

LESSON PLAN



NAME: Brian Pitts

DATE: 8.6.08

TOPIC: Attacking Principles

SESSION OBJECTIVE: _____

EQUIPMENT NEEDS

Cones
bibs
ball

OUTLINE/COACHING POINTS: _____

Attacking Principles-

- Penetration - Dribble
- Pass
- Shoot

Width

Depth

Mobility

Improvisation

1st Attacker - when to dribble/pass/shoot

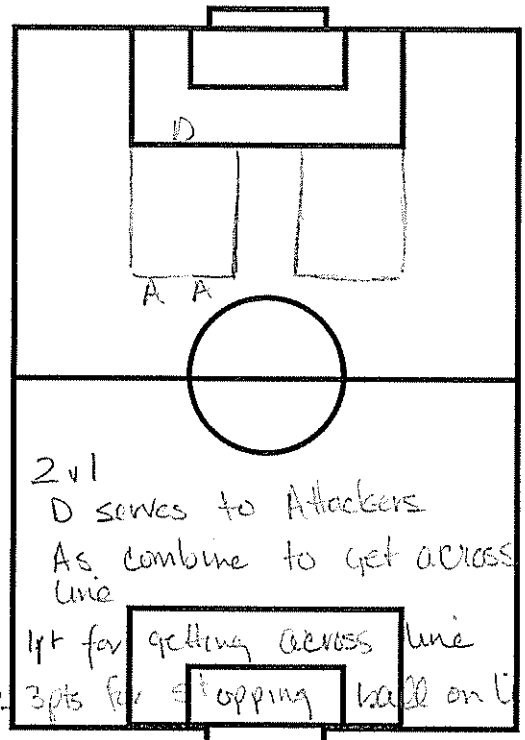
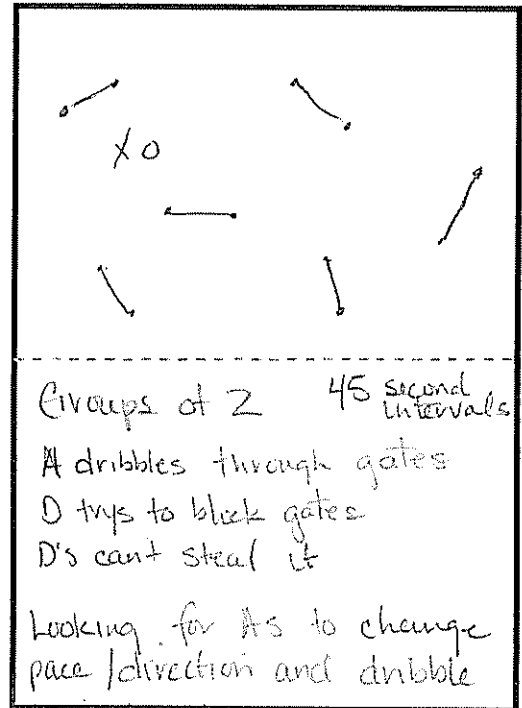
2nd Attacker - Angle/Distance of support

- Ahead of ball
- Behind ball
- laterally of ball

3rd Attacker - Unbalance defense

Create space for others

Attack space behind defense



PRACTICE GROUPS/TEAMS

- _____ K _____
- _____ 2 _____
- _____ 3 _____
- _____ 4 _____
- _____ 5 _____
- _____ 6 _____
- _____ 7 _____
- _____ 8 _____
- _____ 9 _____
- _____ 10 _____
- _____ 11 _____
- _____ 12 _____

