



Offense Progressions

Appropriate Age Group: 10-18

Skill(s) Practiced: Clearing the ball into the offensive area.

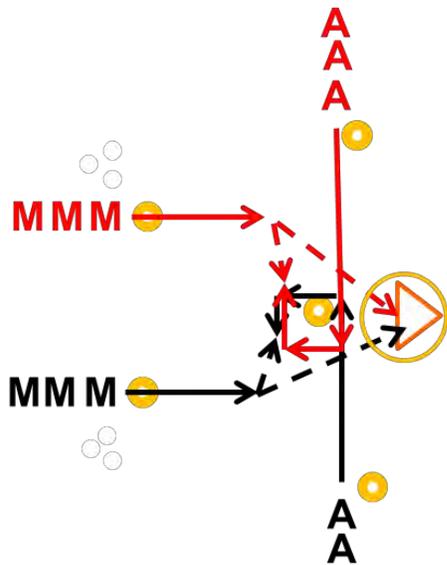
Drill Duration: 5-10 minutes

Resources: Balls, Multiple cones

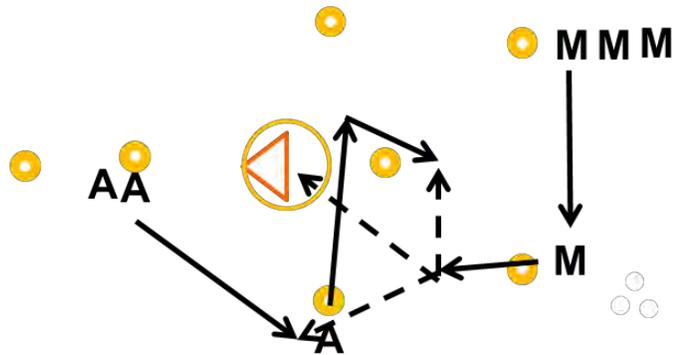
Description: This series of drills shows how a 1-3-2 (from behind) offense strategy can be built, using a series of progressions, allowing for maximum repetitions and player engagement.

Progression(s): Change the direction that the ball travels; Vary the starting location of the motion.

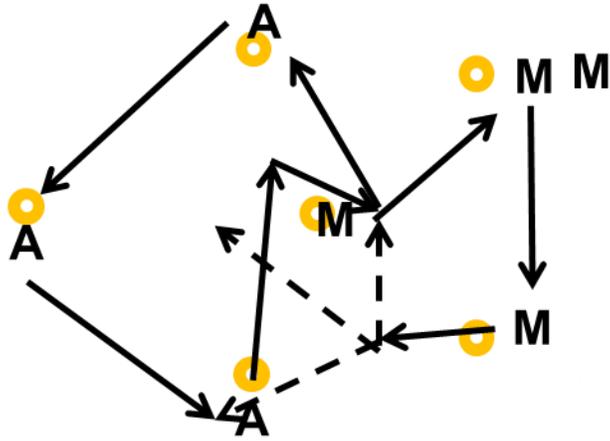
Drill Diagram(s):



Progression #1



Progression #2



Progression #3