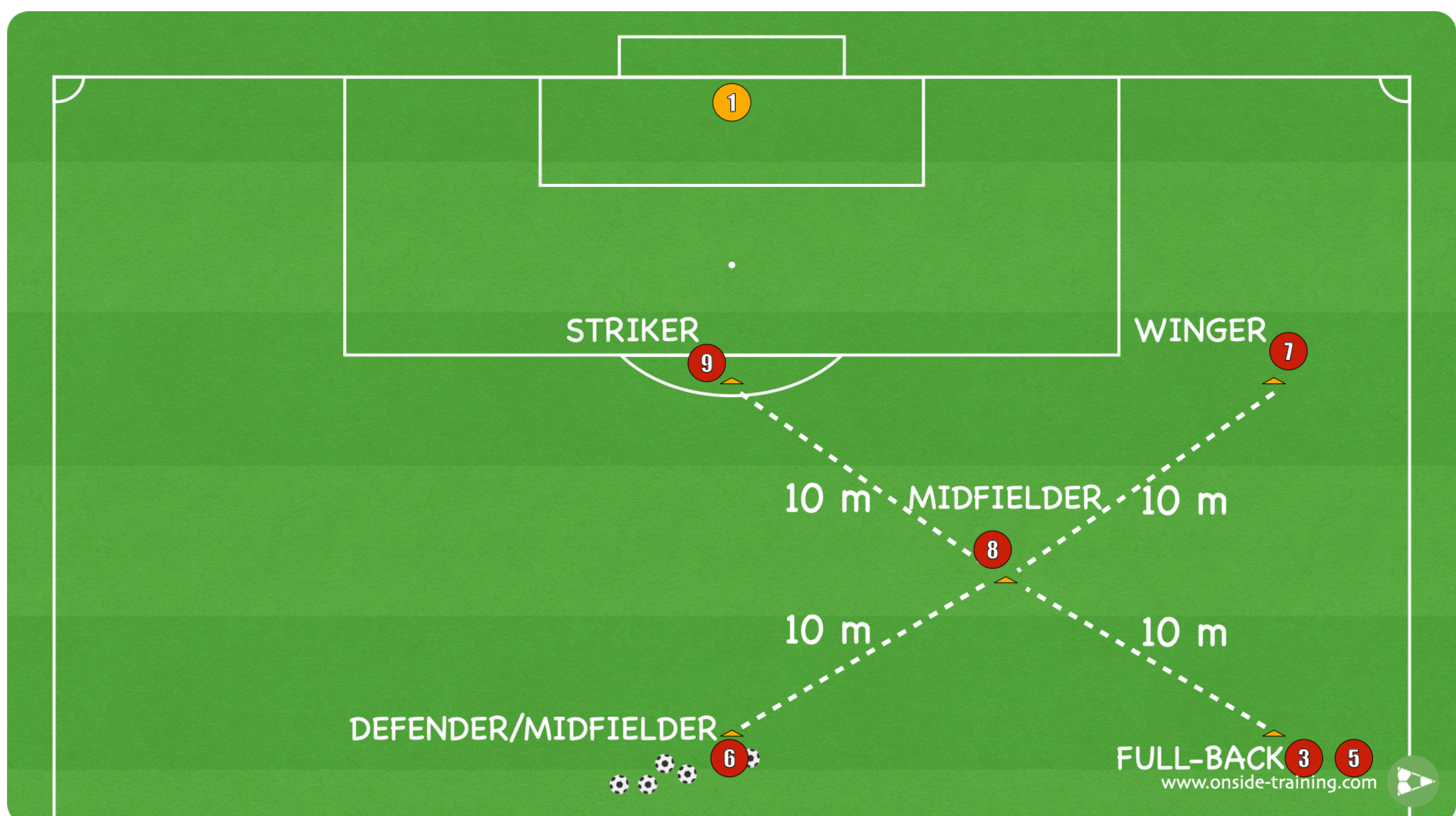


FULL-BACK OVERLAP CROSSING DRILL

Setup:

www.onside-training.com

- Create an "X" shape on one side of the pitch, with each wide cone placed around 10 meters away from the middle cone.
- Assign players to each cone based on their positions, and involve two or more full-backs in the setup.
- Adjust the distance between players based on their age and skill level.

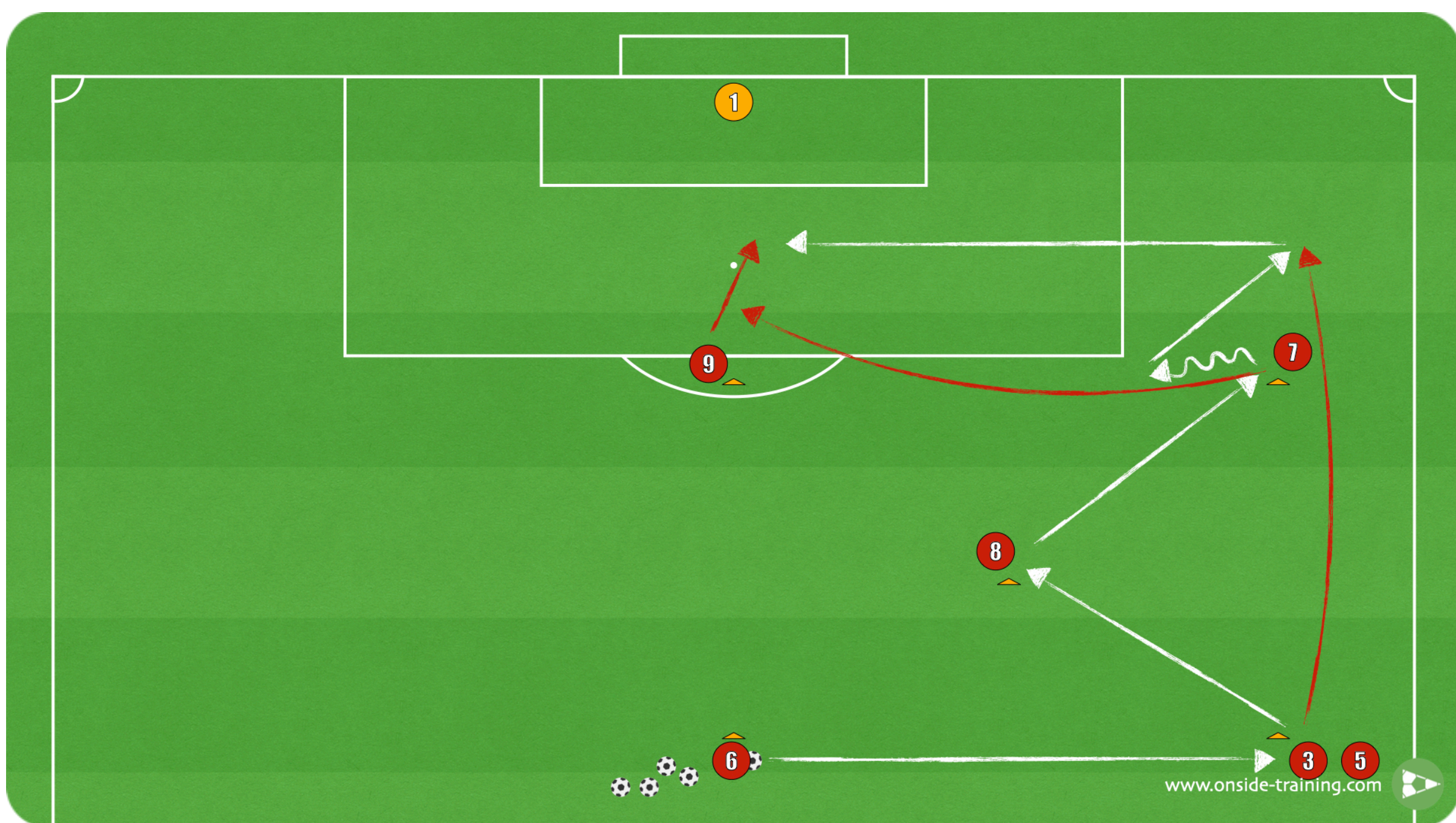


Why Use This Drill?

The Full-Back Overlap Crossing Drill is an effective way for players to practice the possession build-up phase, utilizing the full-back's overlapping runs to deliver crosses. The emphasis is on the full-back making dynamic runs up the field. It's recommended to involve two or more full-backs to allow for recovery time after each run. For added realism, other positions can be filled by players who typically play those roles, creating a more authentic in-game scenario.



FULL-BACK OVERLAP CROSSING DRILL

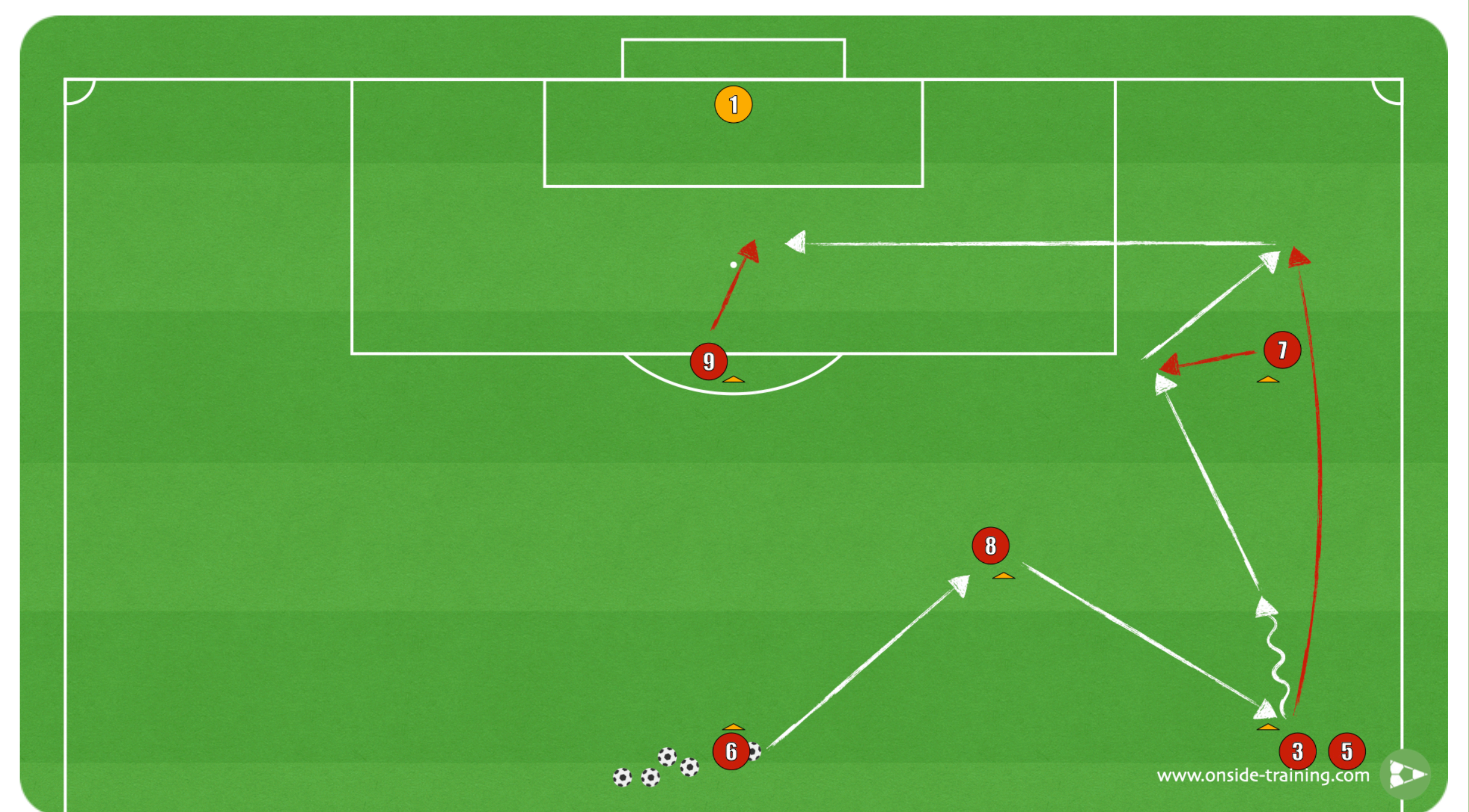


1. Variation:

In this combination, the defender/midfielder initiates the play with a pass to the full-back. The full-back then transfers the ball to the central midfielder, who subsequently feeds it to the winger. The winger takes one or two touches toward the center of the field to create space for the overlapping full-back. The full-back then receives the ball and delivers a cross, while the winger continues their run into the box, aiming to connect with the incoming cross.

2. Variation:

In this combination, the defender/midfielder initiates the play with a pass to the central midfielder. The central midfielder takes a directional first touch and then delivers a pass to the full-back. The full-back then takes a few touches upfield and engages in a one-two passing exchange with the winger. (The winger moves slightly toward the center of the field to generate space for the full-back.) Following this, the full-back executes a cross into the striker.



3. Variation:

In this combination, the defender/midfielder initiates the play with a pass to the central midfielder. The central midfielder takes a directional first touch and subsequently feeds the striker. The striker then lays the ball off to the defender or midfielder, who executes a long pass towards the overlapping full-back.

Meanwhile, the winger positions themselves inside the box, running between the cones positioned at the edge of the box. The full-back delivers a cross aimed at both the winger and striker.

