


C2	Positional change of the center back (second pivot) with positional compensation and continuous playing options	5-1 3-2-1	
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Description:

With this sequence, the players initially develop a positional shift from the center to the 6-meter line (second pivot). Subsequently, the pivot places a screen, which the center back moves around in order to shoot at the goal from the 6-meter line.

Options:

- Pass to the moving back player.
- Breakthrough of a back player.
- Pass to the wing player.

Factors of success:

- Proper timing when placing the screen and overlapping.
- Authentic piston movement towards the defense gaps.

Implementation:

This sequence can be used to overcome any defense system; however, it is particularly suitable to overcome more offensive systems, as the positional shift requires the defense players to reorganize themselves – which in turn creates a shooting situation before the reorganization has been completed.

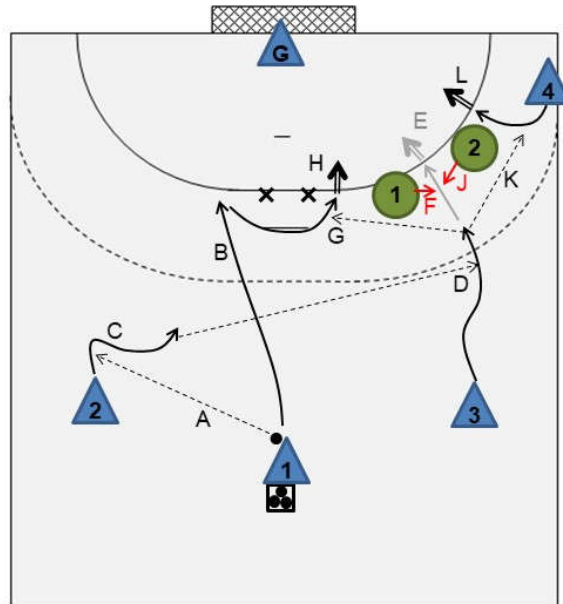
C2.2 **Preparatory exercise 2: Training of decision-making processes for back position players**

Setting:

- Define the running path with two cones as shown in the figure.

Course:

- **1** initially passes the ball into the piston movement path of **2** (A) and subsequently moves to the left, to the 6-meter line (B).
- While holding the ball, **2** does a piston movement to the inner side (C) and subsequently passes the ball into the piston movement path of **3** (D), towards the gap between **1** and **2**.
- **3** should decide:
 - o If the gap remains open, **3** should break through and shoot directly (E).
 - o If **1** closes the gap (F), **3** should pass the ball to **1**, who runs around the cones near the 6-meter line (G), and eventually shoots at the goal after receiving the pass (H).
 - o If **2** closes the gap (J), **3** should pass the ball to the wing player (**4**) (K), and **4** eventually shoots at the goal (L).
- Afterwards, the players start the next round with new back players.
- **1** lines up for the right back, **3** for the left back, and **2** for the center back position, the latter with a ball.



! Change the defense and wing players regularly.

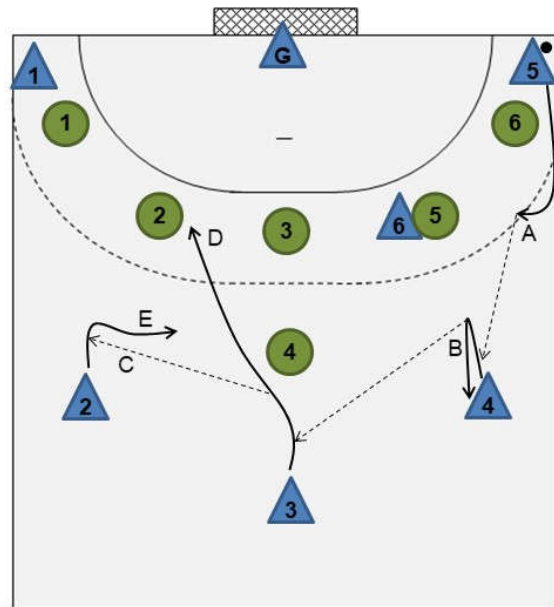
! The players should repeat the sequence on the other side as well and make the decision on the left back position.

C2.3 Implementation: Playing 6-on-6

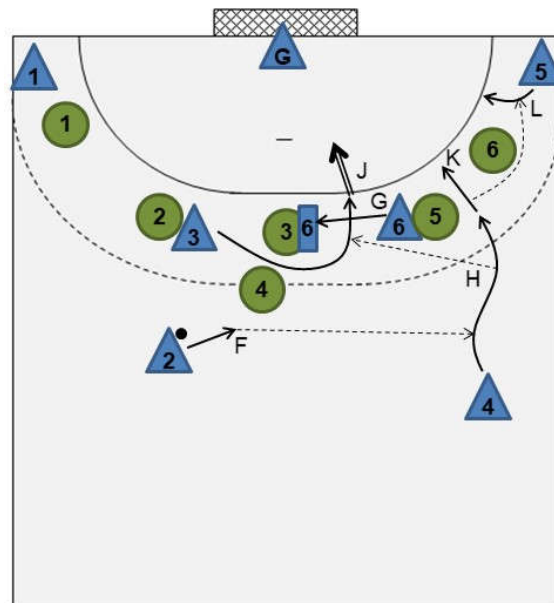
Course:

- **5** has the ball, initiates the piston movement from the wing position, and passes the ball into the running path of **4** (A).
- **4** passes the ball into the running path of **3** (B).
- **3** passes the ball to **2** (C) and moves to the left, to the 6-meter line (second pivot) (D).
- **2** initially does a piston movement, initially straight forward and then towards the inner side (E), depending on the reaction of **4** to the second pivot **3** (D).
- If **2** and **4** hand over **3** and **2** properly (**2** covers **3** and **4** covers **2**), **2** should do the piston movement towards the inner side, to the center, and eventually pass the ball to **4** (F).
- **4** does a dynamic piston movement to the right, towards the gap between **5** and **6**.

! **4** should do the piston movement to the far right so that **5** must react accordingly and is forced to move along with him.



(Figure 1)



(Figure 2)

- **6** should leave his initial position next to **5** and place a screen next to **3** (G).
- **3** runs a curve towards the 6-meter zone, receives a pass into his running path (H), and eventually shoots at the goal (J) (= **option 1**).
- Afterwards, the players repeat the course on the other side; and so on.

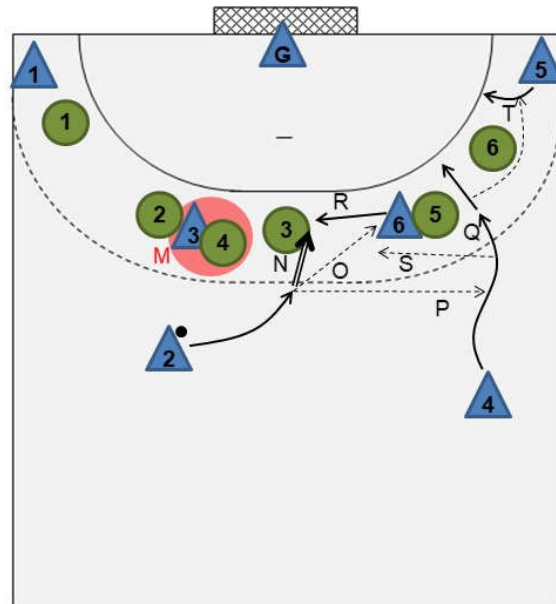
Continuous playing option:

- If the defense players have moved to the inner side, so that passing the ball to **3** (H) is not possible, **4** should try to break through between **5** and **6** (K) (= **option 2**). If **6** closes the gap, the ball should be passed to the wing player (**5**) (L) (= **option 3**).

Variant:

Situation: **4** moves along with **3**, to the 6-meter line (there is no proper handing-over) (M):

- **2** dynamically increases pressure in direction of the center, while having the ball. Depending on the behavior of **3**, **2** should either make a jump shot at the goal (N) (= **option 4**) or interact with the pivot (**6**) (O) (= **option 5**).
- If neither option is possible, **2** should pass the ball on into the piston movement path of **4** (P):



(Figure 3)

- o **4** makes a dynamic piston movement towards the gap between **5** and **6**, and tries to break through (Q) (= **option 6**).
- o At the same time (P), **6** places a screen next to **3** (R).
- If **4** cannot break through, he may also interact with the pivot (**6**) (S) or pass the ball to the wing player (**5**) (T) (= **option 7**).

! The attacking players should do the piston movement towards the gaps between the defense players in a highly dynamic manner.

! **6** must not place the screen (G and R) too early. Ideally, **6** should place the screen right before **3** is moving (H), i.e. **4** can play the pass (S).