

WF: 6-1 OFFENSE

SPECIFICATIONS

This is a 6-1 offense for 7v7. Six players are spread around the outside and one working in the middle.

THEME

Offense

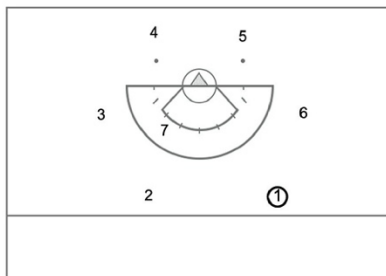
DESCRIPTION

Below is an overview of a 6-1 offense, with two general ideas. Work in pairs with flips, picks, fake flips, and clearing space.

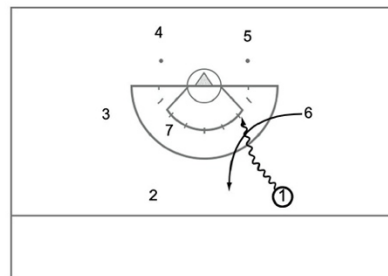
VARIATIONS/PROGRESSIONS

N/A.

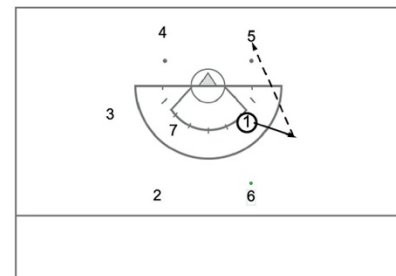
DIAGRAM



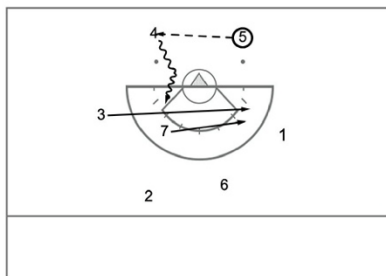
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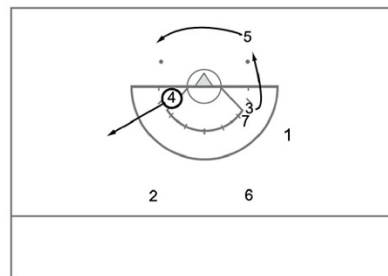
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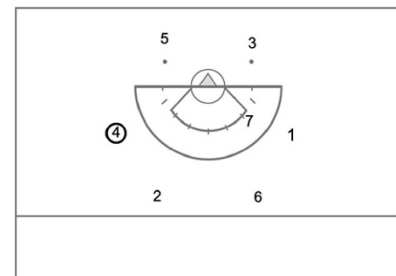
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4



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6