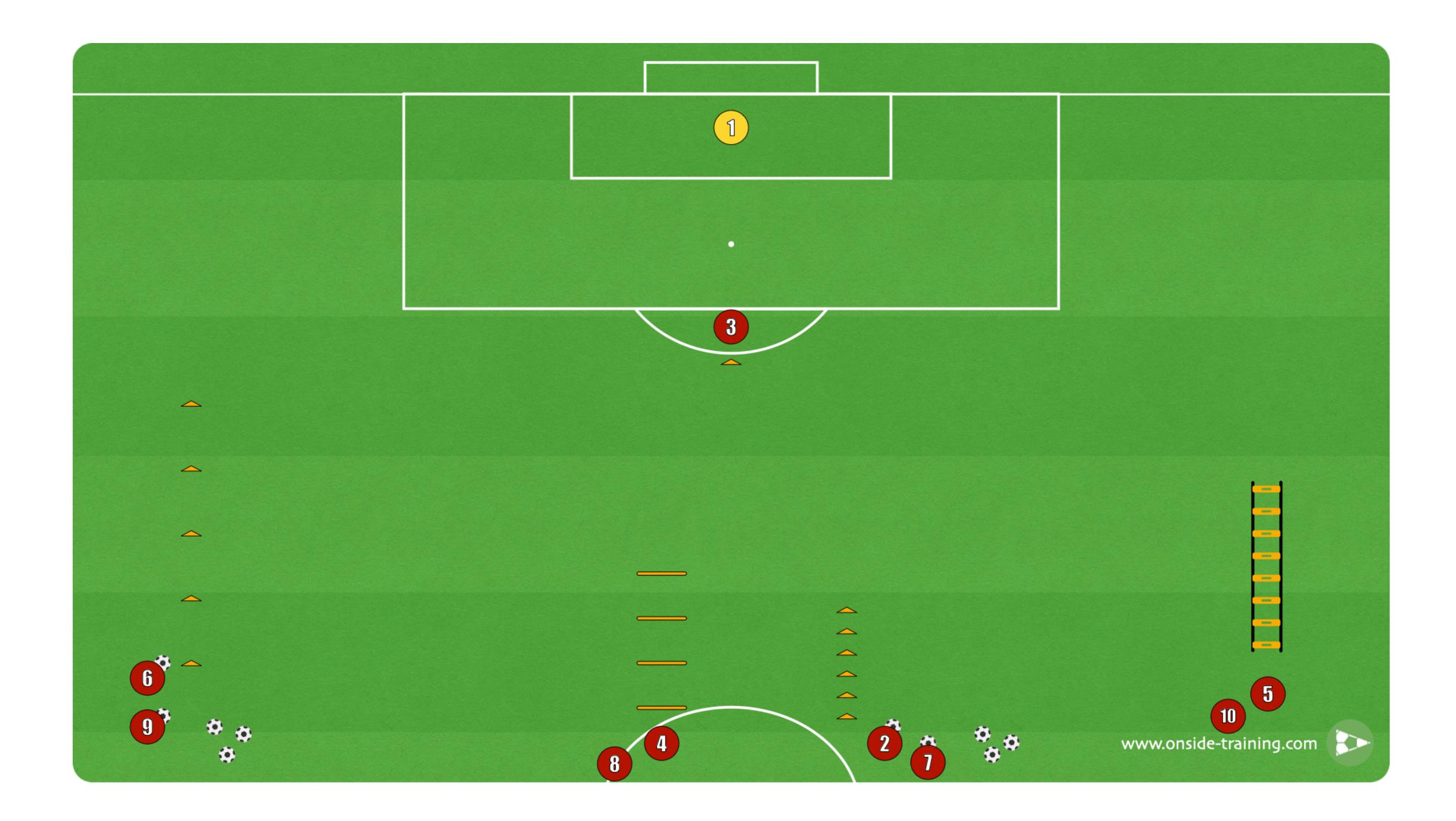
### THE SWANSEA DRILL

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## Setup:

- Utilize half of a football field, as illustrated in the provided image.
- Assemble a team of at least 9 players, including 1 goalkeeper, and position them at the designated starting points.
- Feel free to adjust the length of cones or distances based on your preferences.



# Why Use This Drill?

Drawing inspiration from the Swansea team, this drill is designed to enhance possession skills and make effective attacking play. It places a spotlight on various attacking phases, including executing through balls, crossing, and finishing. By simulating real-game scenarios, the drill equips your team with diverse strategies for goal-scoring opportunities during matches.

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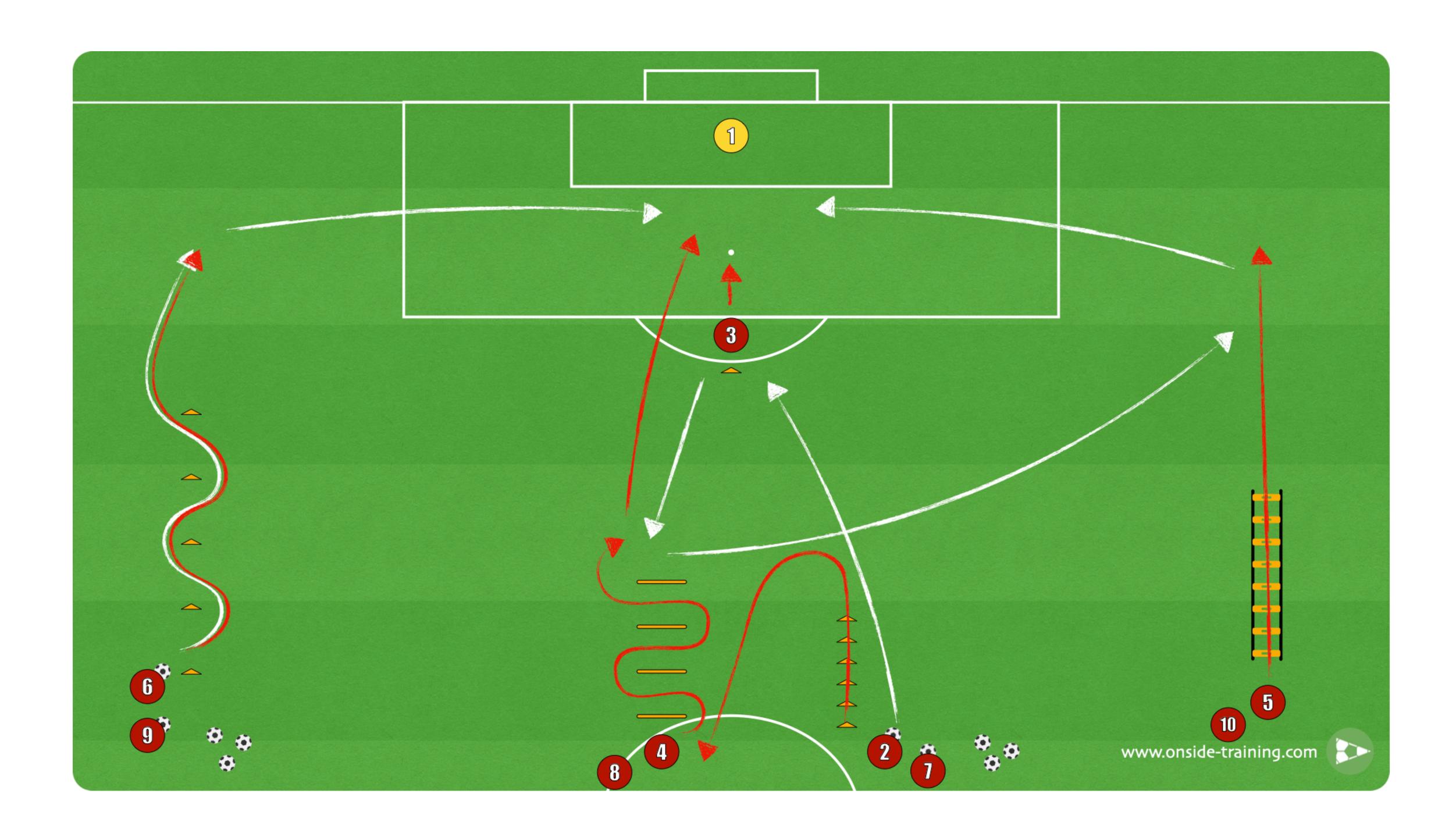


### THE SWANSEA DRILL

#### How It Works

The drill kicks off with player 2 sending a long pass to player 3. Player 3 then passes to player 4, who maneuvers through the obstacle and delivers a long ball to player 5. Player 5 executes a cross, and both player 3 and player 4 sprint into the box, aiming for a goal. Subsequently, player 6 navigates through the obstacle on the opposite side and produces a cross. After each cycle, every participating player shifts positions.

Consider incorporating a defender in the box to deal with clearing the crosses if necessary.



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