

CWPA Coaches Corner

Game Preparation and Attacking Different Defenses

Dustin Litvak - March, 6, 2025

Game Preparation

- Reviewing video of our own games
- Scouting video of upcoming opponents
- Discussion with staff of how to attack
- Selecting clips to share with/show team
- Implementation of tactics in practices
- Game Packets
- Coaches Game Sheet
- Pre-Game Meeting

It's not the will to win that matters...everyone has that. It's the ***will to prepare*** to win that matters.

- Paul "Bear" Bryant

*Legendary Alabama
Football Coach*



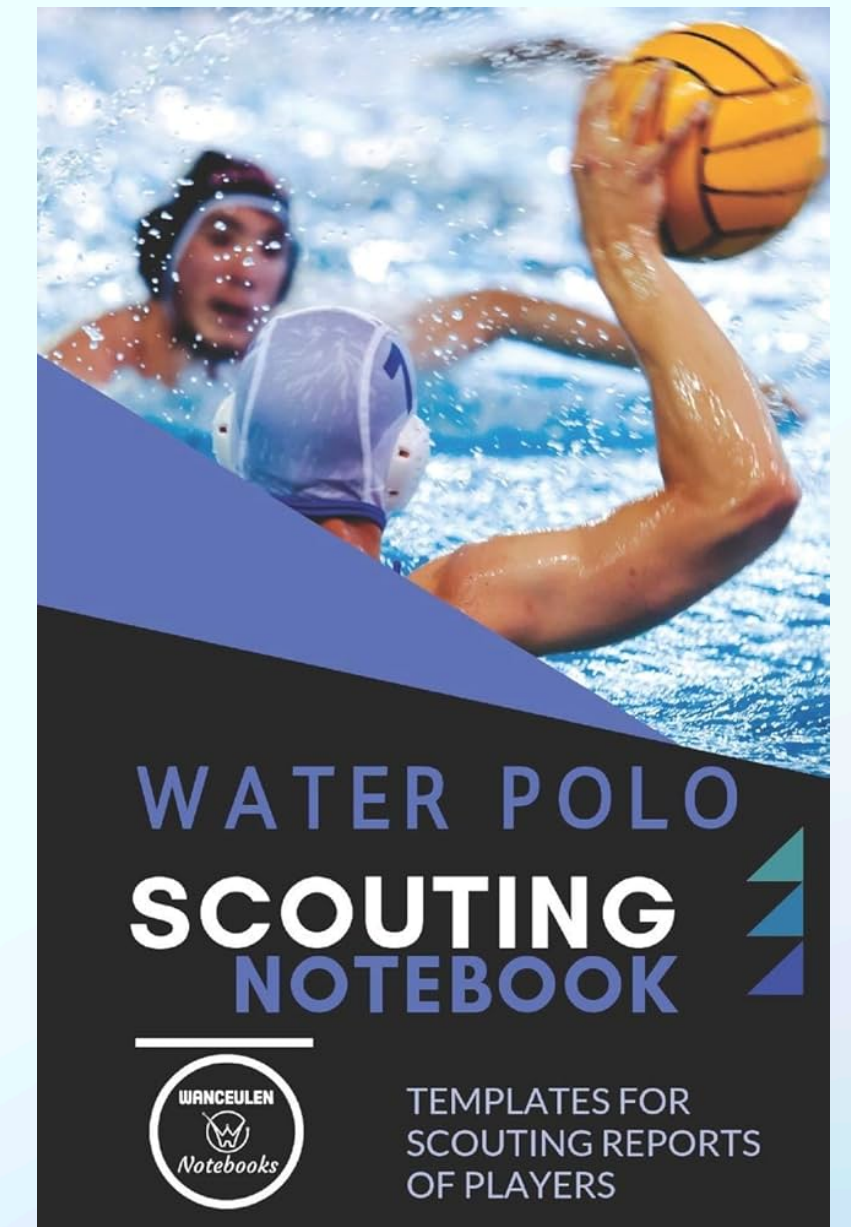
Video Review

- Our Games
 - Deficiencies from previous weekend
 - Strengths that we need to highlight
 - Lineups that did or did not work
 - Statistical analysis
- Upcoming Opponents
 - Lineups/Match-Ups
 - Plays - sprint, after goal, timeout, 6v5, 7v6, etc.
 - Their attack - tendencies, strengths, weaknesses
 - Their defense - FCD, 5v6, counter defense, 6v7, etc.
 - What other teams have done that have or haven't had success against them
 - Statistical analysis



Game Packets and Coaching Card

- Game Packet
 - Most Important Keys to the Game (Cliff notes)
 - Player profiles - tendencies, strengths, weaknesses
 - Phases of the the game - their tendencies, how we will attack/defend
 - Counter O&D, FCO, FCD, 6v5, 5v6, 7v6, 6v7, plays, special situations
- Coaching Card
 - Line-ups, match-ups, subbing patterns
 - Best Groups for different situations with alternates
 - 5v6, Defensive Group, Offensive Group, 7v6, 6v7, Plays (etc.)
 - Other team's plays (after goals, timeout 6v6, timeout 6v5, etc.)



Timeline

Example Week with games on the weekend

- Saturday/Sunday - record games (our own and opponents)
- Monday - film review, staff meetings, start to build practices, start to compose game packets
- Tuesday - focus is on ourselves in film review and practices, continue to build game packets
- Wednesday - watch film of upcoming opponents by phase of game, focus is half on us and half on upcoming teams, game packets are completed and distributed to team
- Thursday - Focus is mostly on upcoming opponents both in film review and practices
- Friday - Fine tune everything for the weekend, final film review of key elements
- Saturday/Sunday - Pre-game meetings - key reminders from packet

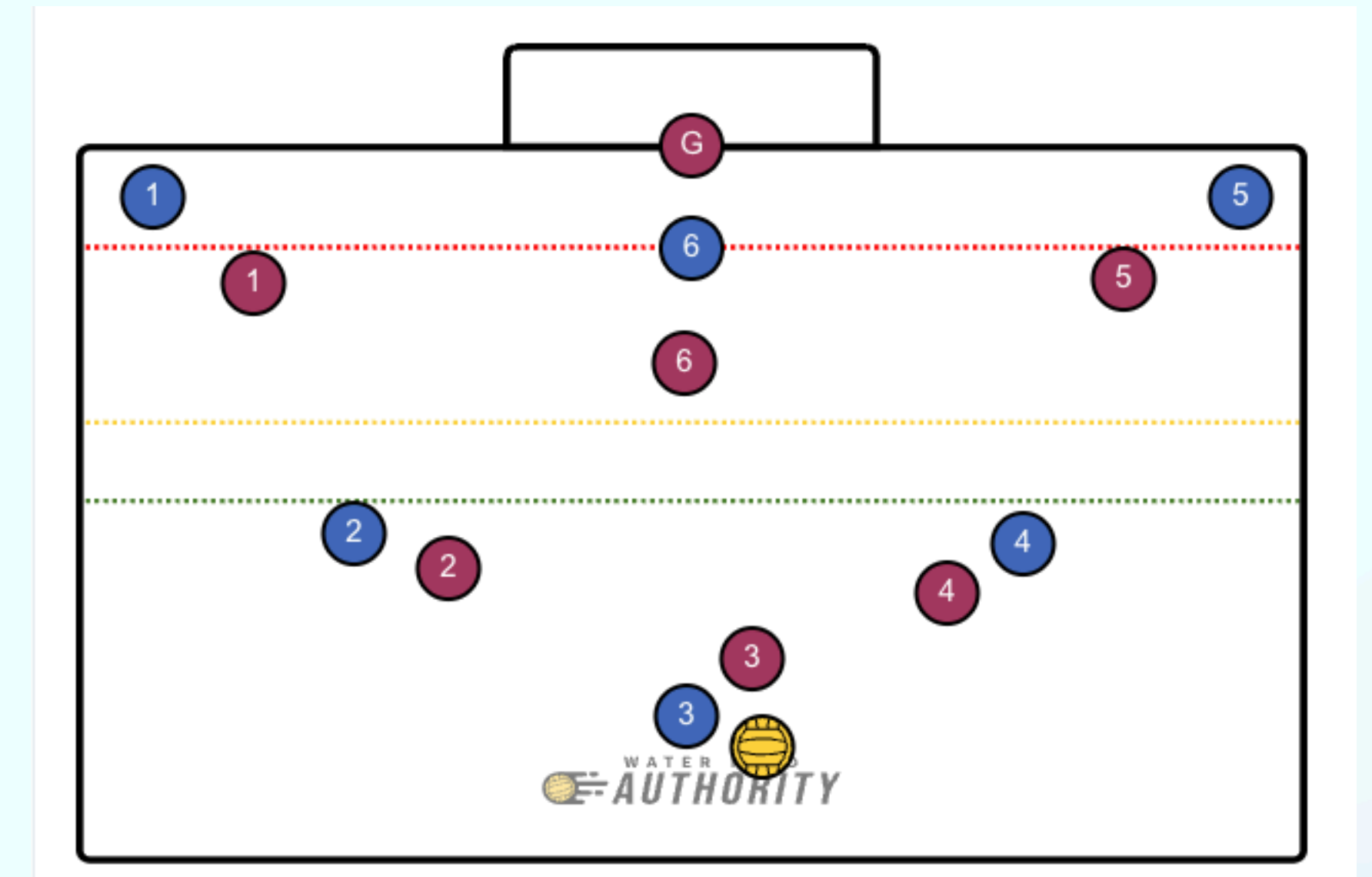


Attacking Different Defenses

- Attacking a Press
- Attacking Traditional Zones
- Attacking Splitting Zones
- Attacking Trapping Zones
- No one right way to do these things or one-size-fits-all approach
- Allow for creativity and freedom but all players need to be on the same page and work for each other
- Spacing and structure is critical in all of these
- Tactical emphasis during this presentation but the technical skills are the most important

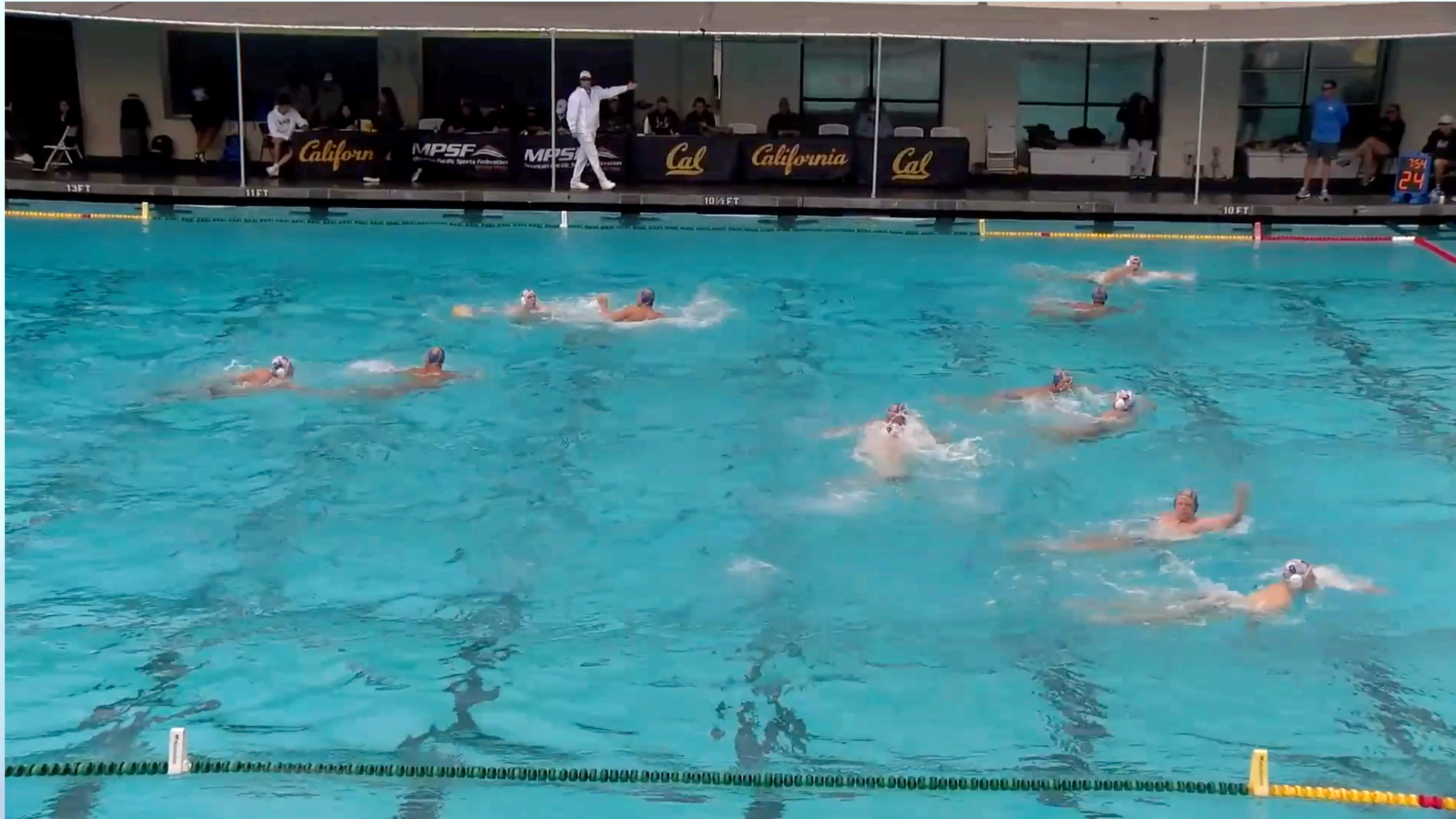
Attacking a Press

- If we gain an advantage in transition, they cannot press.
- Release before half against a strong press.
- When arriving in the front court we need to have proper structure spacing and balance and be ready for immediate movement.
- Center must be able to gain and maintain good position on the 2m line. If he/she cannot, we will need to post-up, move into havoc or look for a mismatch.
- Perimeter players have to work together to release, drive, pick etc. in order to move the ball from one side to the other, preferably without being fouled. Timed releases with eye contact. Goal is a live entry from the wing.
- Perimeter players must be active and not sit and be held. They should also never panic or rush a pass. Turnovers on the perimeter lead to counter attack opportunities the other way.
- If we cannot get open by releasing, then drives are necessary to change the complexion of the defense.



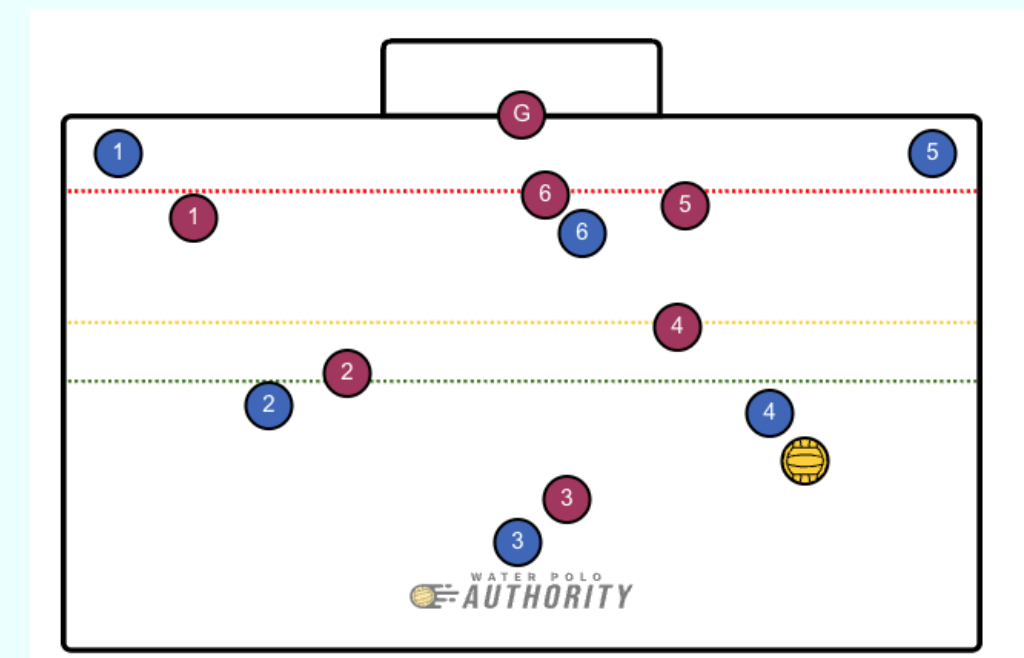
Attacking a Press

Video

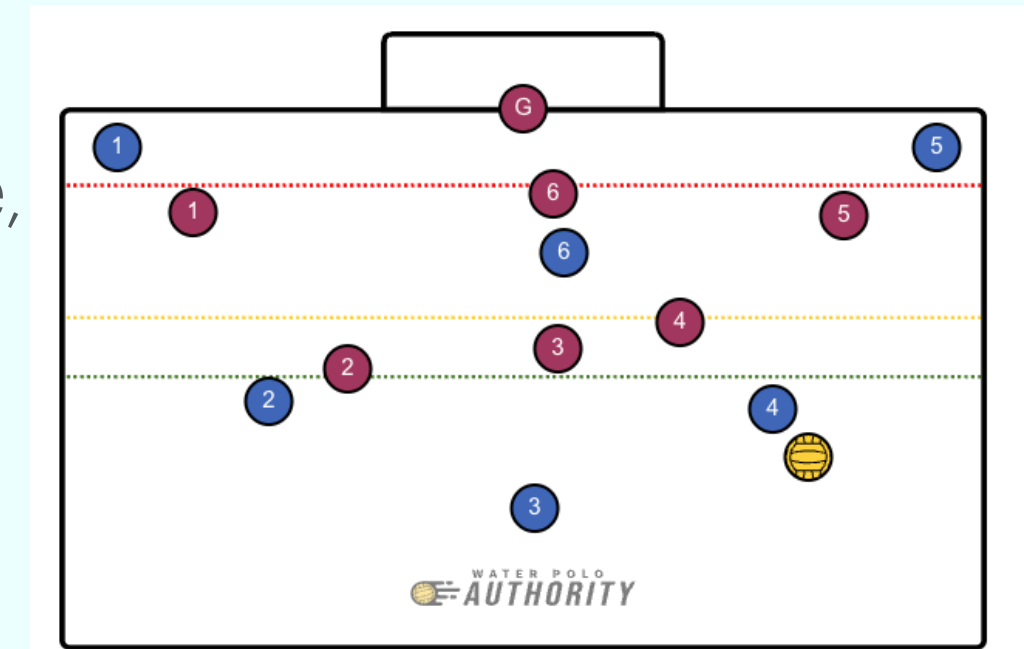


Attacking Traditional Zones

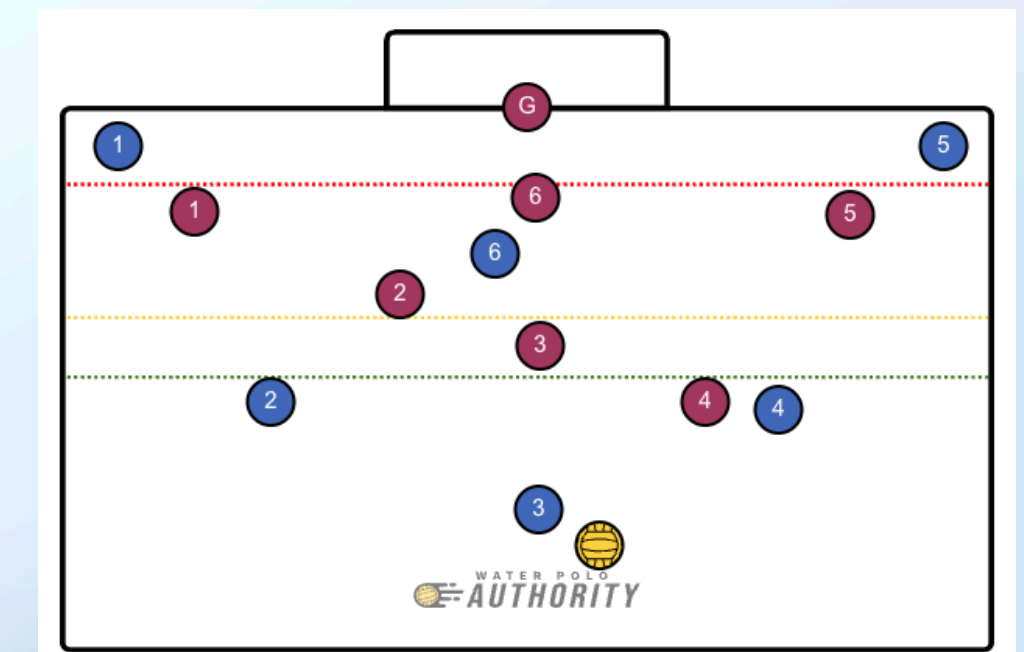
- One, two or three player zones.
- Common Zones - 4/5, 3/4, 2/3, 2/3/4
- Maintain proper spacing and balance. There must be room to drive. Since there is no ball pressure, drives can be very effective.
- Centers work back against the zone to make the zone blockers cover more area and open up shooting lanes.
- Zone Attackers should keep the ball up, be a threat to score every time the ball touches their hands and move both with and without the ball. They also must keep vision of the other side.
- The opposite side of the ball should remain active but no offensive fouls. Drives should be with the intent to score or make someone else come off of their man. At the very least to occupy. The timing of the drive is very important. If the drive is not open, the driver must clear out immediately.
- Driving also helps spread the zone so the wings cannot rotate up too quickly.
- Stay disciplined on the side of the attack. The opposite side can cover.
- Play until the end. Many teams are not disciplined and rush out at the end of the clock.



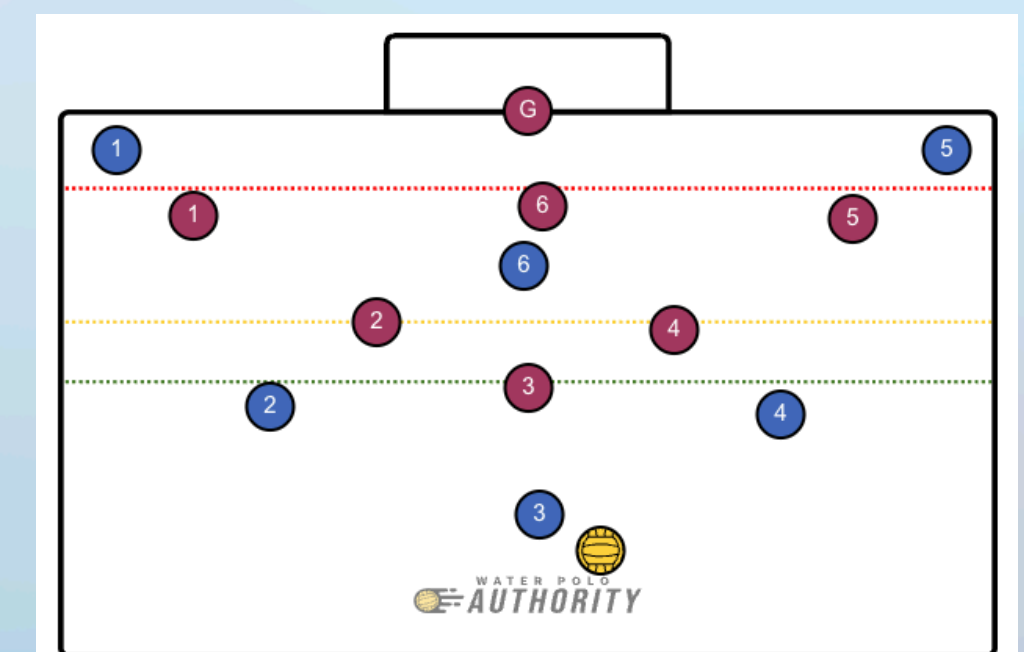
4/5



3/4



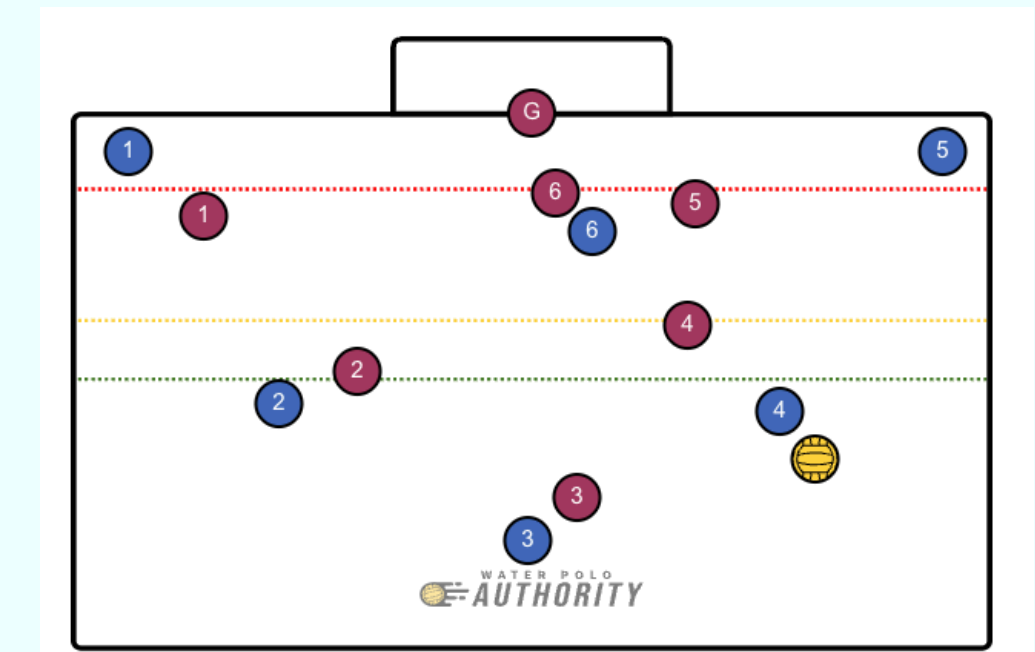
2/3



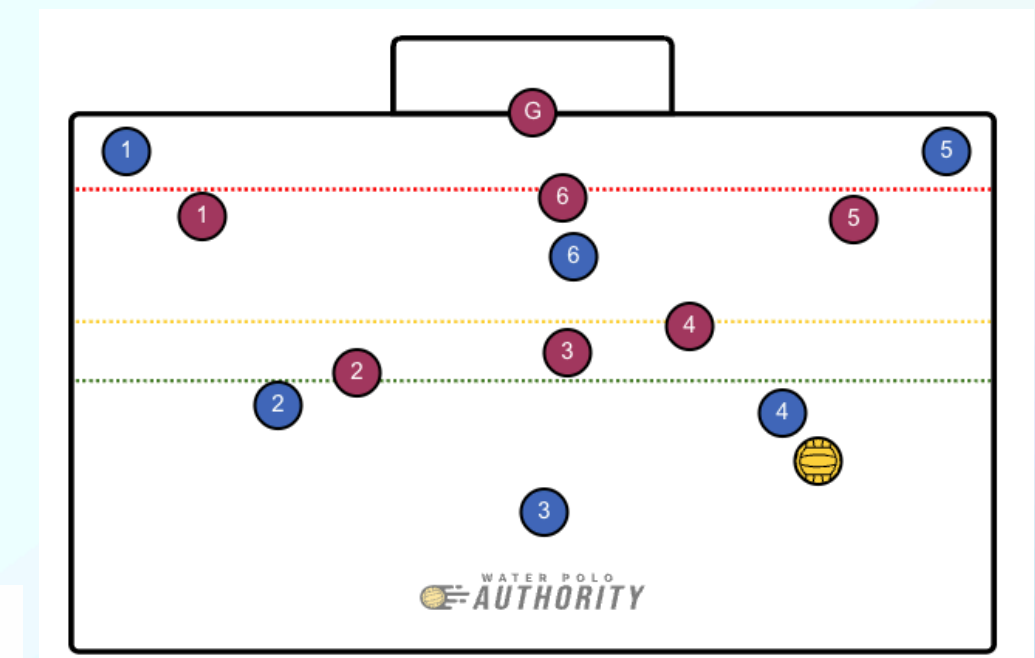
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Attacking Traditional Zones

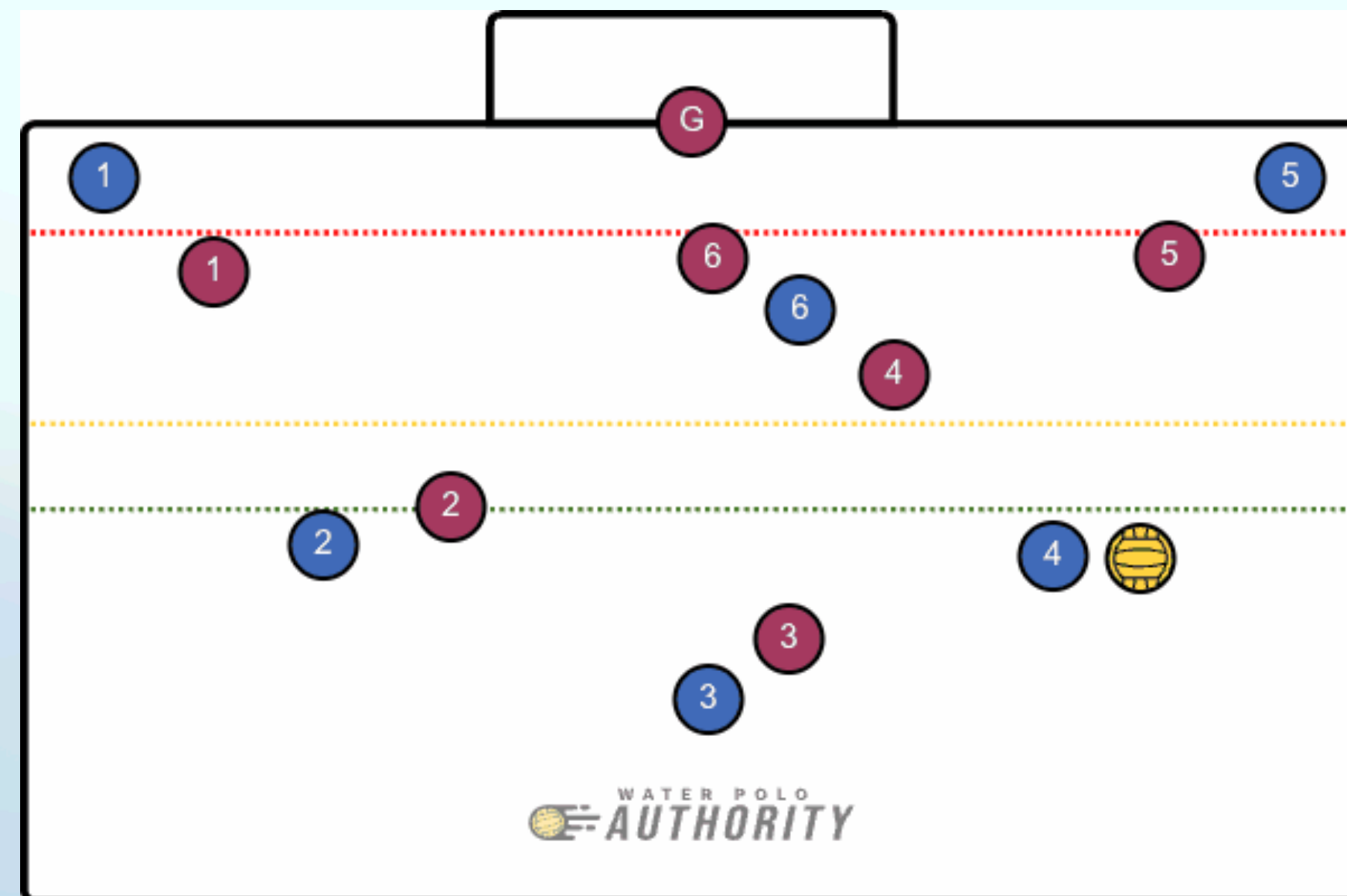
- 4/5 Zone Attack - Drive from 2 or 3
- 3/4 Zone Attack - Drive from 2
- One player Zone from 4 or 5 - Drive from 2 or 3
- Can also post-up from 1 on any of these and move into a 4x2.



4/5



3/4

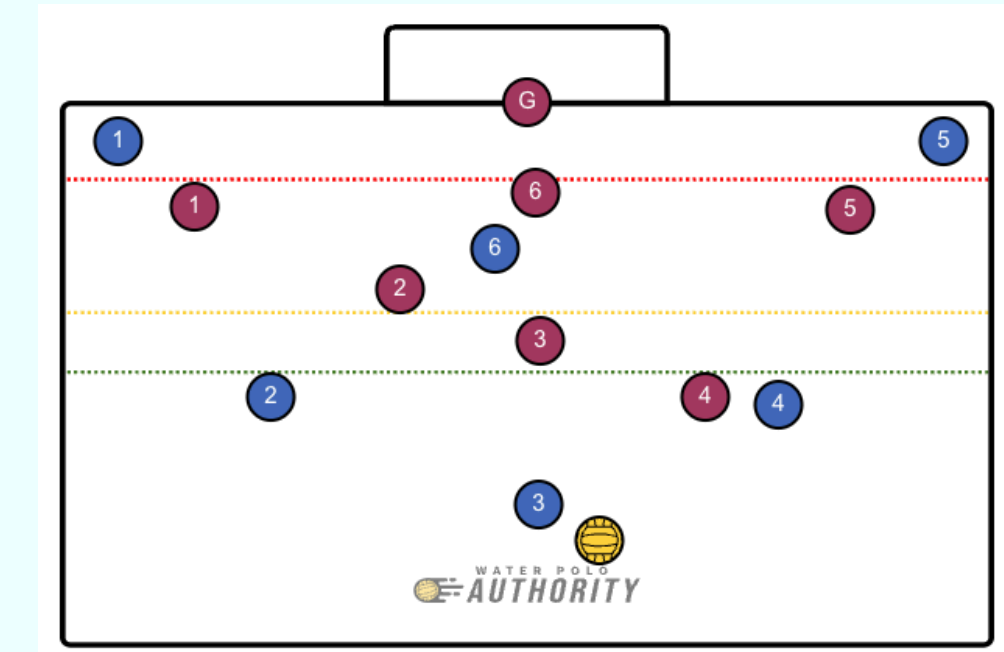


4/5 Zone Attack

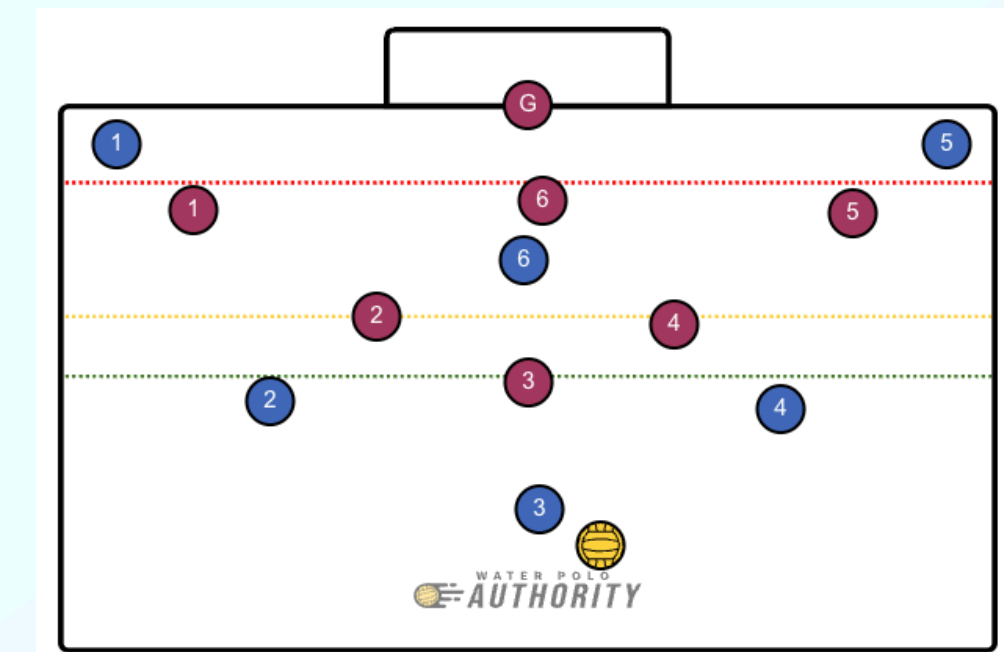
Drive from 2 and 1 staying wide and down allows room for 3 to slide over and 4 to open up the zone

Attacking Traditional Zones

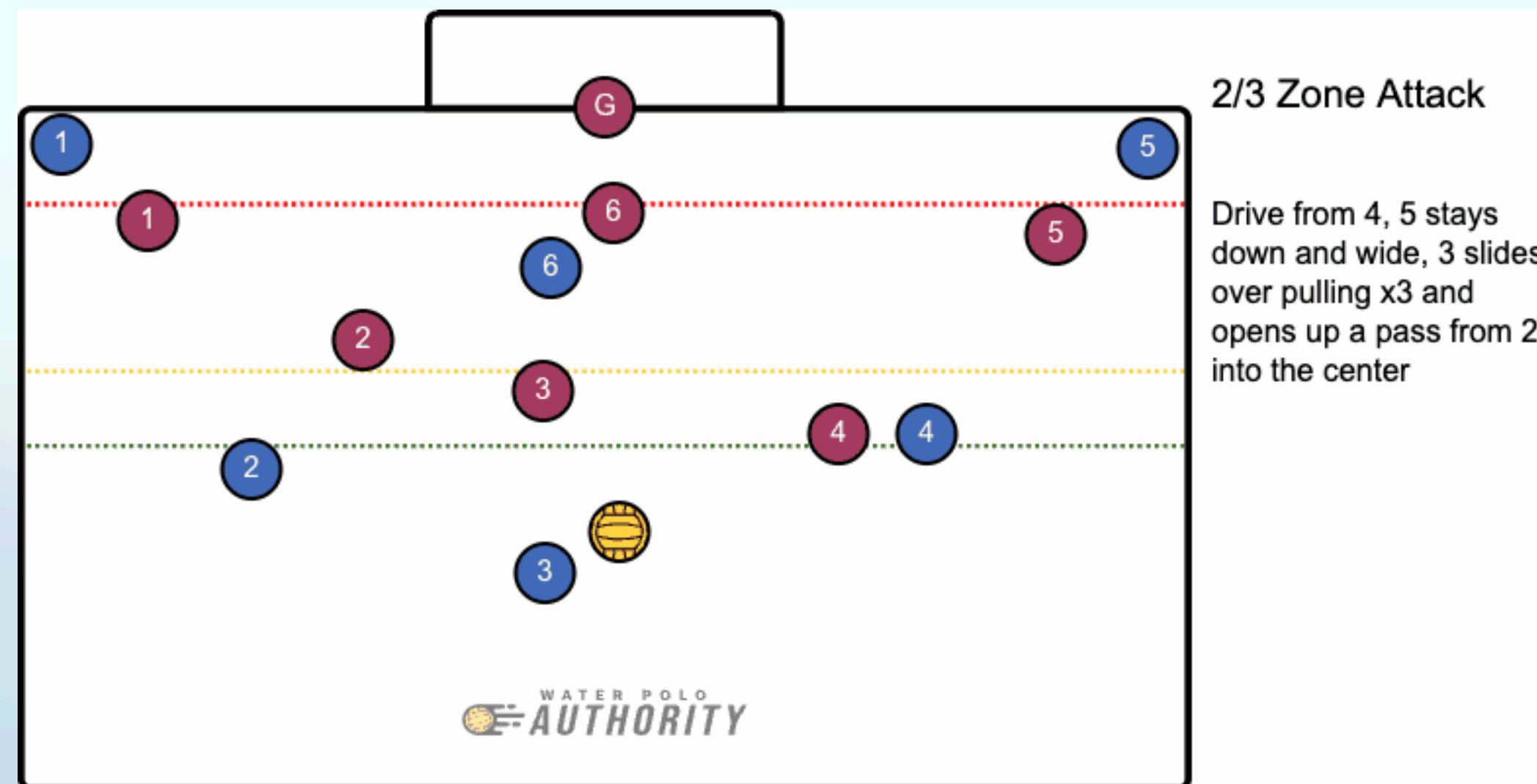
- 2/3 Zone Attack - Drive from 4 or 3
- 2/3/4 Zone Attack - Drive from 2, 3 or 4
- One player Zone from 2 or 3 - Drive from 4 or 3
- Can also post-up from 5 on any of these and move into a 4x2.



2/3

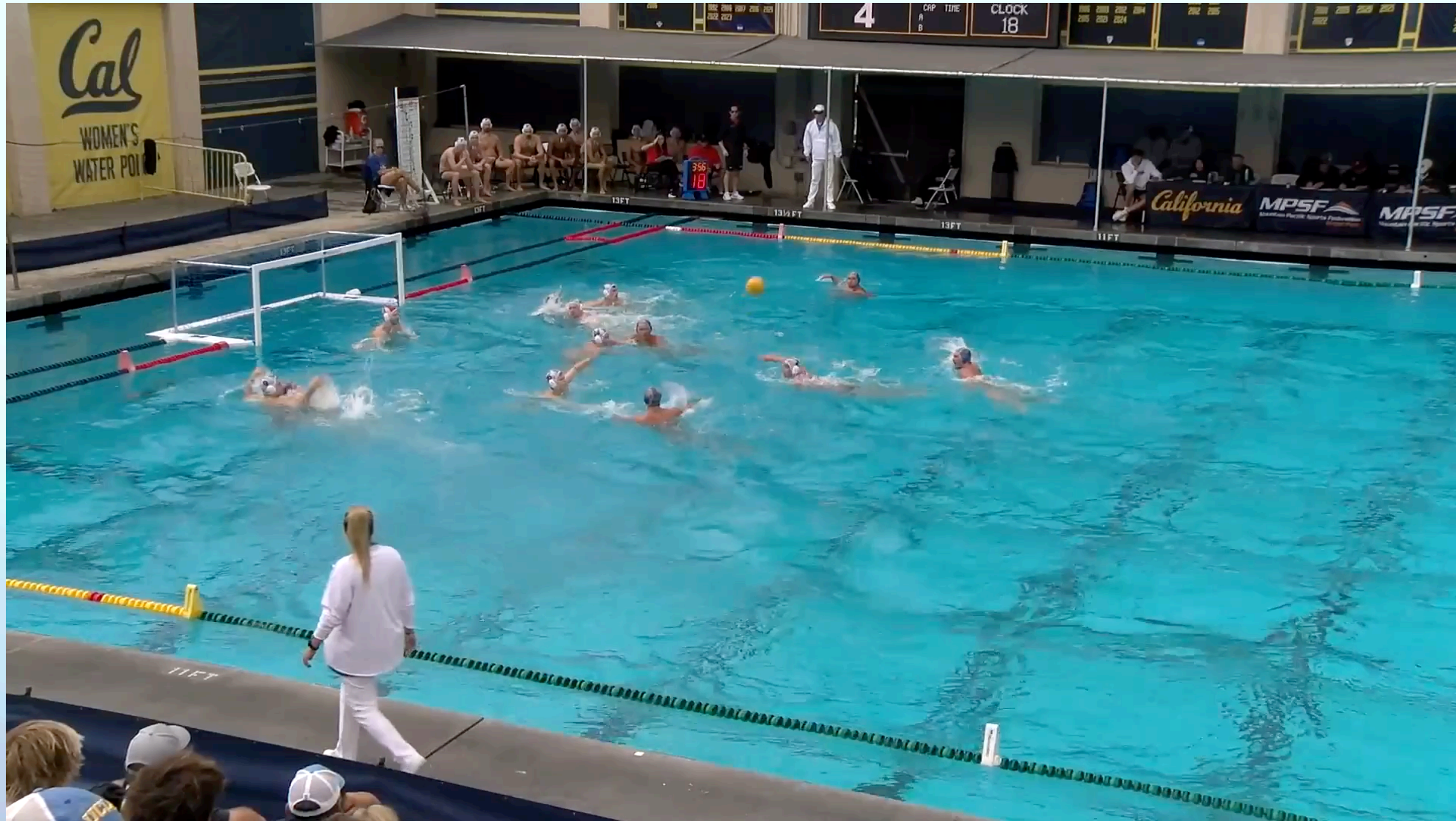


2/3/4



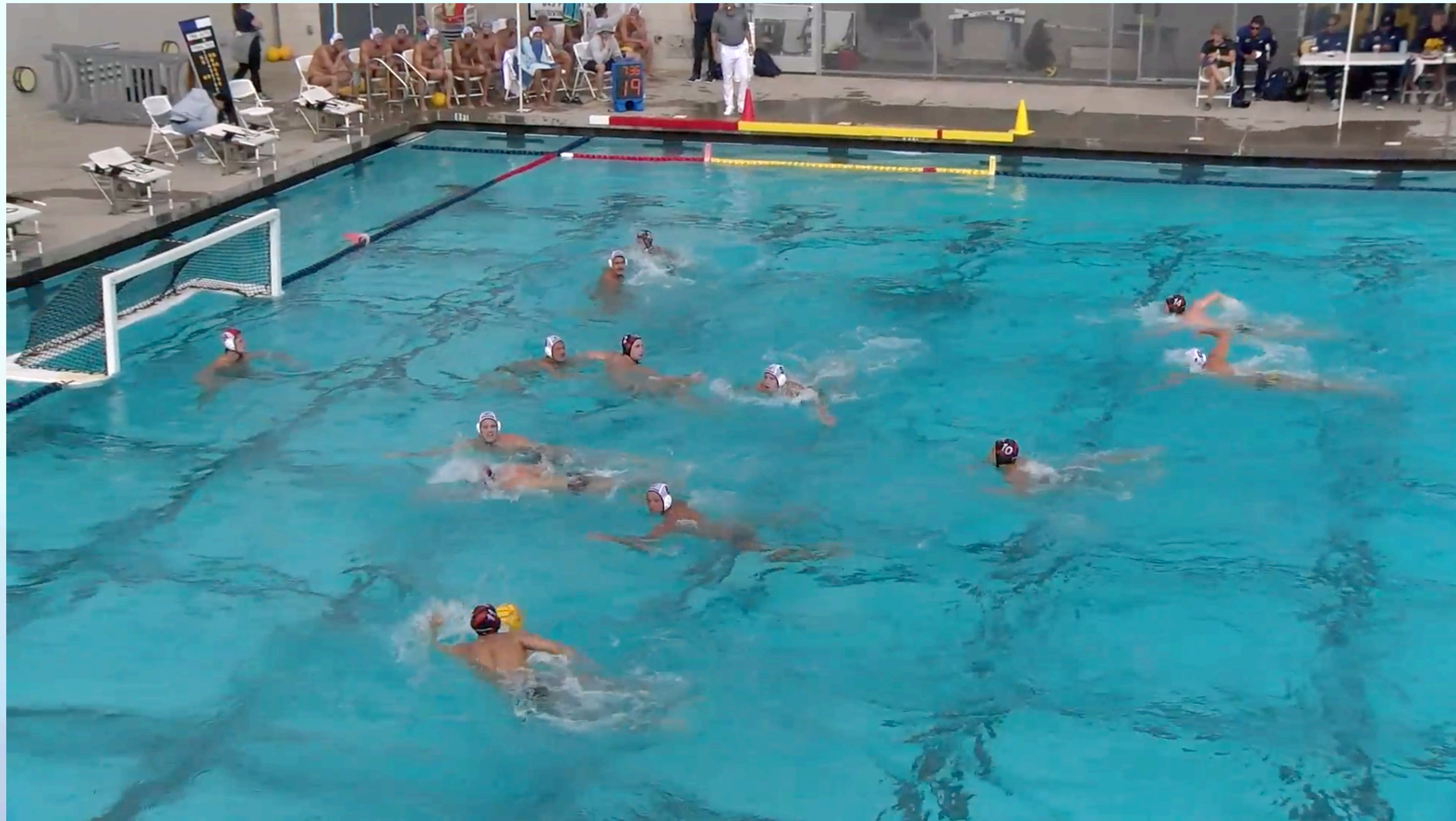
Attacking a Traditional Zone

3/4 Zone Attack For Shot



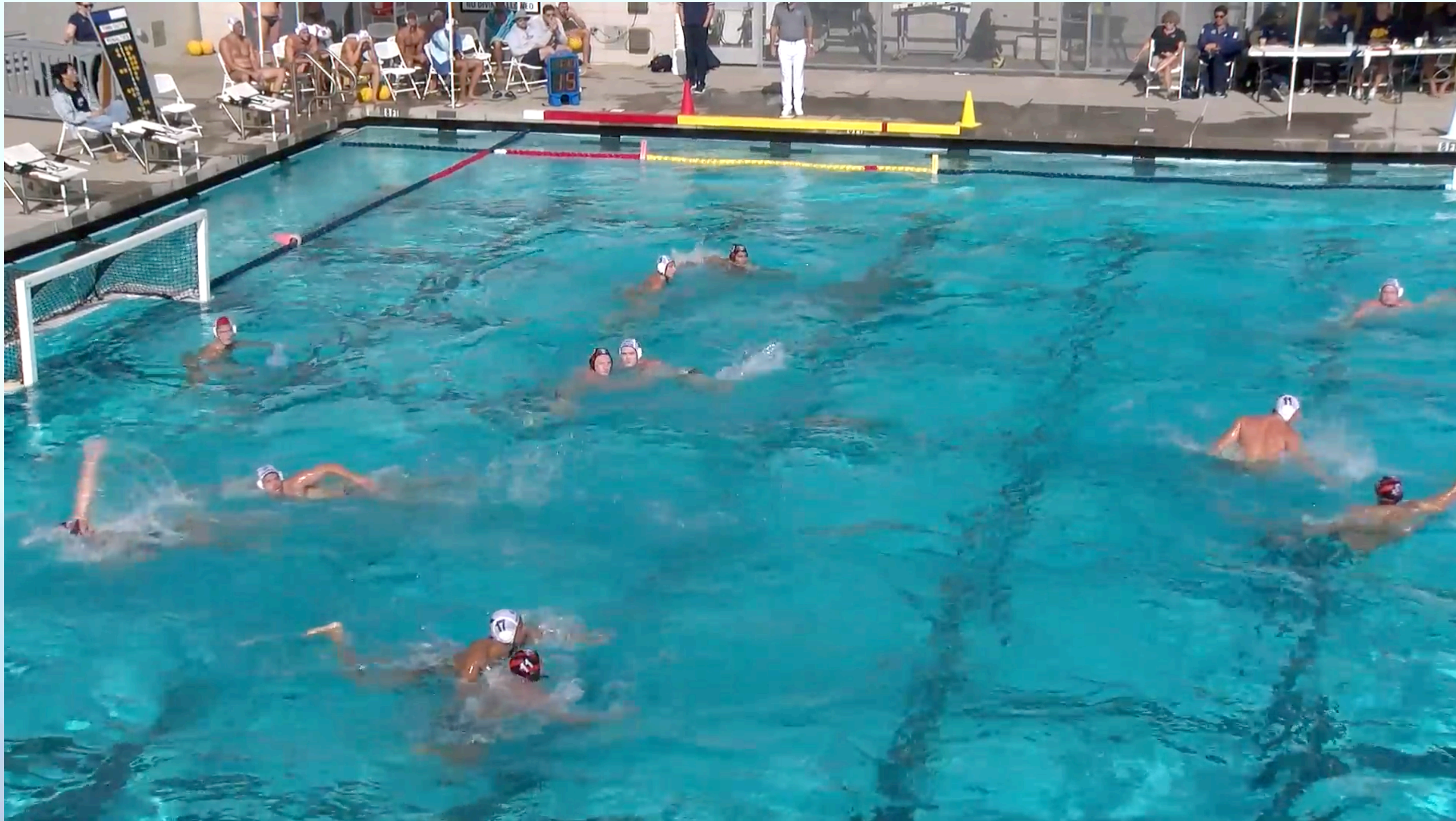
Attacking a Traditional Zone

3/4 Zone Attack For Center Entry



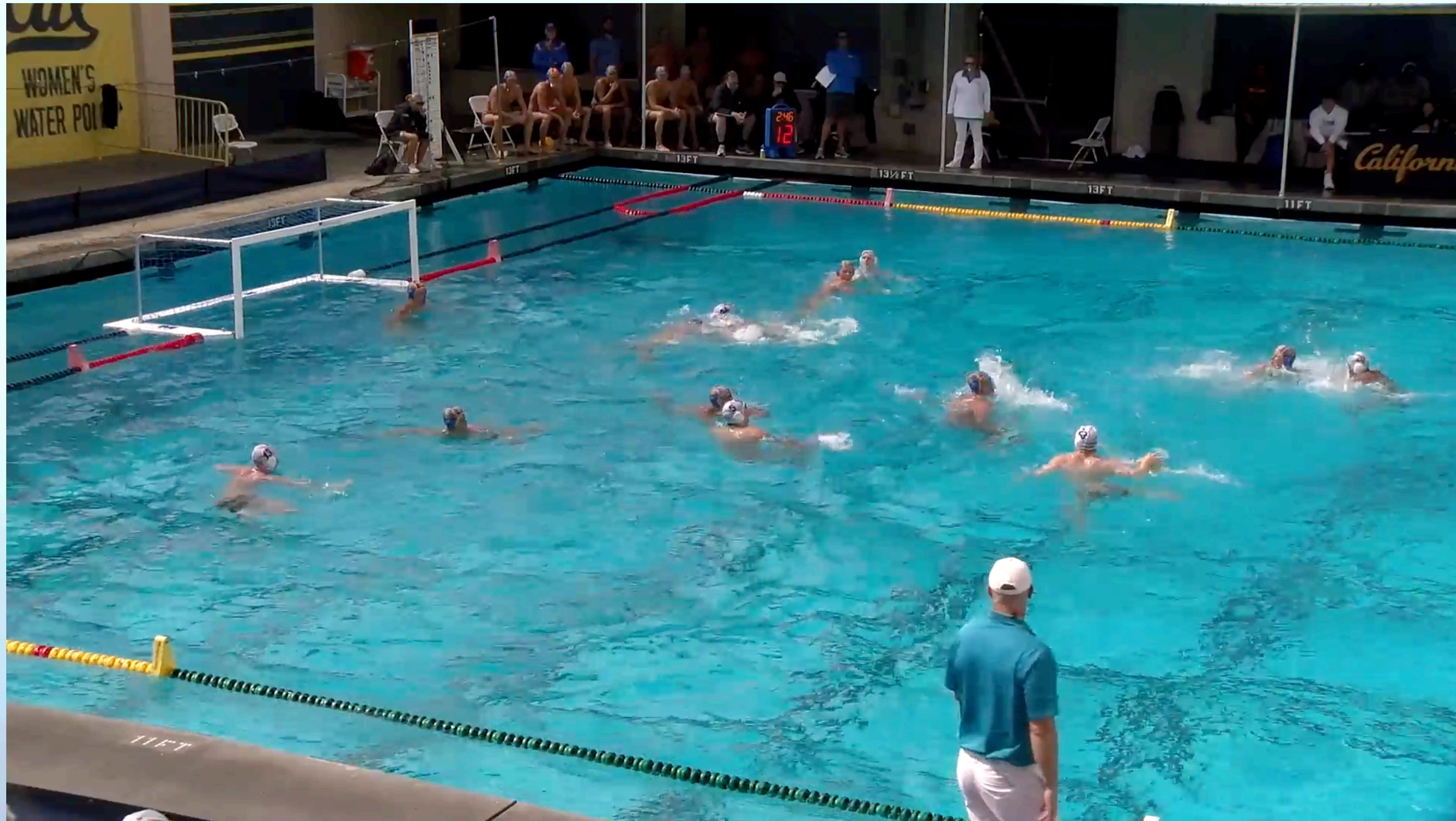
Attacking a Traditional Zone

2/3 Incorrect Zone Attack



Attacking a Traditional Zone

4/5 Zone Attack with Drive from 3



Attacking Splitting Zones

- Examples of Splitting Zones

- 4-drop, 3-split

- 2-drop, 4-split

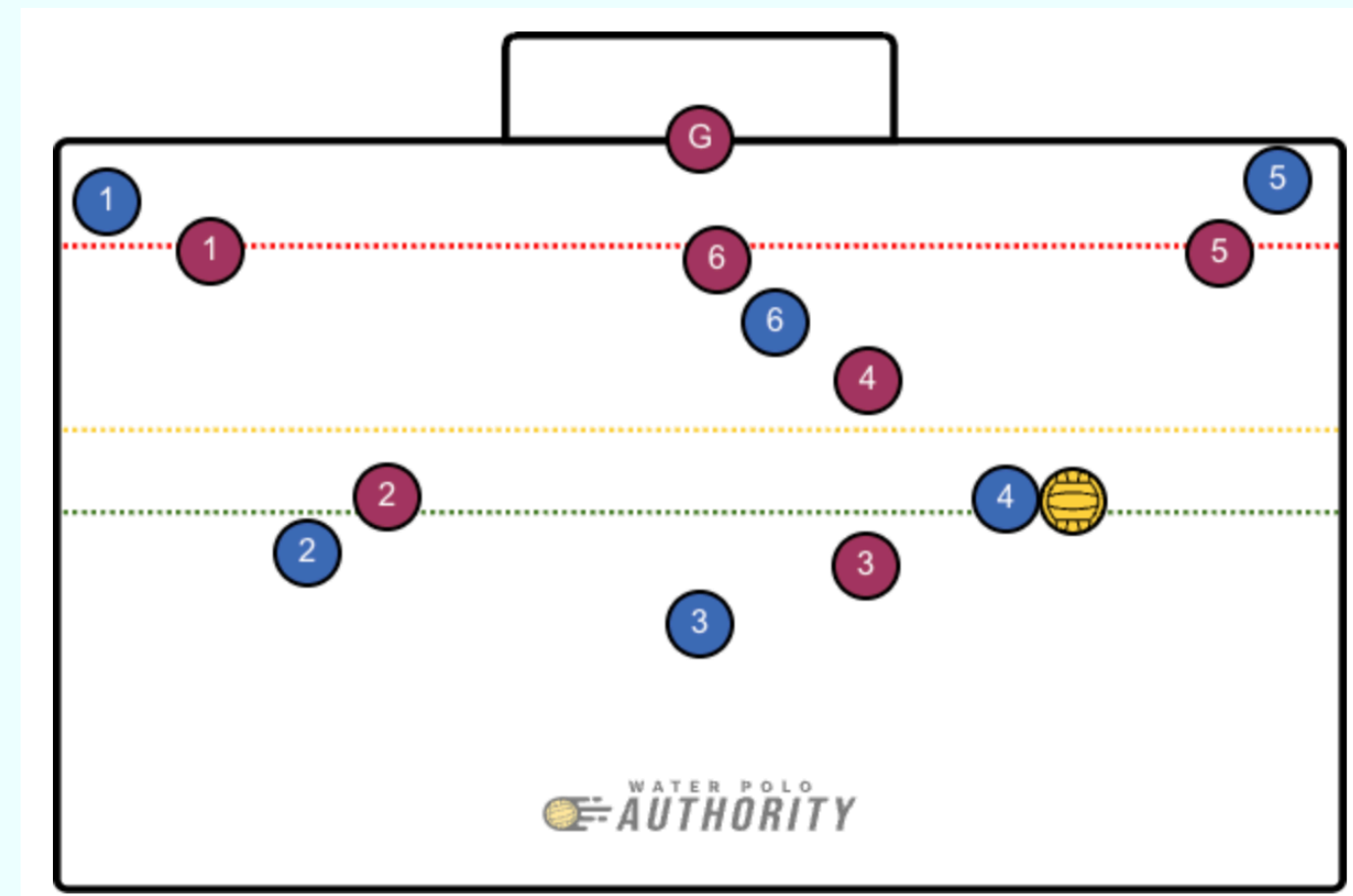
- 3/4 zone with 2-split

- 2/3 zone with 3-split

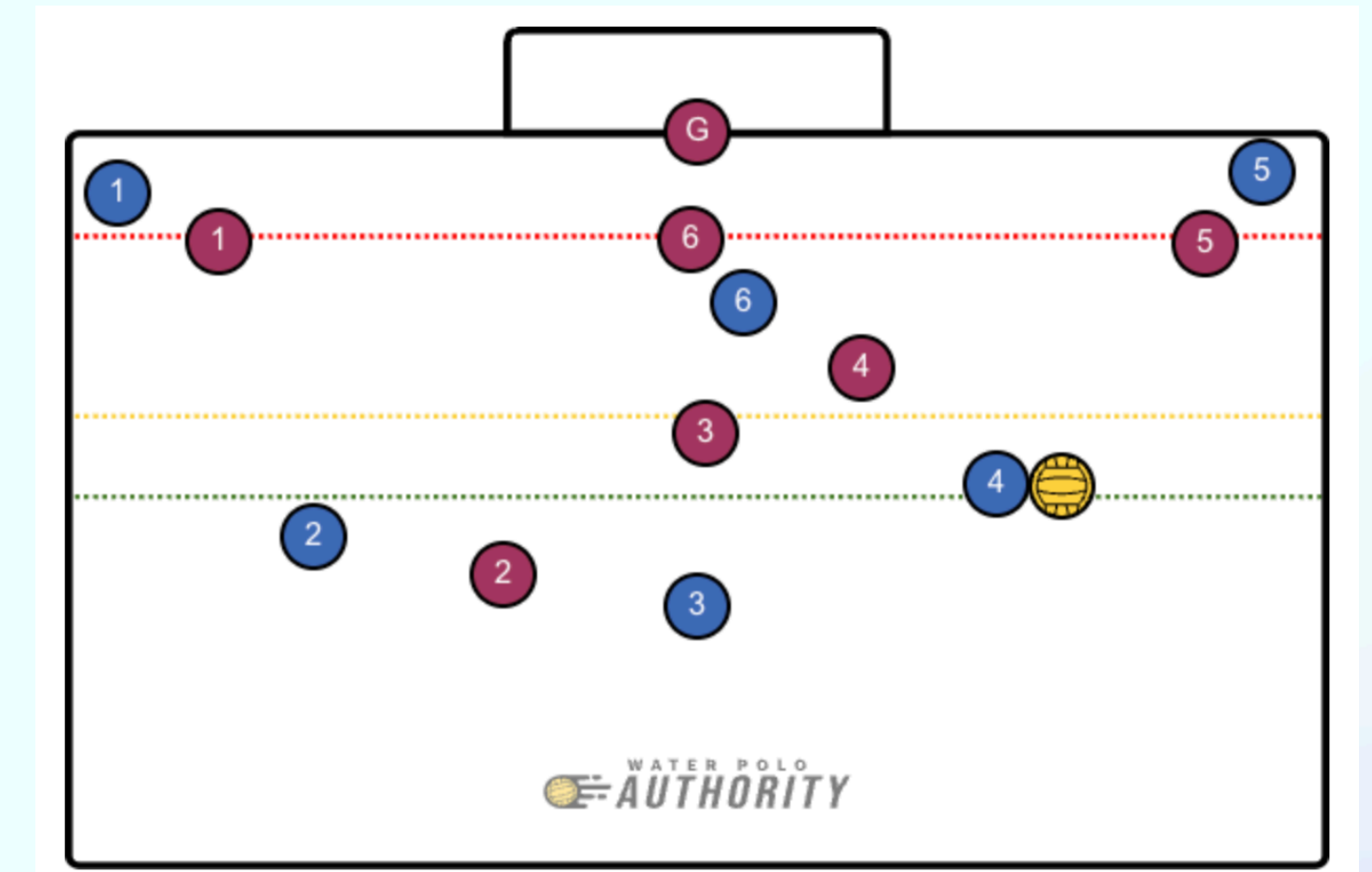
- 4/5 zone with 3-split

- M Zone

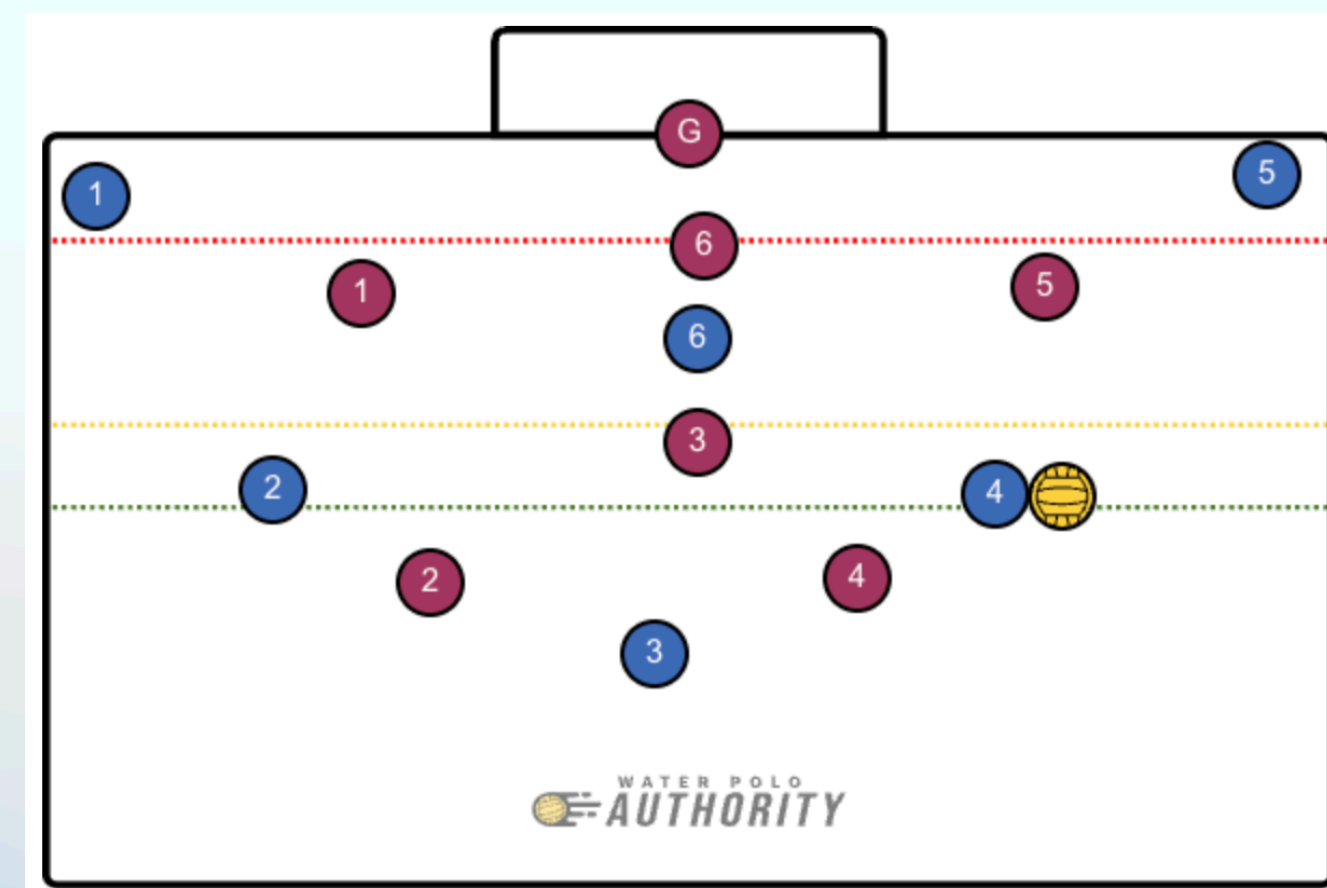
- Brescia



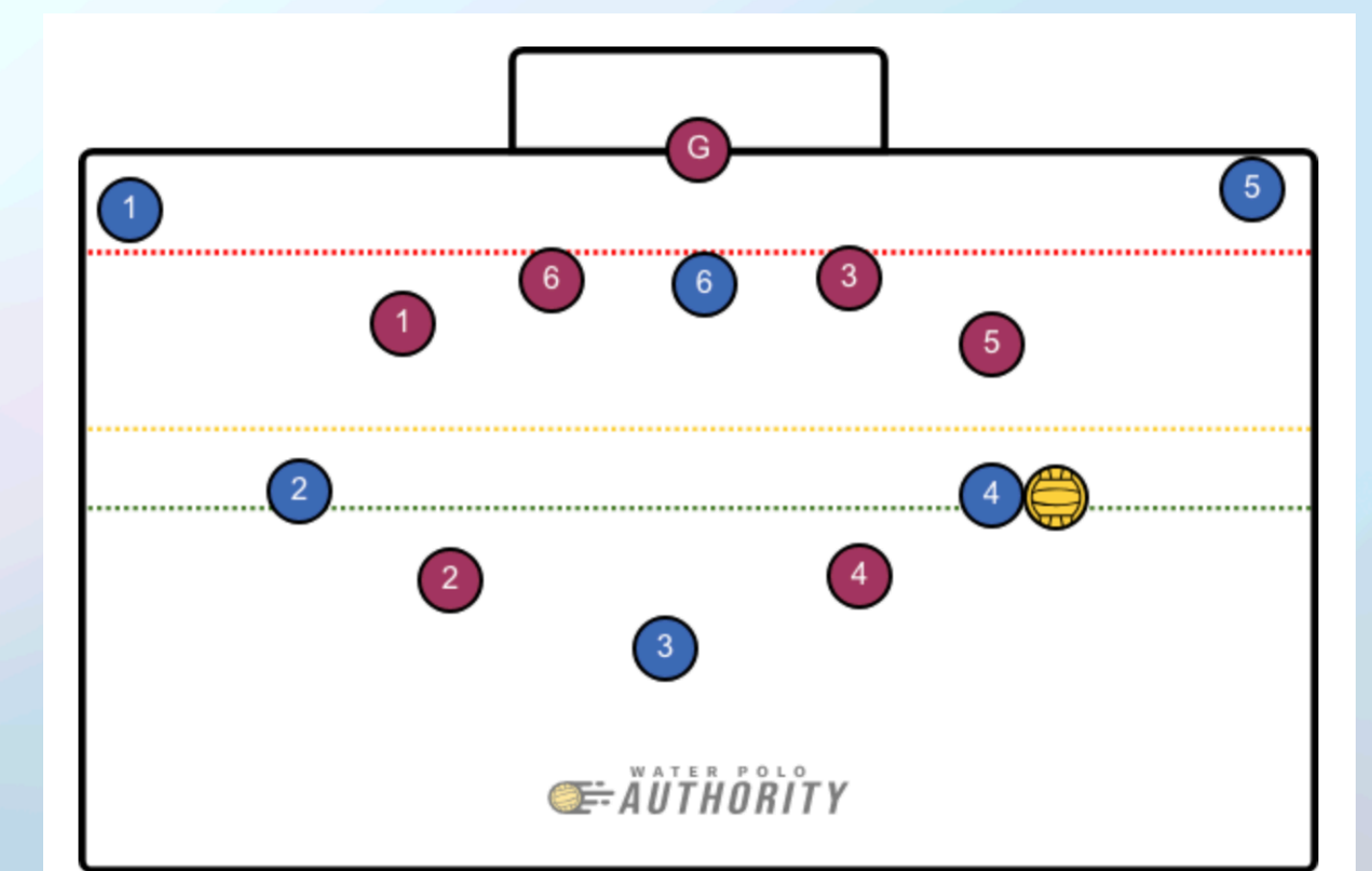
4-drop, 3-split



3/4-zone, 2-split



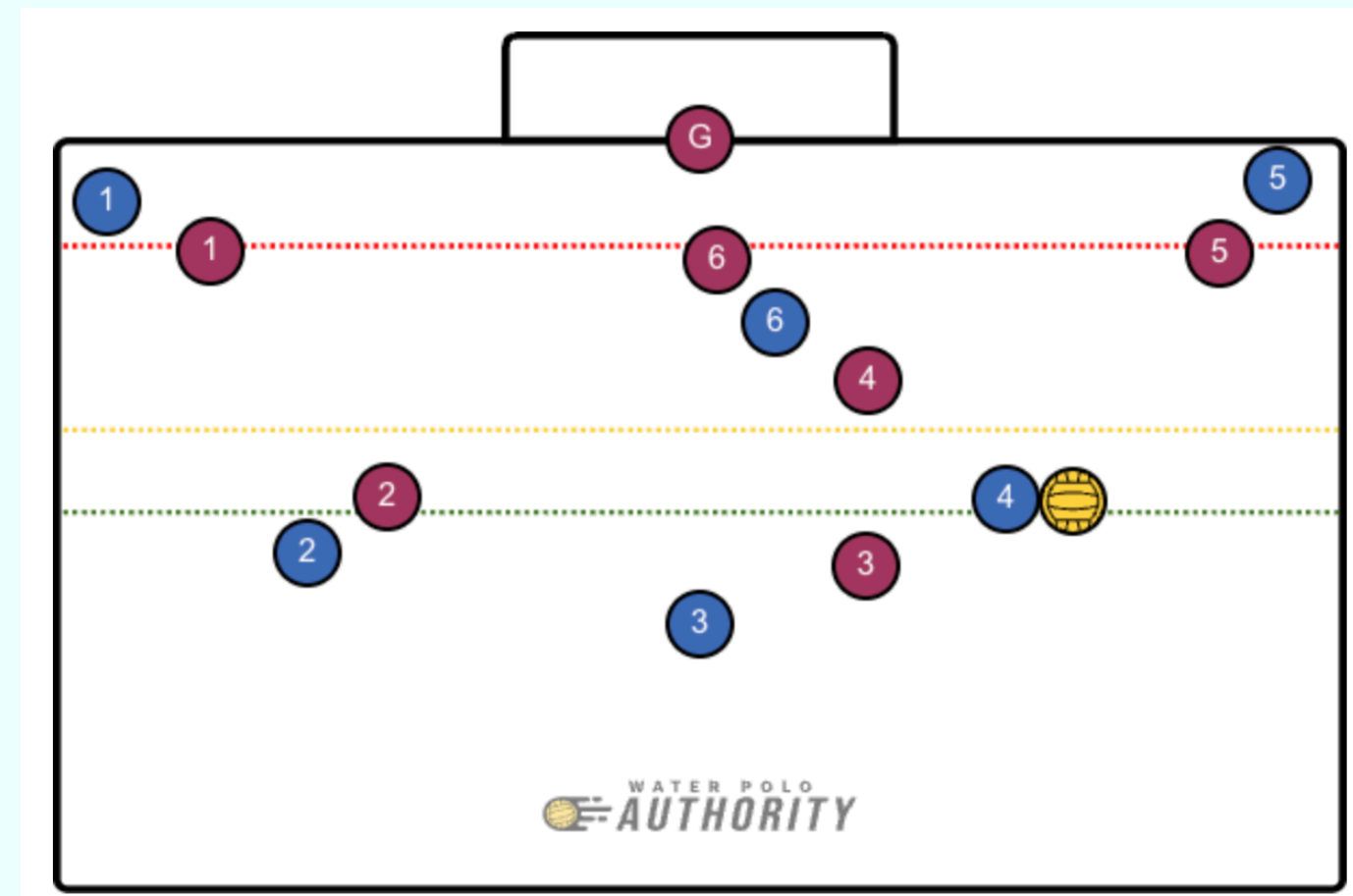
"M" Zone



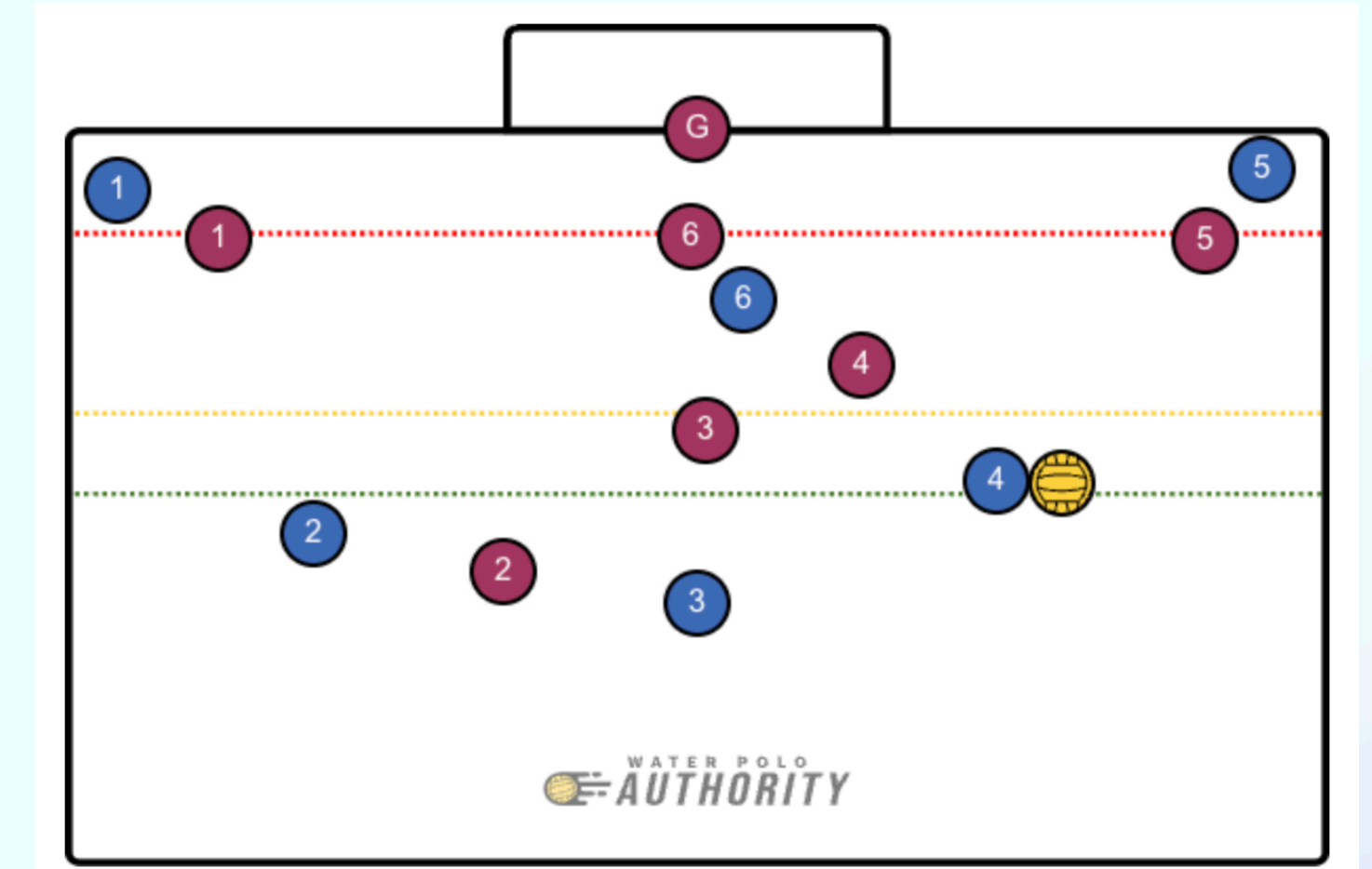
Brescia

Attacking Splitting Zones

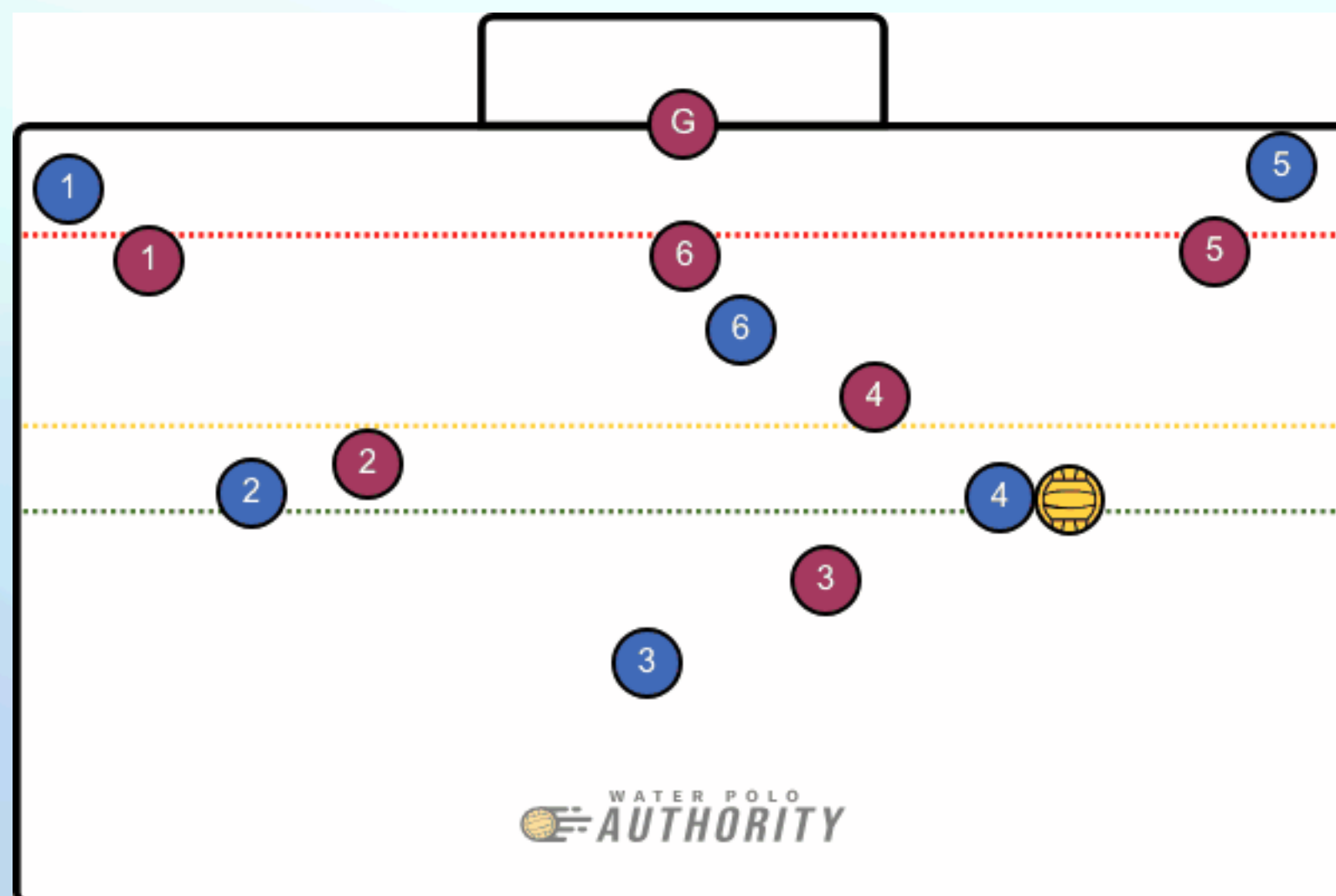
- 4-drop, 3-split
- 2-drop, 4-split
- 3/4 zone with 2-split
- 2/3 zone with 3-split



4-drop, 3-split



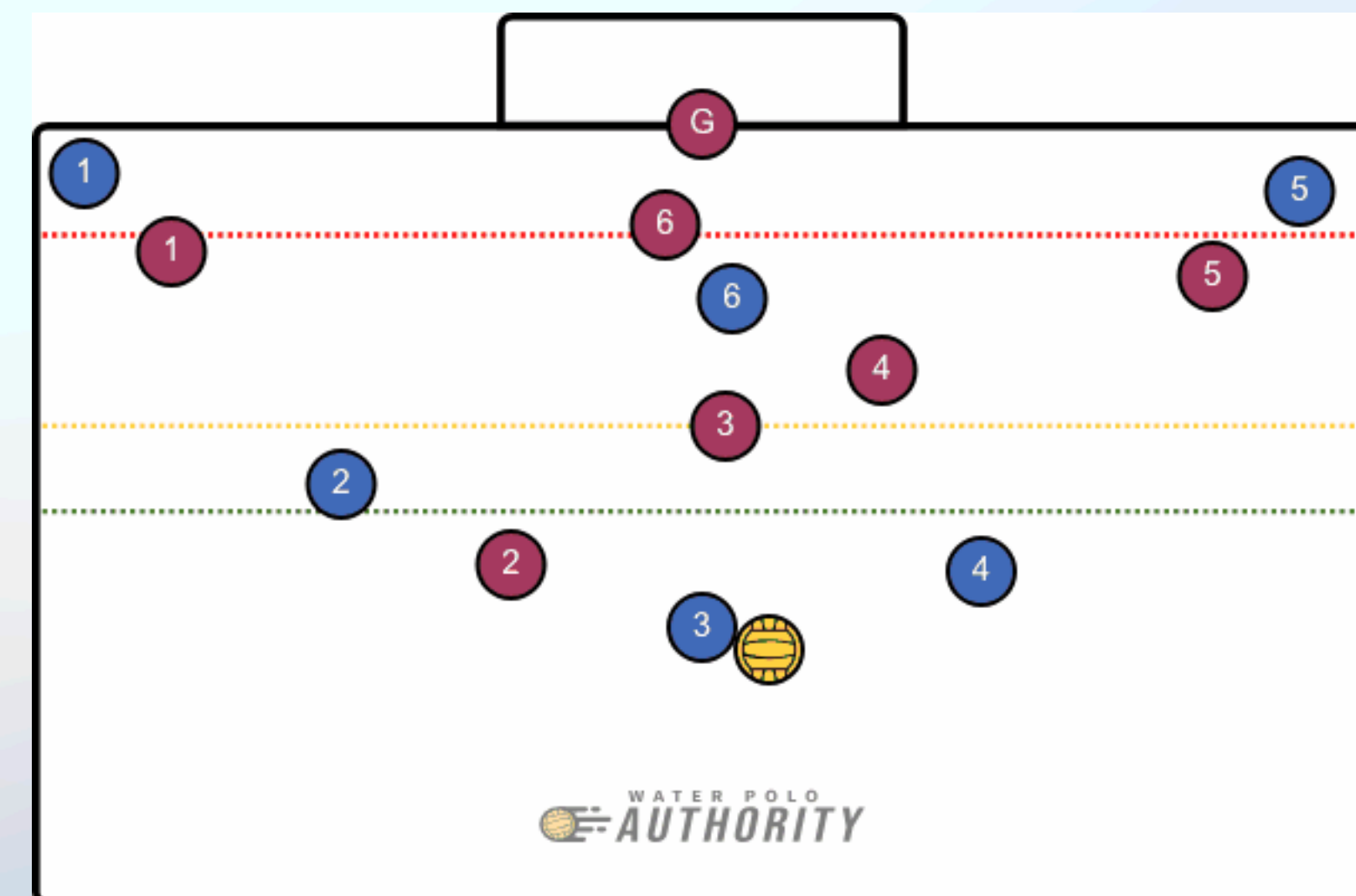
3/4-zone, 2-split



4-drop, 3-split Attack

4-drop, 3-split
Attack

2 Drive, 3 slide over,
center work back



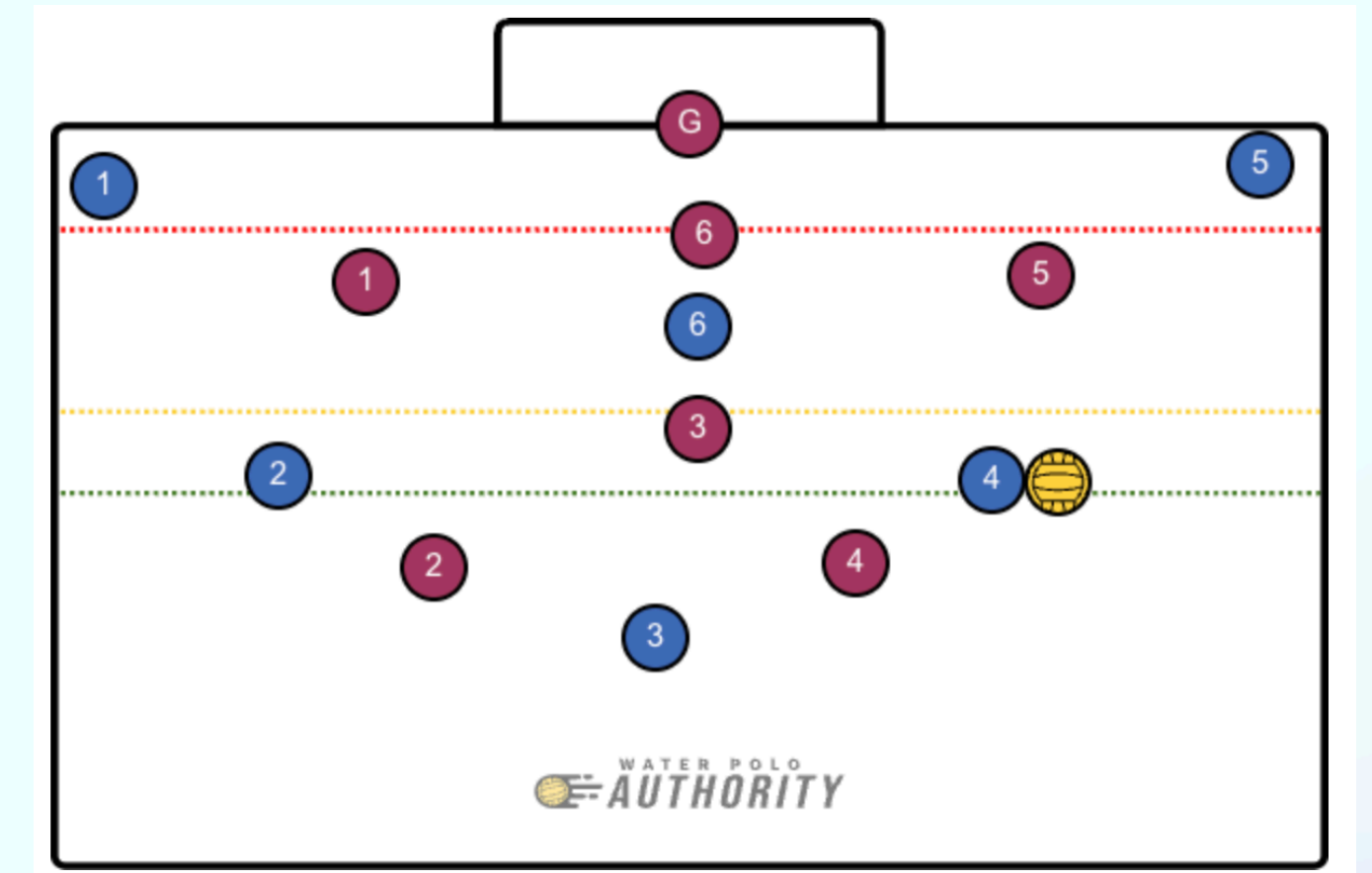
3/4-zone, 2-split Attack

3/4 Zone, 2-Split
Attack

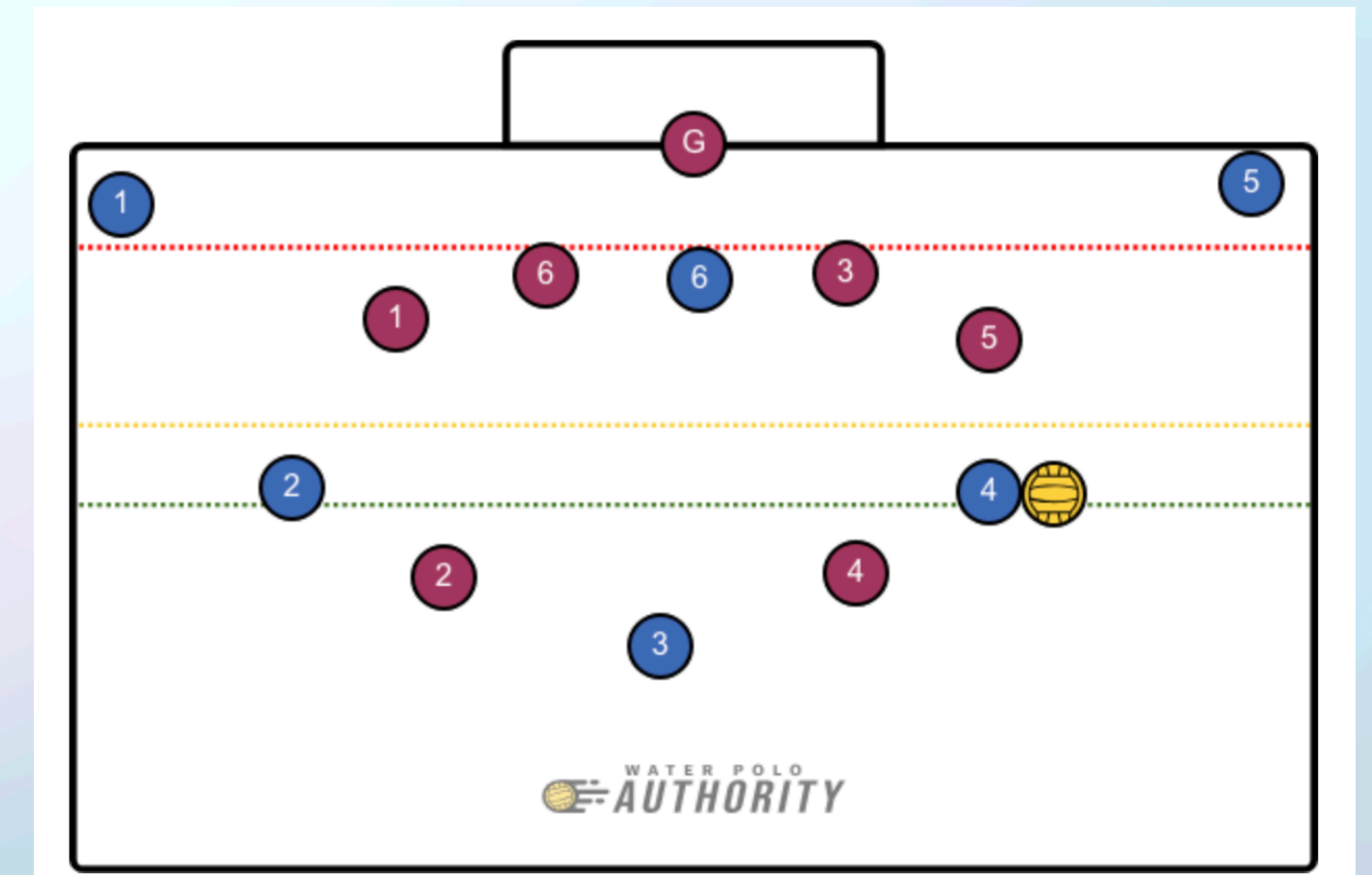
2 drive, if x1 picks up
the drive, 2 goes across
and 1 steps in

Attacking Splitting Zones

- M Zone Attack Options (Why teams run an M)
 - 1 or 5 Across and see if x1/x5 follow
 - Drive from 2 or 4 and move into a 4x2, working for both triangles
 - Pull the defense to one side and open up the other
 - Be careful not to shoot too early and try to finish from the bottom line. Need to make sure you are covered.
- Brescia
 - Similar to M but CD and drop defender are on the left and right of the center instead of in front and behind.
 - Get the ball to a wing. The center should try to pin one of the nearby defenders on the high side and hold inside water.



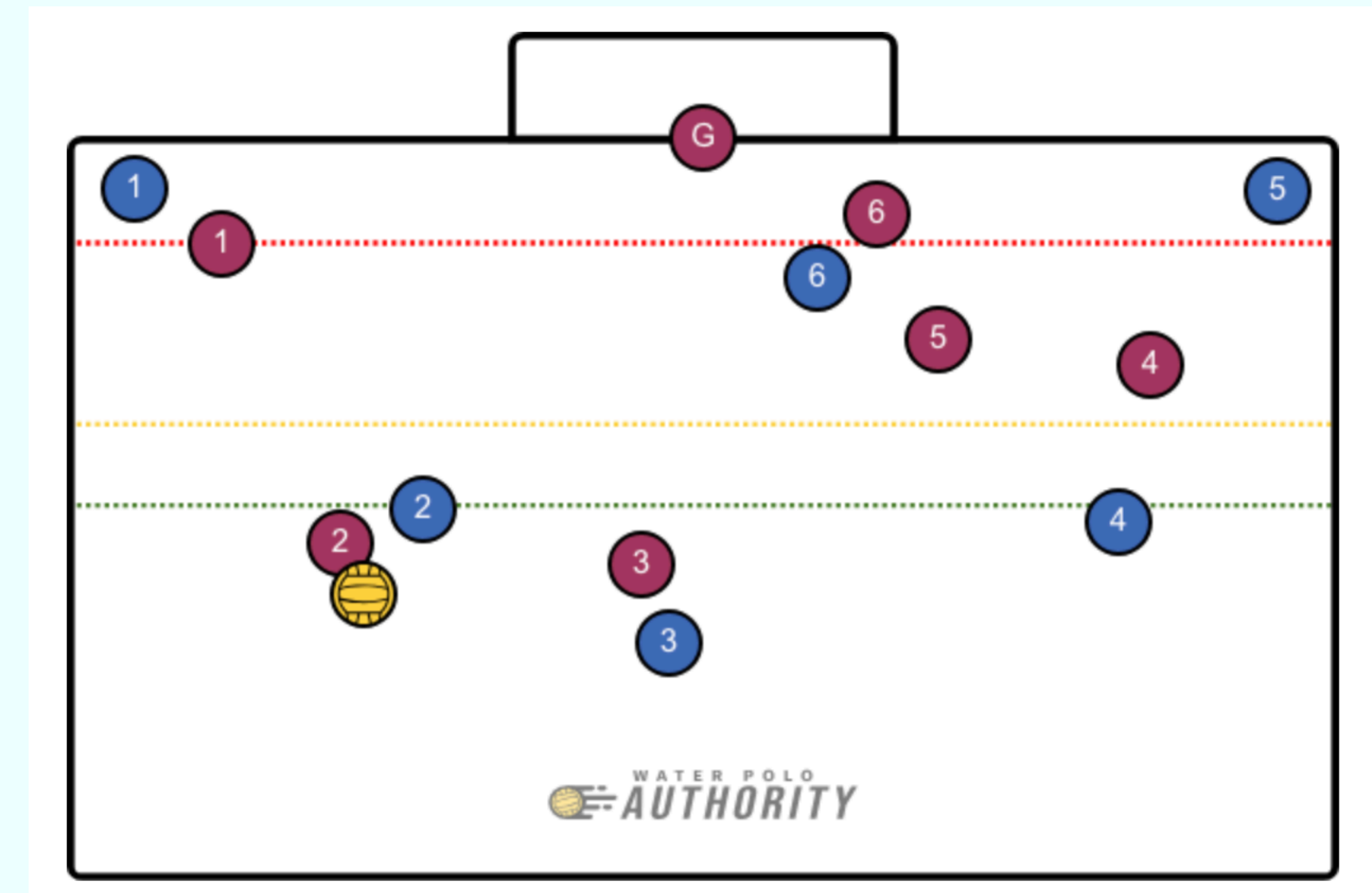
"M" Zone



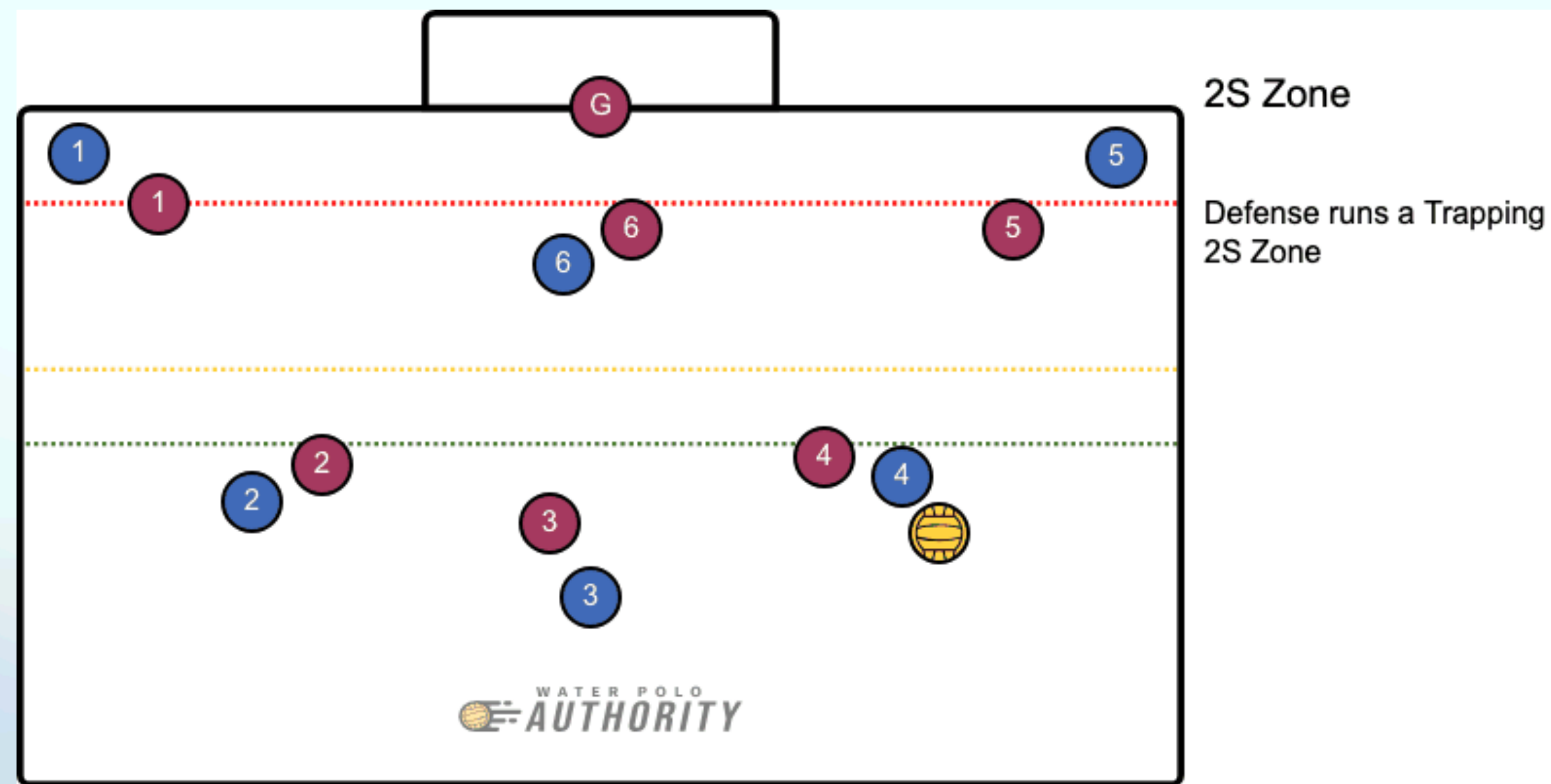
Brescia

Attacking Trapping Zones

- What is a trapping Zone and why do teams run them?
- Common Trapping Zones
 - 5 Trap, 4 Trap
 - 4/5 Trap
 - 2S, 3S



5 Trap



2S Defense

Attacking Trapping Zones - Strategies

- Most teams are trying to trap the ball or force a shot from the 4/5 side. If our center can seal the left shoulder, then they cannot trap.
- In our attack, we want to get the ball to the place they are trapping from early to try to draw them out and then quickly reverse the ball for a live entry. Immediate movement and releases are necessary on the opposite side of the trap.
- If they are trapping from x5 or x4, then our center should move towards the 2 post to extend the trapping defender further from their player to open up a better shot.
- Another option is to drive or post-up and move into a 4x2 or try to seal inside water on one of the trapping defenders.
- Because there is no ball pressure, a drive can be very effective.

Attacking a Trapping Zone

4/5 Trap Attack - Reversing Ball for Live Entry



Q & A