



Level Up 3 Progressions -- Penetration-Offense / PCB - Defense

Category: Tactical: Attacking principles
Difficulty: Difficult

Ken Novak, Mitchell, United States of America
Individual-Adult Member

Description

Excellent drill to teach

Offense: -- visual scan before reception

-- off the ball movement

-- one touch passing

-- focused objective: penetration

Defense (esp in Progressions 2 & 3)

-- reading visual cues

-- organizing behind first pressing defender

-- balance -- cutting off passing lanes/open space

Progression 1 - Static (5 v 2) (5 mins)

PROGRESSION 1: All Offense Station Filled. (5 v 2) Offense Advantage.

CONSTRAINTS: Offense remains static at station.

Coaching Points: Offense knows where players are. Visual scan before receiving ball.

Attempt one touch passes.

Scoring: +1 Point for Every Ball passed and controlled by LEVEL 3 player.

-1 Point for LOST POSSESSION to Defense

-1 Point for every pass not controlled by offensive receiver.

Play 2 minutes: Tally Score.

ROTATION: Players rotate clockwise, with D1 taking position of Server (Level 1)

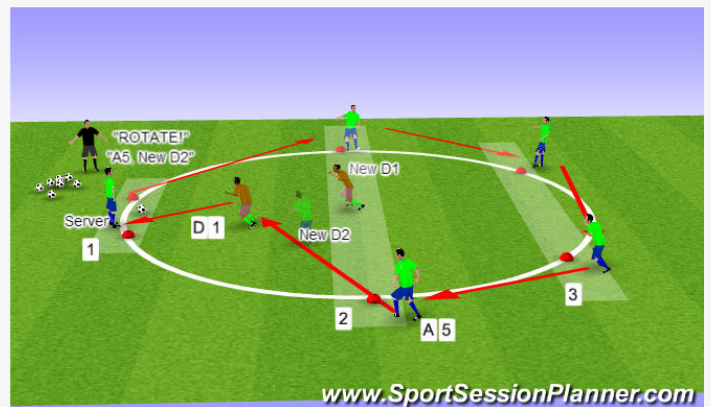
Player A5 becomes D2, and the remaining Defender becomes "D1".



Rotation

ROTATION: Players rotate clockwise, with D1 taking position of Server (Level 1)

Player A5 becomes D2, and the remaining Defender becomes "D1".



Progression 2 - 4 v 3 Offensive Adv (10 mins)

PROGRESSION 2: Eliminate 1 Offensive Player. Add 1 Defensive Player. (3 v 4) Offense numbers up.

Players in Level 2 and 3 are no longer static. They need to move to open position

to receive pass and/or score.

All passes to the feet. Ground, no flight.

Server may move to all levels. All offense free to move to all levels.

Coaching Points: Defense: Cover Organization. Read First Defender.

Pressure -- Pressure to make "Ball Watcher"

Balance -- Eyes on Third Attacker. Cut off passing lanes.

Make predictable.

Offense. Off the Ball Movements. Immediately after passing.

One touch passes.

Eyes up. Training to look up before receiving pass.



Progression 3 -- 3 v 4 Defensive Adv (10 mins)

PROGRESSION 3: 3 V 4. Defense Advantage.

CONSTRAINTS: Offense ALLOWED to chip the ball. (flight visual cue)

COACHING Points:

Defense -- Balance must consider the possibility of flight passes (chipping)

Offense -- Off the Ball Movements continual and verbal.

