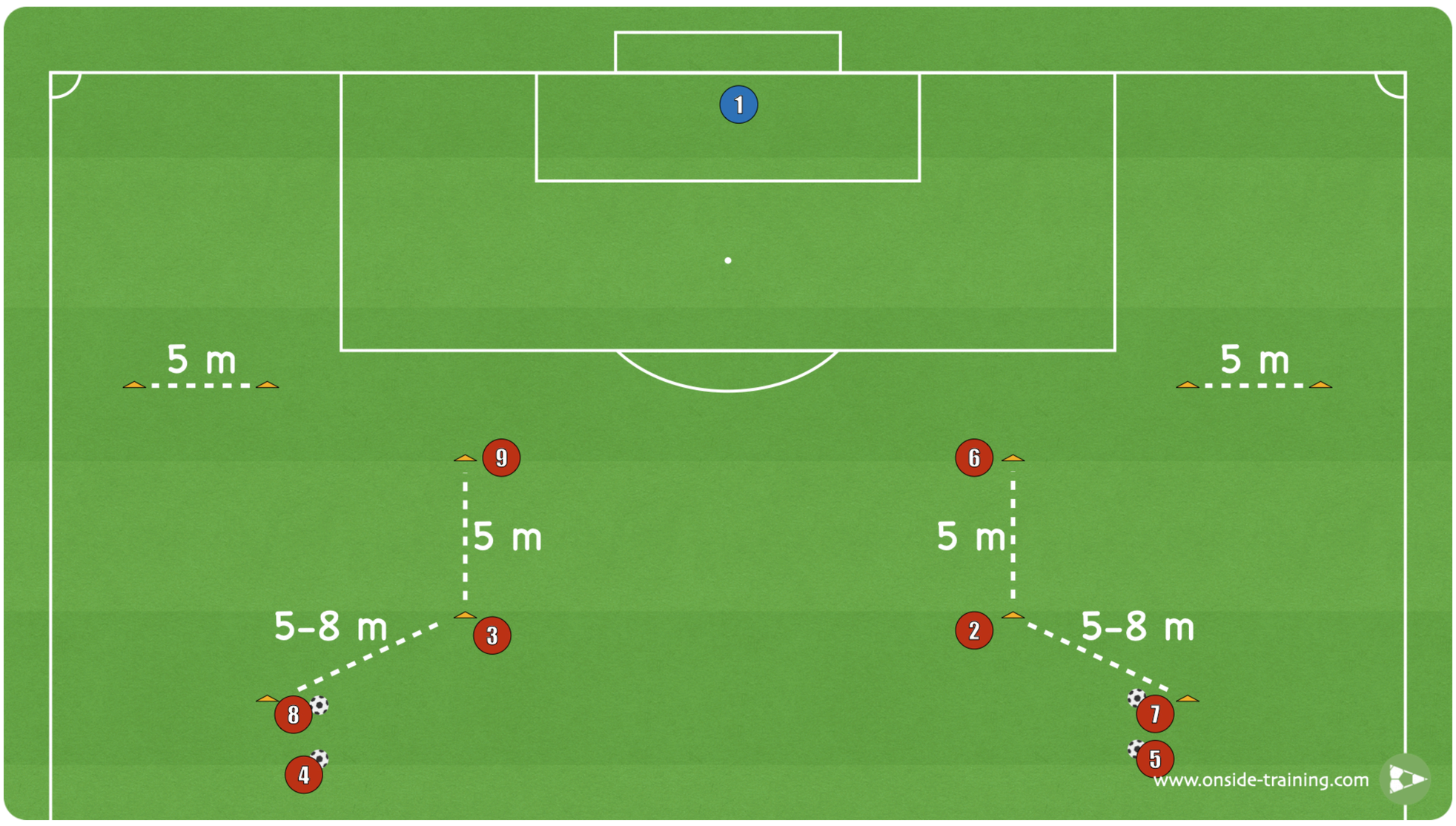
CROSSING AND SHOOTING DRILL 3

www.onside-training.com

Setup:

- The drill consists of two sessions, one on each side of the field, with five cones on each side.
- Position the cones as illustrated in the image.
- Assign two players at the cones closest to the middle.
- Have the remaining players form a line behind the starting cone.



Why Use This Drill?

This drill enhances the players' ability to execute short passes in tight spaces, precisely timing both the pass and the subsequent movement from player runs. The winger, whether an attacking-winger or a full-back, plays a crucial role in aiding players to develop effective overlap movements during a game. The other attacking players gain insights into movement after making a pass and sustaining their run into the box to receive a cross.

CROSSING AND SHOOTING DRILL 3

How It Works:

- The drill begins with the starting player executing a one-two pass with the closest player.
- Afterward, the starting player passes to the next teammate, who lays it off to the other player at the cones.
- This player then delivers a long pass to the starting player, who has continued their run down the field. Simultaneously, the two players at the cones move into the box to receive the cross from the winger.
- All involved players rotate position after each cross and shoot.
- Ensure to play on both sides of the field, encouraging players to utilize both feet.