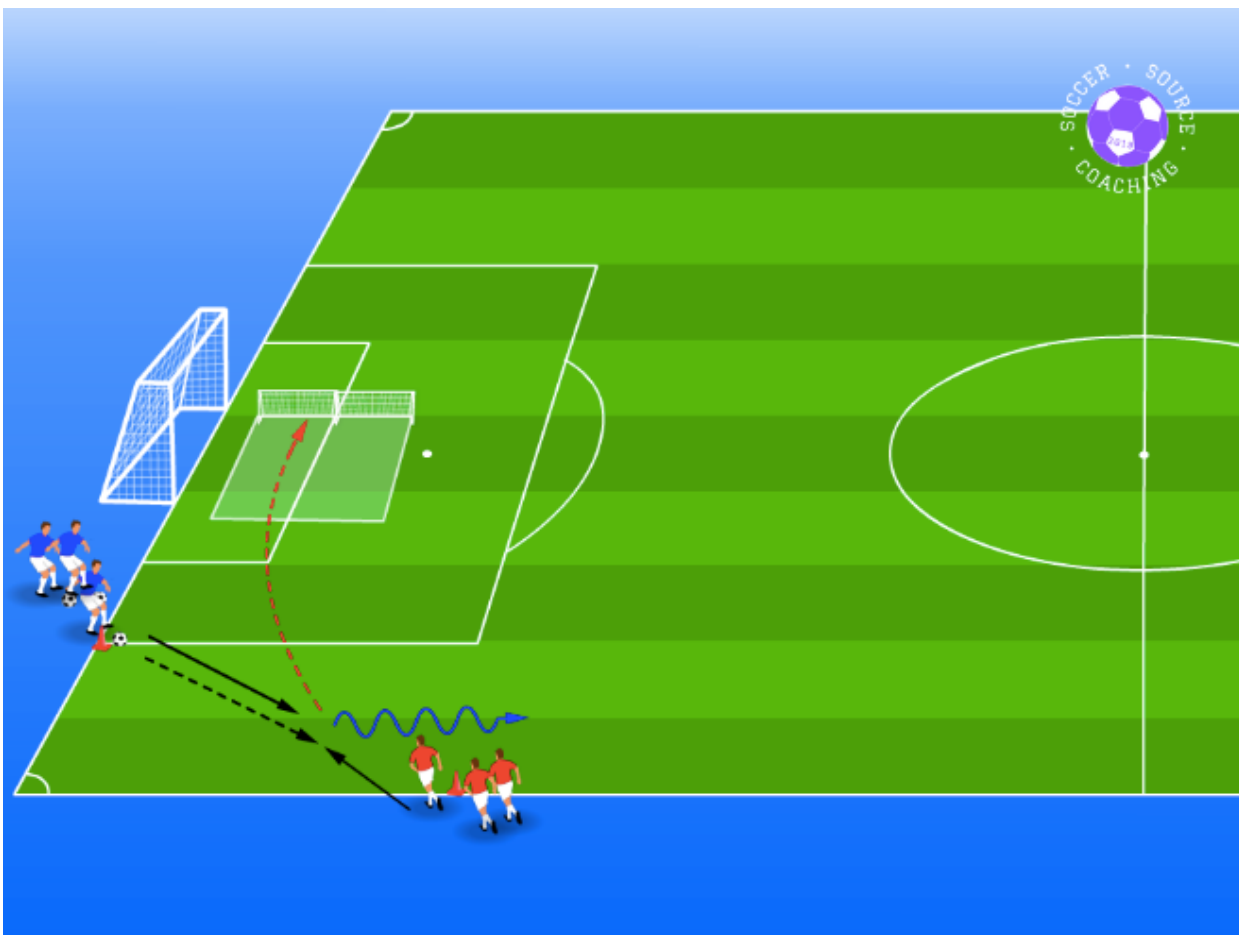


1v1 Crossing drill



How it works

The drill will start with the defender who will pass the ball to the wide player, the wide players must then try to cross the ball into the box.

The wide player can either go down the outside of the defender or cut inside and cross that way.

If the wide player is able to cross the ball and it travels through the square they will get one point, however, if the wide player is able to cross the ball and they score in one of the pug goals they will get 3 points.

If the defender is able to block the cross and dribble past the cone the wide player started on then they will get 1 point.

Coaching points

- Use a skill to give yourself the space to cross
- Make sure the last touch you have before you cross the ball is out of your feet
- Try to deliver the cross as early as possible

Questions

- How can you create space for yourself to deliver the cross?
- What should your last touch be like to make it easier for you to cross?
- When should you deliver the ball into the box? Why?

Purpose

The purpose of this soccer drill is to encourage players to create space for themselves with the ball to make a cross into the box

Set up

- 7 x 15 yard Channel
- 2 teams of 3
- 3 soccer balls
- 5 x 5-yard square
- 1 large goal
- 2 pug goals

Beginner