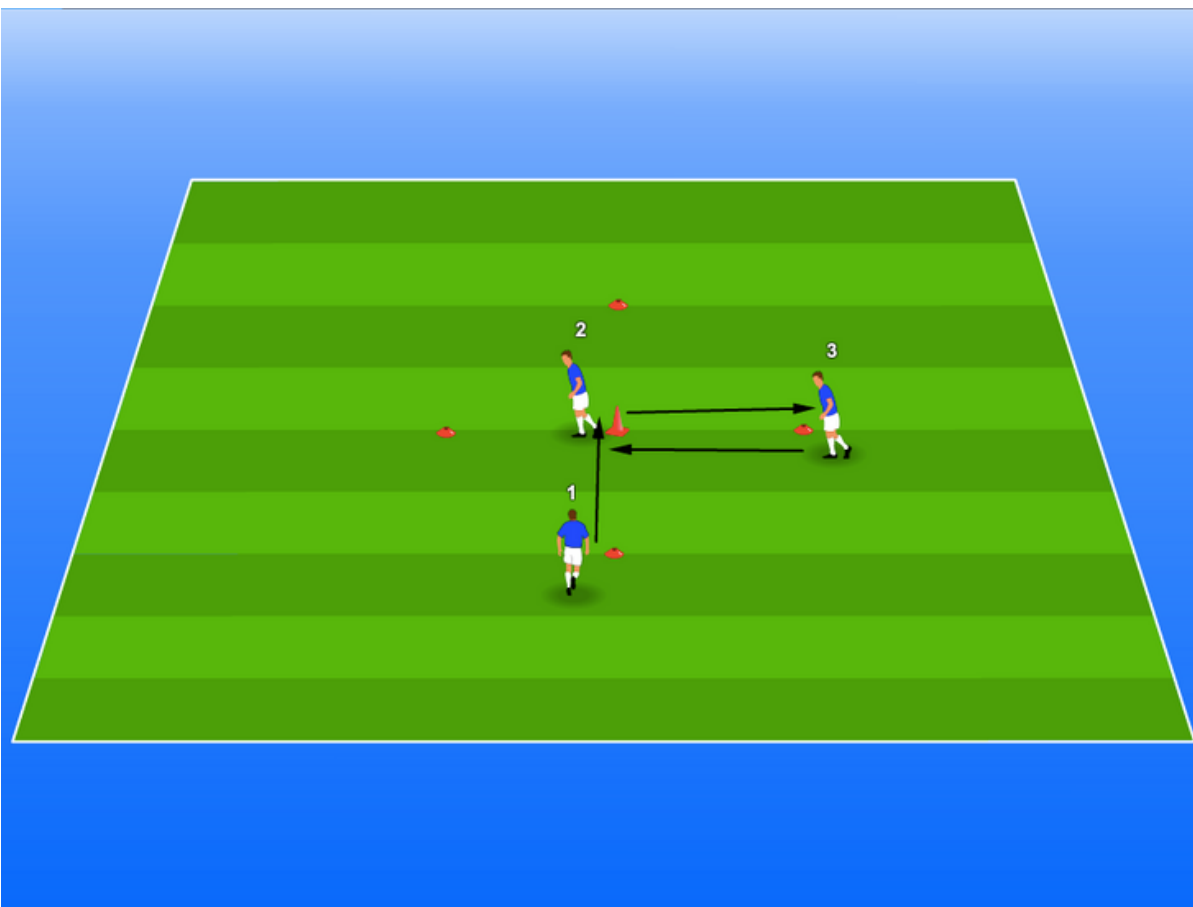


Forwards/backward crosshair drill



Purpose

The purpose of this fitness soccer drill is to help players accelerate and de-accelerate while changing direction.

Set up

- 4 cones
- 1 tall cone

How it works

Place a cone in the middle and then place a cone 5 yards to the north, south, east, and west of the middle cone.

For this drill, you can start on any cone on the outside (mark this with the tall cone so it is easy to distinguish).

Start by sprinting to the cone in the middle. once you have reached the cone in the middle turn 90 degrees to the left and then sprint back to the cone on the right (anti-clockwise).

Repeat this process until you get to the cone you started at. Have 30 seconds rest then complete 6 repetitions, alternating between anti-clockwise and clockwise

Coaching points

- Keep a low center of gravity
- Quick steps around the cones
- Focus on acceleration and de-acceleration

Questions

- What should your body position be like to make changing direction easier?
- What type of steps should you take around the cones?
- What should you be focusing on the most as you are approaching and moving away from the cones?

Beginner