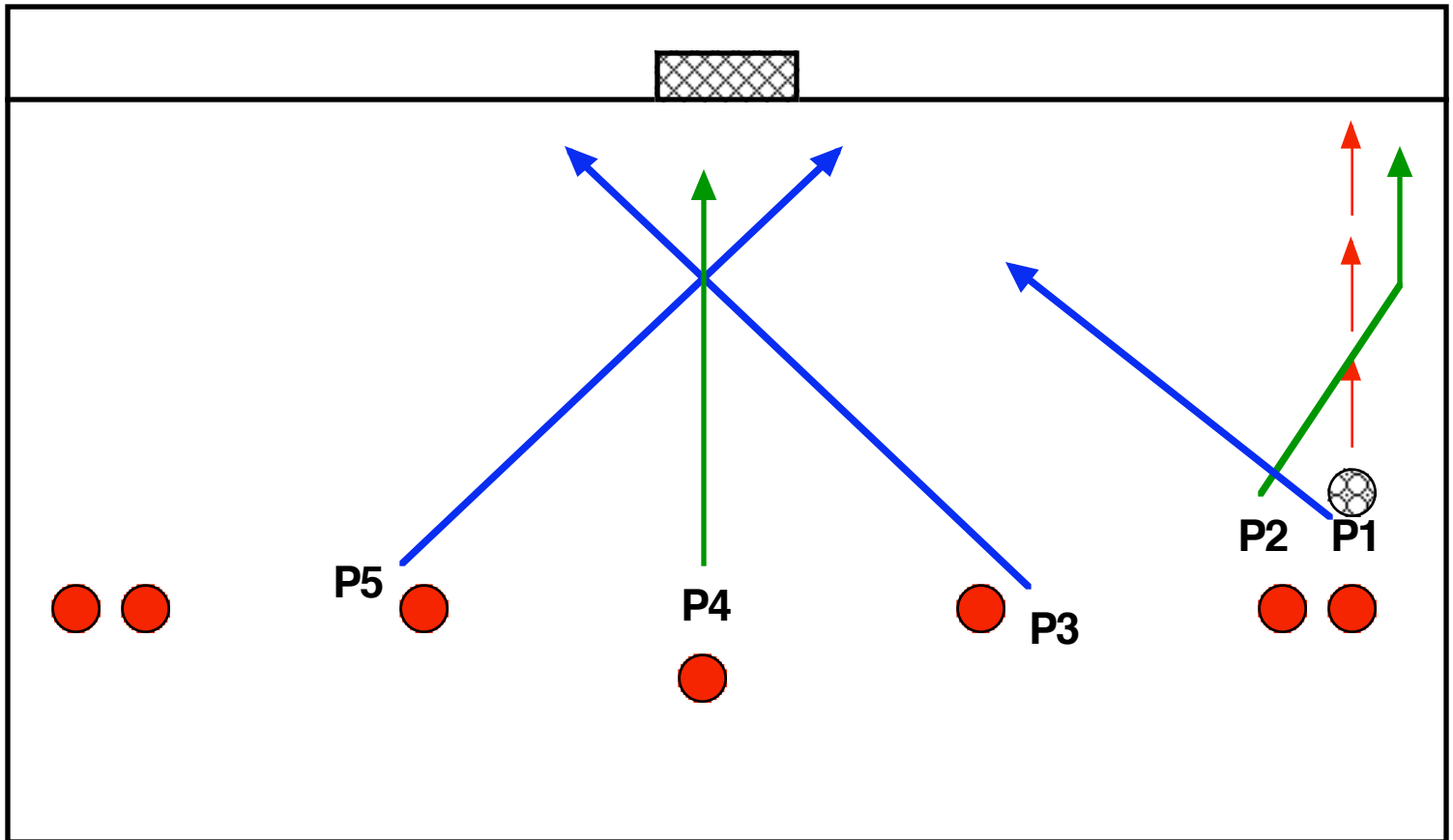


TECHNICAL:
Crossing/Goal Frame



**“5 On
The Attack”**



GRID SIZE: Use area around the 18-yard box

NUMBER OF PLAYERS: 5

SETUP: 7 cones ● across the field. two each about 5 yards from the sideline, three that stretch across the width of the 18-yard box

DRILL:

- > Player 1 plays ball down flank and makes diagonal run to goal
- > Player 2 overlaps Player 1 and chases ball
- > Players 3 and 5 criss-cross at top of box with Player 3 framing Far Post and Player 5 framing Near Post
- > Player 4 waits for Players 3 and 5 to make their framing runs and then covers the middle goal area
- > Player 2 crosses the ball

PROGRESSION:

- > after all players have had turns at each of the 5 spots, switch to left side