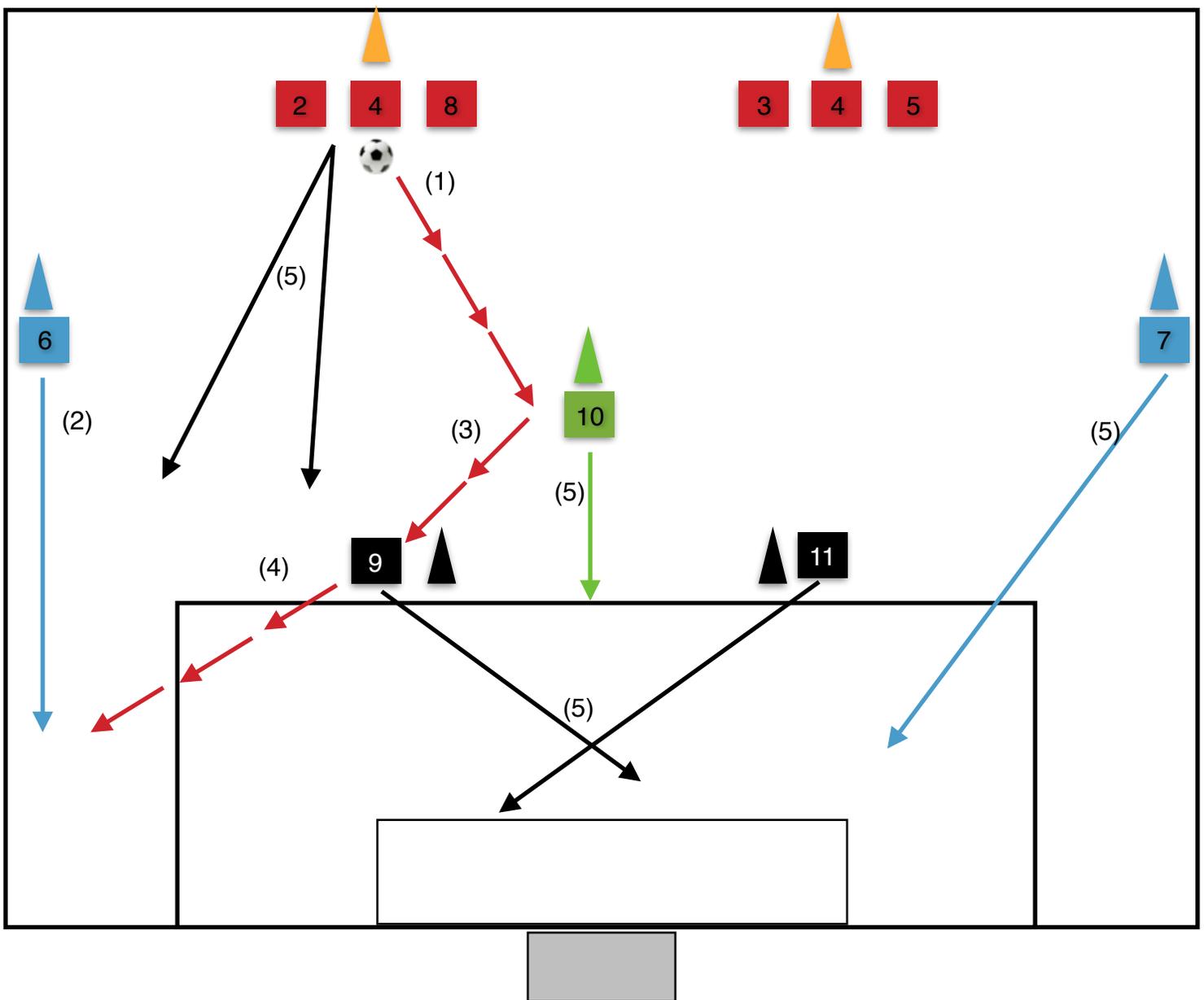


DRILL: TECHNICAL

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



DRILL SEQUENCE

- (1) CENTER BACK #2 OR #4 OR HOLDING MID #8 PLAY DIAGONAL BALL TO ATTACKING MID #10
- (2) WING MID #6 RUNS FLANK
- (3) ATTACKING MID #10 PLAYS TO FORWARD #9 WHO TURNS
- (4) FORWARD #9 FLAGS BALL ONTO WING MID #6'S RUN
- (5) FRAMING THE BOX AND GOAL
 - WEAKSIDE WING MID #7 COVER FAR POST
 - WEAKSIDE FORWARD #11 RUNS NEAR POST
 - FORWARD #9 OVERLAPS BEHIND #11 AND RUNS MIDDLE/SLOT
 - ATTACKING MID #10 COVERS TOP OF BOX
 - PLAYER WHO STARTS DRILL (#2, #4 OR #8) HAVE 2 OPTIONS >
 - + SUPPORT DEPTH, RUNNING BEHIND #7
 - + FRAMING TOP OF BOX AT NEAR POST