

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.

