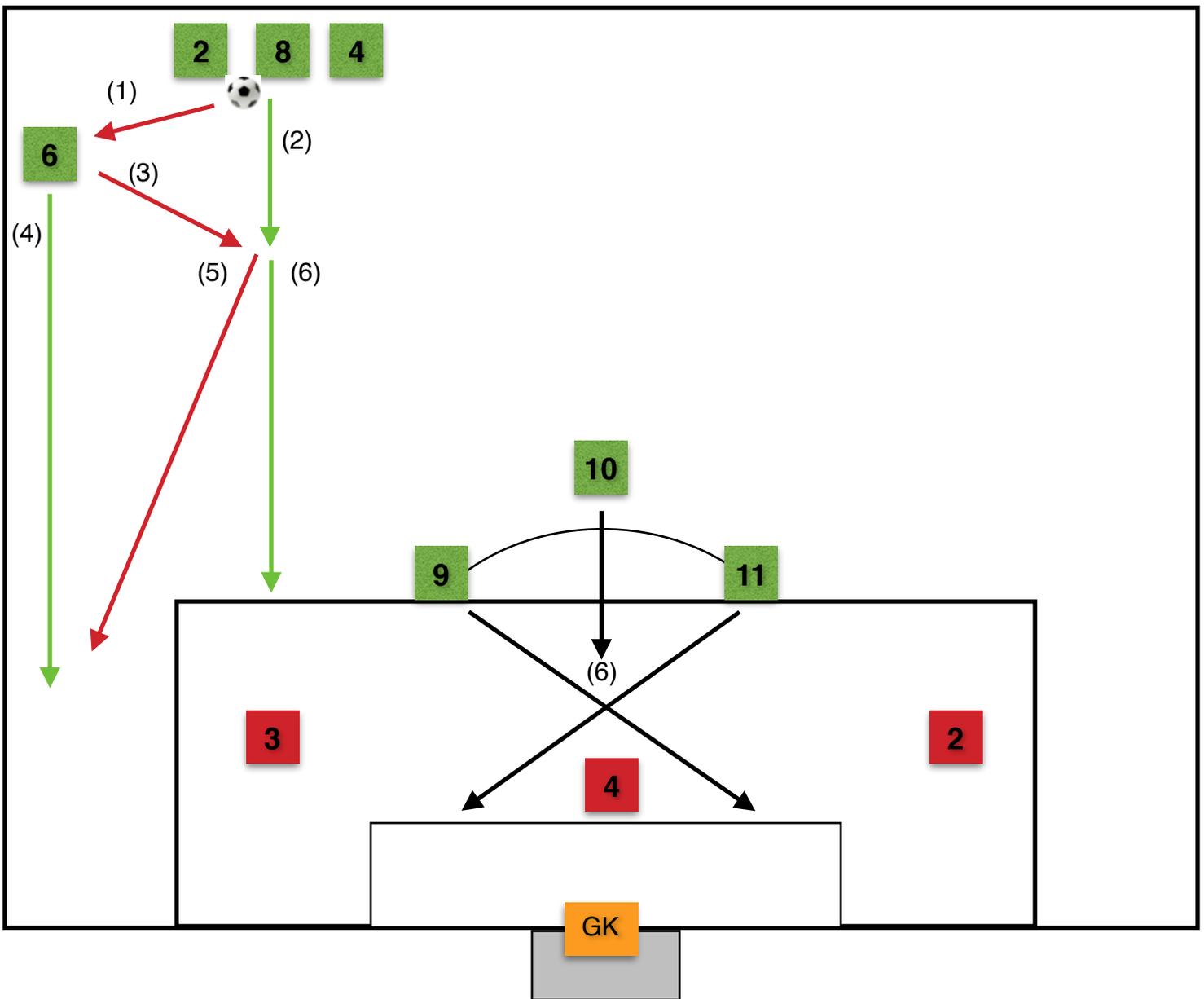


DRILL: TECHNICAL

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



DRILL SEQUENCE

- (1) CENTER BACK #2 OR #4 OR HOLDING MID #8 PLAY SHORT DIAGONAL BALL TO WING MID #6
- (2) WHOEVER PLAYS FIRST PASS, MAKES STRAIGHT RUN
- (3) WING MID #6 PLAYS BALL BACK FOR A QUICK 1-2
- (4) WING MID #6 MAKES AGGRESSIVE RUN DOWN FLANK
- (5) #2, #4 OR #8 FLAGS BALL ONTO #6'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