



Box Positioning Program

Duration: 45 Minutes | **Focus:** Positioning in the Box | **Level:** Medium

Key Focus Area

Learn to find space and timing in the box

Training Plan

Off-the-Shoulder Runs

Duration: 10 min | Difficulty: Intermediate

Set up a defender dummy or cone. Practice quick changes of direction and delayed movements to lose the marker before darting into space. Emphasize timing and awareness of the ball's position, with simulated passes arriving as you run into gaps.

Pause & Go Movement

Duration: 10 min | Difficulty: Medium

Use visual cues or a coach's clap to simulate when to pause or go. Start stationary, then accelerate into a run as the cue is given. This improves your ability to create separation from defenders using stop-start deception.

Double Movement Drill

Duration: 10 min | Difficulty: Intermediate

Practice faking a run in one direction before sharply changing to another. For example, run toward near post then cut to far post. Focus on balance, quick turns, and timing the movement to match the visualized cross.

Blindside Cone Circuits

Duration: 10 min | Difficulty: Beginner

Place cones to simulate defenders. Run from the defender's blindside toward a target zone. Work on checking shoulders, scanning space, and arriving undetected into high-probability scoring areas.

Position & Finish Drill

Duration: 5 min | Difficulty: Easy

Move within a small grid and strike a stationary ball placed in different positions within the box. Focus on adjusting your body to finish quickly after slight movements into space. Emphasize fast setup and accuracy under time pressure.