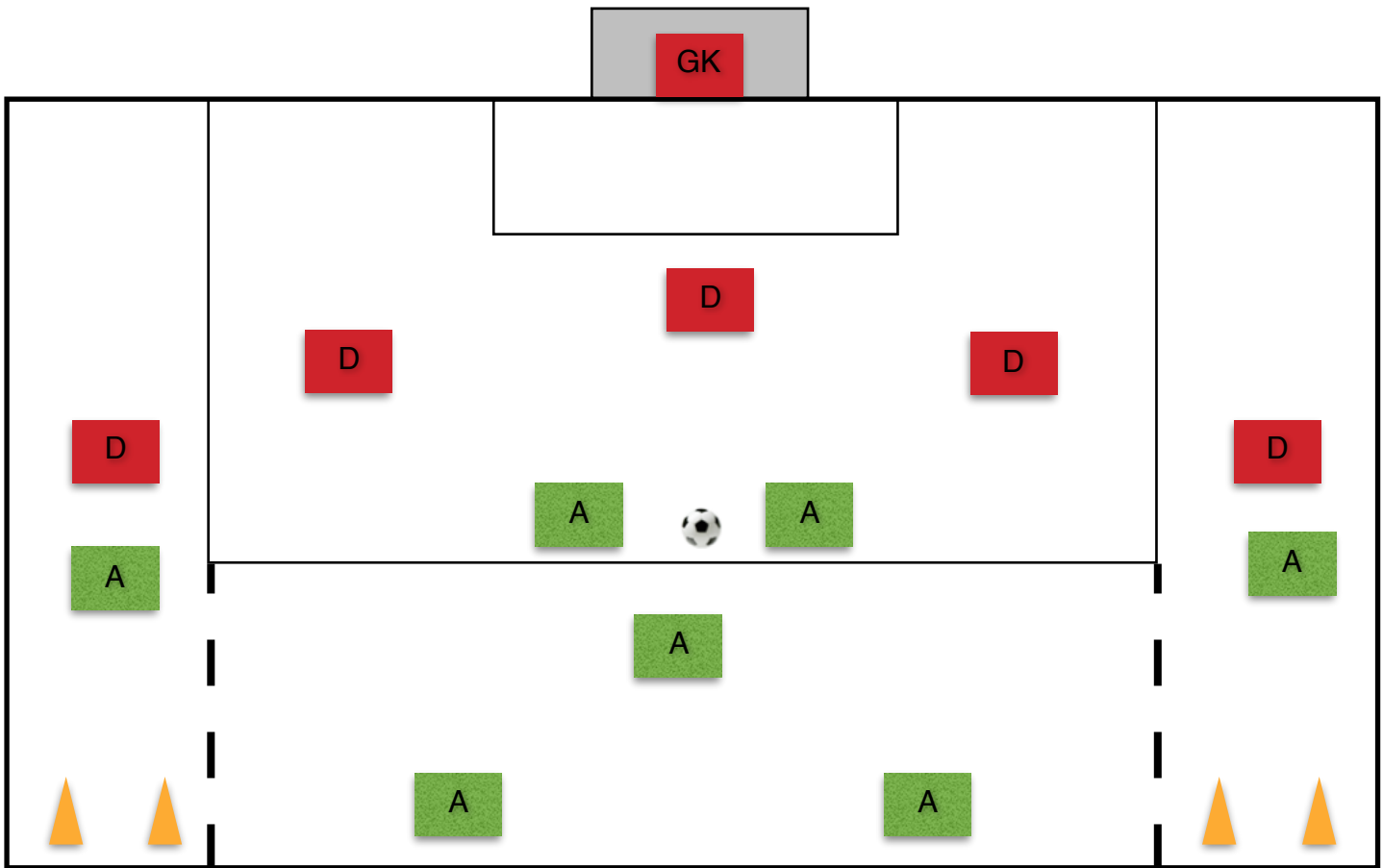


DRILL: TACTICAL

**TRAINING THE 3-5-2
7 v 5 + GK**



DRILL DESCRIPTION

GRID SIZE: HALF FIELD. SET UP CHANNELS ON EACH SIDE OF THE 18-YARD BOX AS SHOWN ABOVE;
PLACE GOALS (FOR DEFENDERS TO SCORE THROUGH) INSIDE THE CHANNELS

7 ATTACKERS (GREEN A) IN 2-3-2 SHAPE, SIMULATING #5 & #8, #6, #7 & #10 + TWO FORWARDS
5 DEFENDERS (RED D) IN 3-2 SHAPE, SIMULATING BACK THREE AND WING MIDFIELDERS

COACHING POINTS

+ HERE WE ARE COACHING OUR FRONT 7 (2 FRONT-RUNNING FORWARDS + 2 WING MIDFIELDERS + 3 CENTRAL MIDFIELDERS — ATTACKING, HOLDING & DEFENSIVE) VS. OUR BACK 3 CENTERBACKS + 2 WING MIDFIELDERS

+ ATTACKING EMPHASIS IN ON PLAYING WIDE AND GETTING A 2V1 INSIDE THE FLANK CHANNELS