

ANIMATION 4



Another example, 3 zones before the box. 2 goals at the sides for the full back to defend, one goal at the forwards side so when full back successfully intercept the ball, they shoot at. And one goal at the other side for the forwards to finish. When ball is sent to the middle zone, center back and the 4 forwards move in. The 2 fullbacks move to the side zone to protect their side goals. In few seconds the forwards have to send the ball to the side goal. If the defender succeeds in finishing the ball, he takes and shoot it at the other end goal. However, if not, a ball is sent to the middle zone with the forwards this time moving forward through the depth to finish.