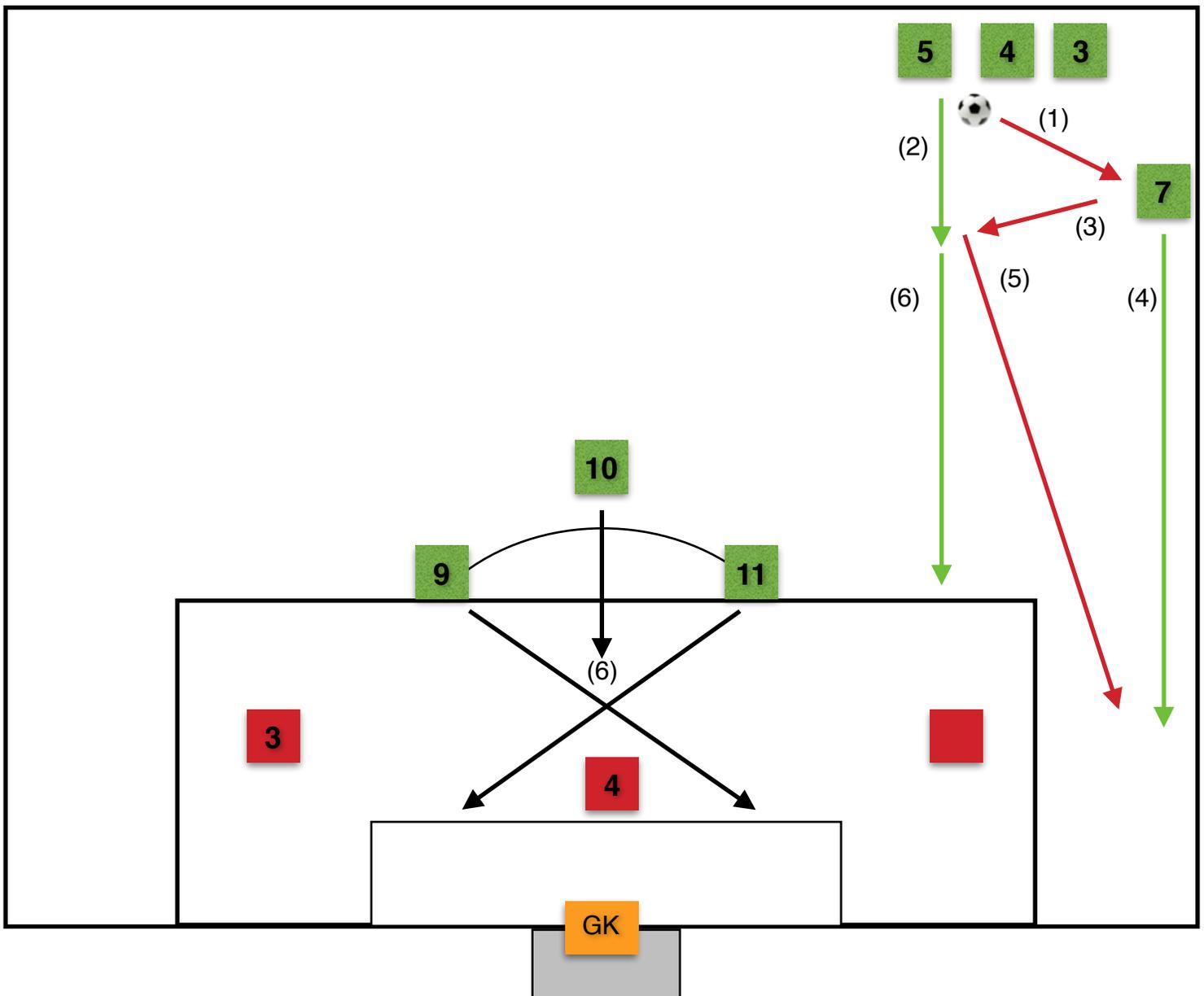


DRILL: TECHNICAL

TRAINING THE 3-5-2 ATTACKING DOWN FLANK (RIGHT SIDE)



DRILL SEQUENCE

- (1) CENTER BACK #3 OR #4 OR DEFENSIVE MID #5 PLAY SHOROT DIAGONAL BALL TO WING MID #7
- (2) WHOEVER PLAYS FIRST PASS, MAKES STRAIGHT RUN
- (3) WING MID #7 PLAYS BALL BACK FOR A QUICK 1-2
- (4) WING MID #7 MAKES AGGRESSIVE RUN DOWN FLANK
- (5) #3, #4 OR #85 FLAGS BALL ONTO #7'S RUN

FRAMING THE BOX/GOAL

- FORWARDS #9 AND #11 CRISS-CROSS BY PENALTY MARK TO FRAME THE POSTS
- ATTACKING MID #10 FRAMES TOP OF BOX
- WHOEVER STARTS DRILL, FRAMES TOP OF BOX AT NEAR POST