



## Offense Progressions

**Appropriate Age Group:** 10-18

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

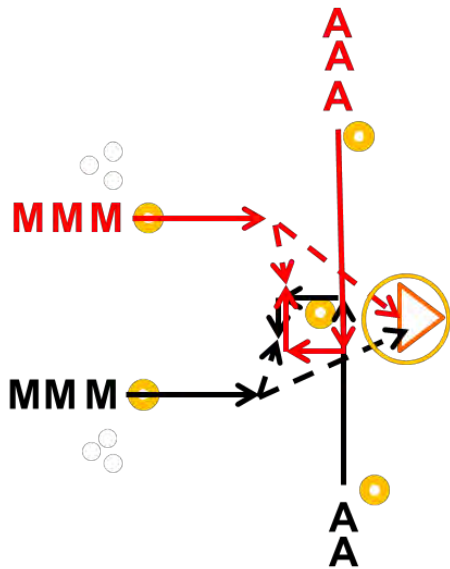
**Drill Duration:** 5-10 minutes

**Resources:** Balls, Multiple cones

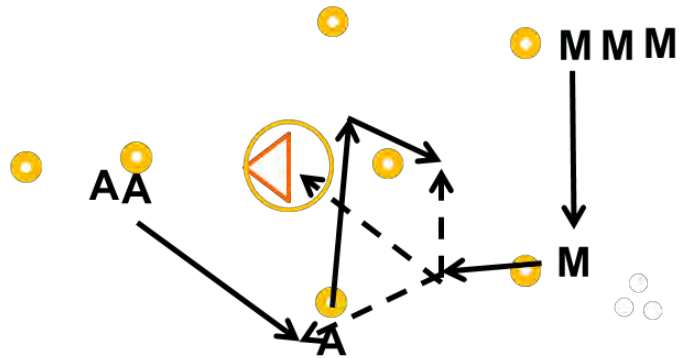
**Description:** This series of drills shows how a 1-3-2 (from behind) offense strategy can be built, using a series of progressions, allowing for maximum repetitions and player engagement.

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

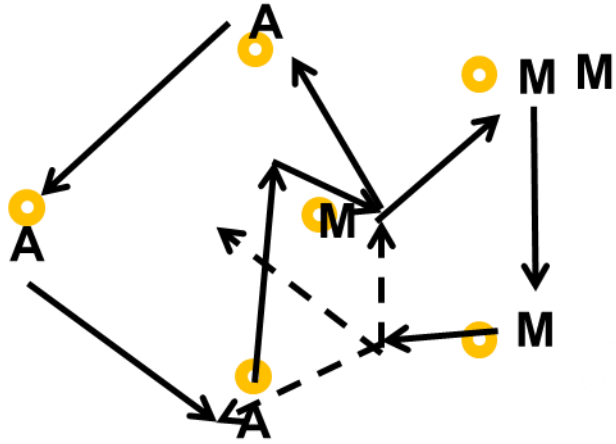
**Drill Diagram(s):**



**Progression #1**



**Progression #2**



### Progression #3