

Crossing Drill -- Near / Far Post Runners 1

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Description of a crossing drill with offensive players making both near and far post runs.

Click image to view all steps.

{gallery}1037{/gallery}Steps:

- Start off with one player at the 6-yard box with a ball at their feet, one player behind each of the cones, and one player in the center of the field even with the cones.
- To start play, the player with the ball is going to play a long ball to the player standing in the center between the two cones.
- Once the player receives the ball, they are going to pass the ball to either the player on the right or the left side that is making the run into the corner. Meanwhile, the player standing at the 6-yard box is going to start making a looping run to the top of the 18-yard box.
- Once the player making the run receives the ball they should dribble the ball toward the end line and cross the ball. Meanwhile the player at the top of the 18-yard box should start to make a near post run, the player in the center of the field should make a run to the top of the 18-yard box, and the player on the far side of the field should make a far post run.
- Once the ball is crossed and the players have made their appropriate runs, finish with an attempt on goal. Setup:
 - 5 Players (4 offensive, 1 Goalkeeper)
 - Two cones set up 10 yards from midfield on both the left and right side. Tips:
 - Make sure the players making the runs toward goal time their runs appropriately so they are not standing around waiting for the cross.