

Table of contents:

Introduction

1. Insight into the annual schedule

- Training objectives
- Annual schedule
- Individual steps of the annual schedule
- Creating well-structured training units

2. Structuring a training unit

- Warm-up practices
- Basic exercises
- Additional information on basic exercise
- Basic play
- Target play

3. Roles/tasks of the coach

4. Training units

- TU 1 – Improving passing precision when initiating the first wave (★★)
- TU 2 – Quick adjustment to a fast break after a defense action (★★★★)
- TU 3 – Improving speed play for fast break situations (★★★★)
- TU 4 – Developing a well-structured second wave by implementing long crossing moves and options for further playing (★★★★)
- TU 5 – Step-by-step development of initial actions after a fast throw-off (★★★★)

5. About the editor

6. Further books published by DV Concept

Publishing Information

1st English edition released on 14 Nov 2018

German original edition released on 23 Aug 2016

Published by DV Concept

Editors, design, and layout: Jörg Madinger, Elke Lackner

Proofreading and English translation: Nina-Maria Nahlenz

ISBN: 978-3-95641-237-0

This publication is listed in the catalogue of the **German National Library**. Please refer to <http://dnb.de> for bibliographic data.

The work and its components are protected by copyright. No reprinting, photomechanical reproduction, storing or processing in electronic systems without the publisher's written permission.