

AOD Philosophy

A proven program having assisted and developed 60+ collegiate defensive football players and 3 professionals with MANY MORE next in line at the High school and middle school levels. The AOD program was formerly "CBP DB Sessions" and it began to grow massively.

AOD, "The Art of Defense" ideology came from mastering your craft like a creator of fine art. Defensive backs that play the game at a high level have an artistic approach to the game that comes together like a beautiful picture made from scratch. Every detail matters, and when you pay attention to detail, the big picture takes care of itself. We build confidence and grit in our DBs. Defensive Back is the most difficult skill position on the field to play. Rome was not built in a day, neither are DB's. We attack every day in the pursuit of greatness and we are patient with the development process.

Starting from fundamental stances and footwork; to eye discipline, ball skills, and film study, the AOD program develops prolific and versatile defensive backs. Our DB's operate with key precise movement, excellent eye discipline, and pad level to ensure efficient gameplay. In our scenario aspects of training we create game-like moments enhancing recognition, awareness, and anticipation.

Coaches

Head Coach: Coach Plez

AOD was developed and is led by Coach "Plez" Josh Pleasant. Plez is a former d1 captain, 3 year starter at Kent St c/ 2012 (Captain, All-Conference, 199 tackles, 6 INTs, 37 pass break ups). He played 2 years professionally in the Arena Football League after college before hanging up the cleats due to injury.

Plez Coaching Experience:

Watkins Mill HS DB/ST - 2013

Northwest HS HC - 2016

Good Counsel HS DB Coach 2017-present.

Assistant Coach Von

Coach Jovon Burris is a graduate of Seneca Valley HS and Mcneese St. At Mcneese he played safety, (141 Tackles, 4 INT, 14 PBU, 7 FF, 5 FR, 4 TD's in 21 games.

Coach Von is high energy, detail oriented, passionate, and a great mentor. You can tell he truly loves the game and what sports development can do for young athletes. He's a student of the game and a master of his craft.

