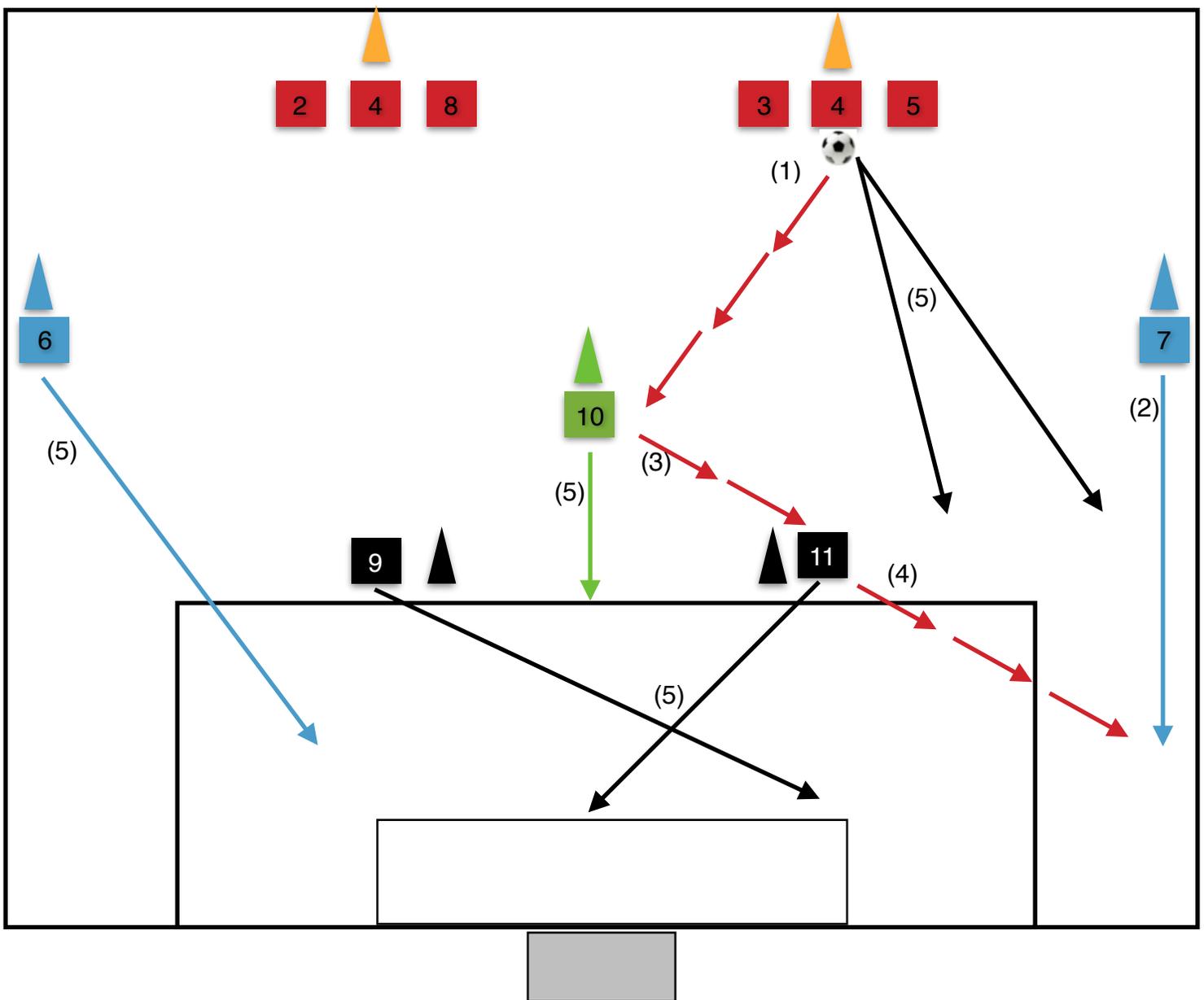


DRILL: TECHNICAL

TRAINING THE 3-5-2 FINISHING/FRAMING GOAL & BOX (LEFT SIDE)



DRILL SEQUENCE

- (1) CENTER BACK #3 OR #4 OR DEFENSIVE MID #5 PLAY DIAGONAL BALL TO ATTACKING MID #10
- (2) WING MID #7 RUNS FLANK
- (3) ATTACKING MID #10 PLAYS TO FORWARD #11 WHO TURNS
- (4) FORWARD #11 FLAGS BALL ONTO WING MID #7'S RUN
- (5) FRAMING THE BOX AND GOAL
 - WEAKSIDE WING MID #6 COVER FAR POST
 - WEAKSIDE FORWARD #9 RUNS NEAR POST
 - FORWARD #11 OVERLAPS BEHIND #9 AND RUNS MIDDLE/SLOT
 - ATTACKING MID #10 COVERS TOP OF BOX
 - PLAYER WHO STARTS DRILL (#3, #4 OR #5) HAVE 2 OPTIONS >
 - + SUPPORT DEPTH, RUNNING BEHIND #7
 - + FRAMING TOP OF BOX AT NEAR POST