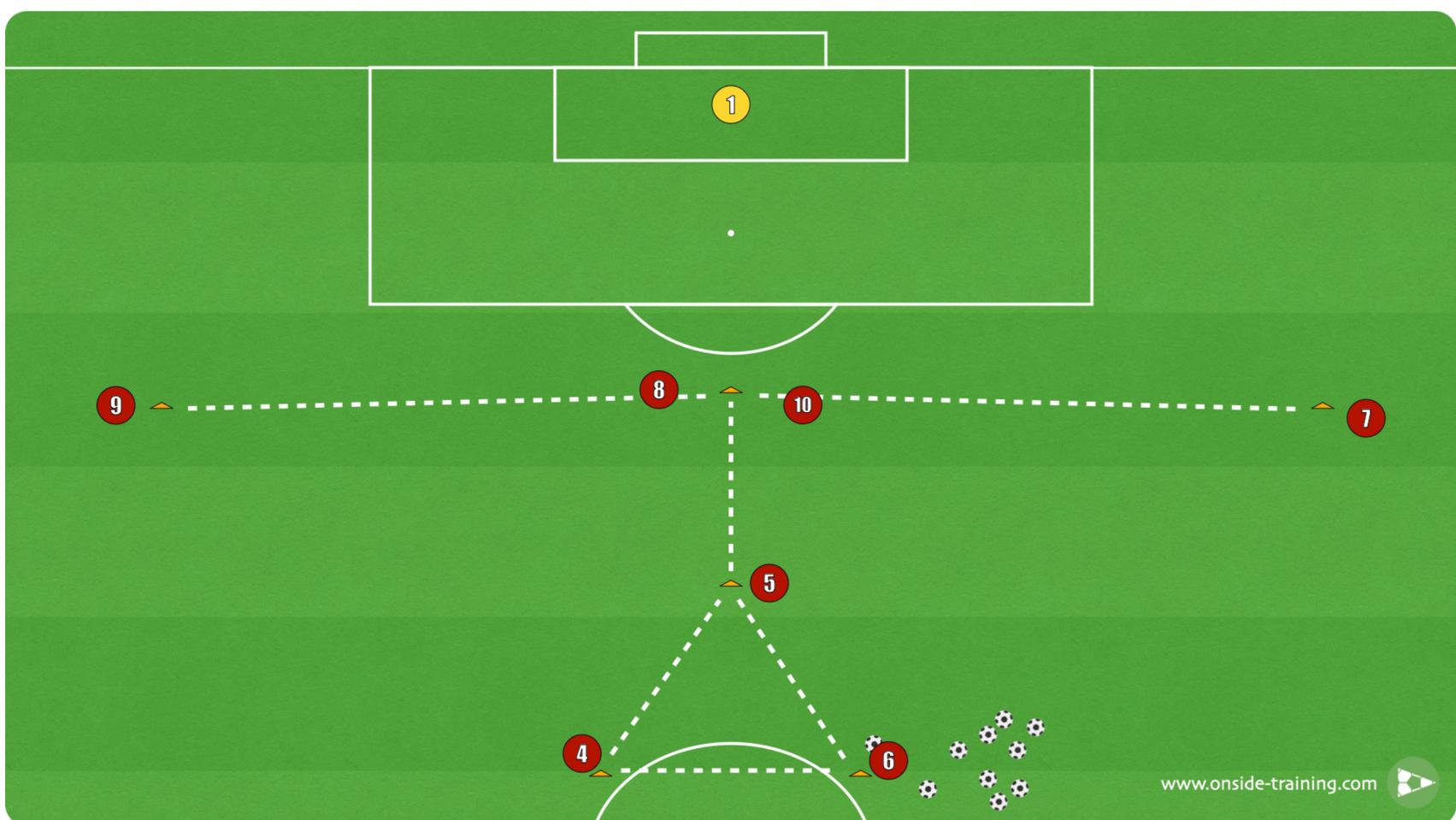


# TRIANGLE PLAY TO CROSSING DRILL

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## Setup:

- Arrange three cones in a triangle formation near the half-way mark of the pitch, assigning one player to each cone.
- On each wing, position a cone and a player.
- Outside the box, place one cone and assign two strikers to that area.



## Why Use This Drill?

The Triangle Play to Crossing Drill is a valuable tool for practicing possession and the build-up phase of the game. It enhances players' understanding of transitioning from the midfield to the wings for effective crosses. Additionally, players develop fundamental skills such as passing, long passing, crossing, and shooting/heading.



# TRIANGLE PLAY TO CROSSING DRILL

## How It Works

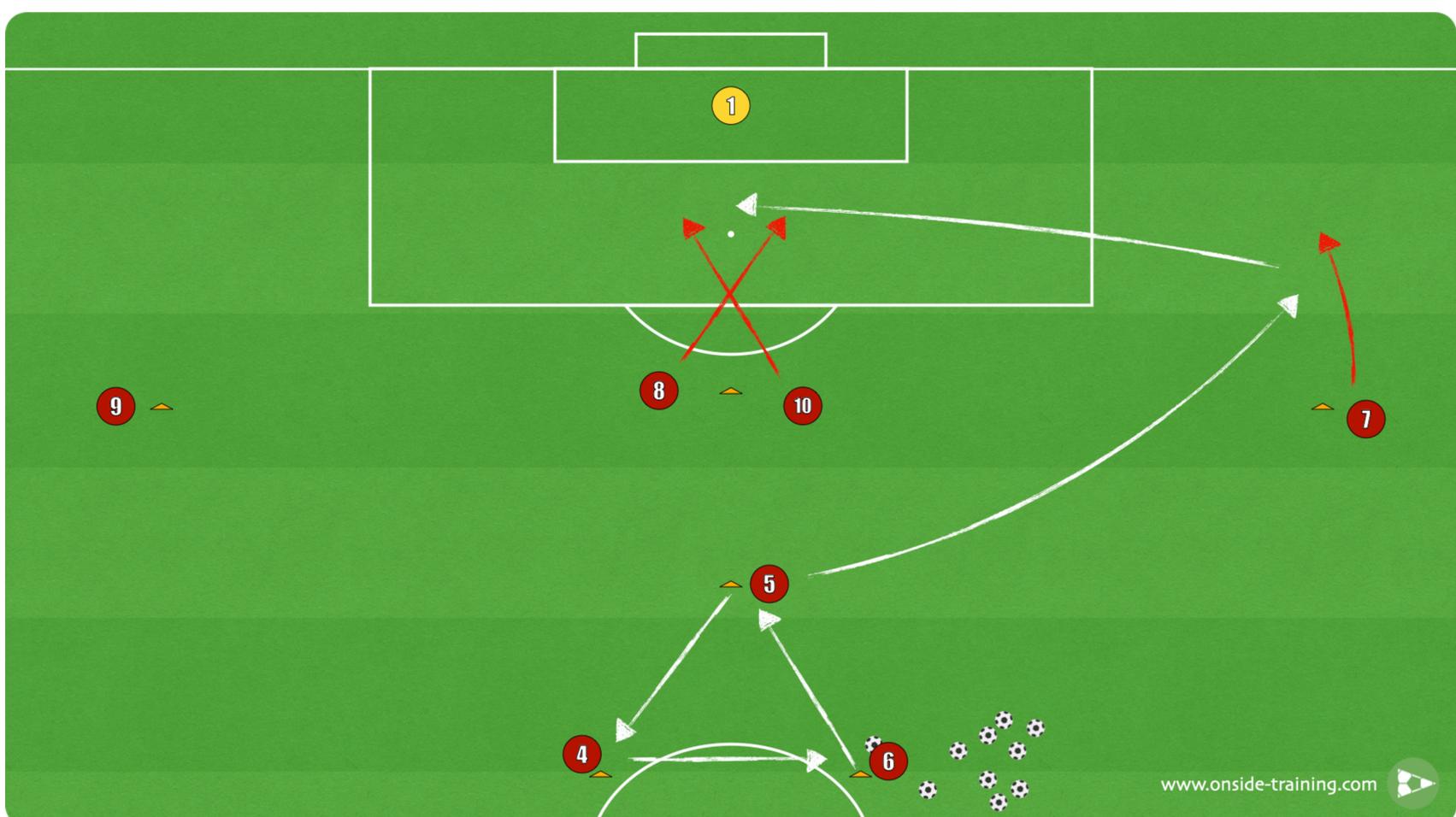
The midfields passes within the triangle. When the wingers and attackers are in position, one of the midfielders delivers a pass out to the wing.

The winger then sends in a cross towards the attackers, who make their move for goal.

The midfield quickly restarts the drill within the triangle right after the first pass goes out to the winger.

Extra variations to consider:

- The opposite winger can make a move into the box during crosses, aiming for a scoring opportunity.
- Add a defender to the mix, challenging the crossing and attacking players.



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