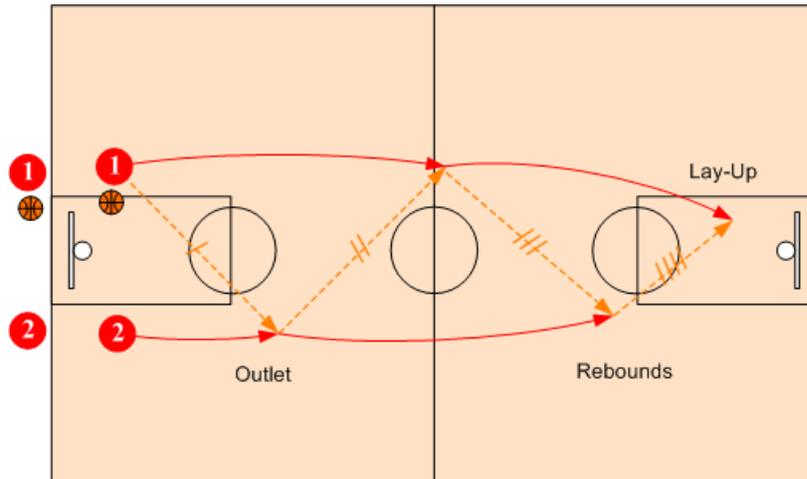


Two Player Fast Break Drill Series

This two player full court, early break drill series consists of four options: 1) Pass-Pass, 2) Diagonal Cut, 3) Drop Pass, and 4) Baseball Pass. Each option should be practiced using both sides of the court. These drills will teach players to execute and handle the ball at high speeds along with proper court spacing. Since there is little or no dribbling involved, they teach players the importance of teamwork. They are excellent drills to include in practice warm up since they get players moving at game speed and playing together. They are also great for teaching players to lead receivers by passing the ball out in front and making receivers run to them, rather than throwing directly at receivers.

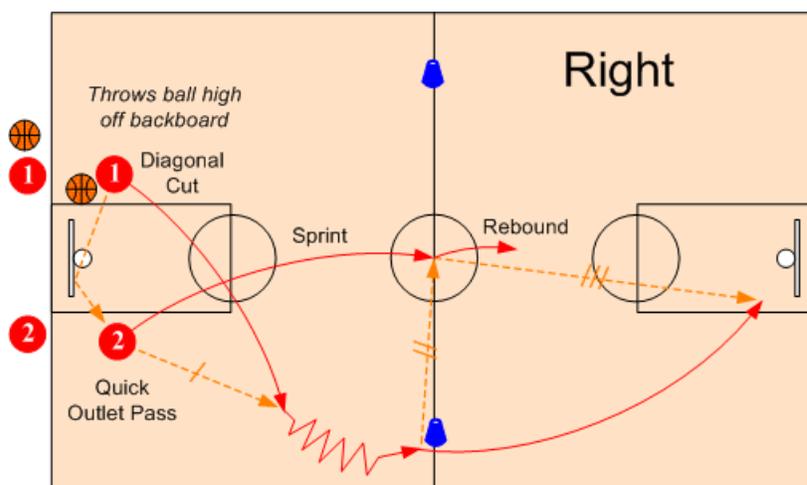
1. Pass-Pass Drill



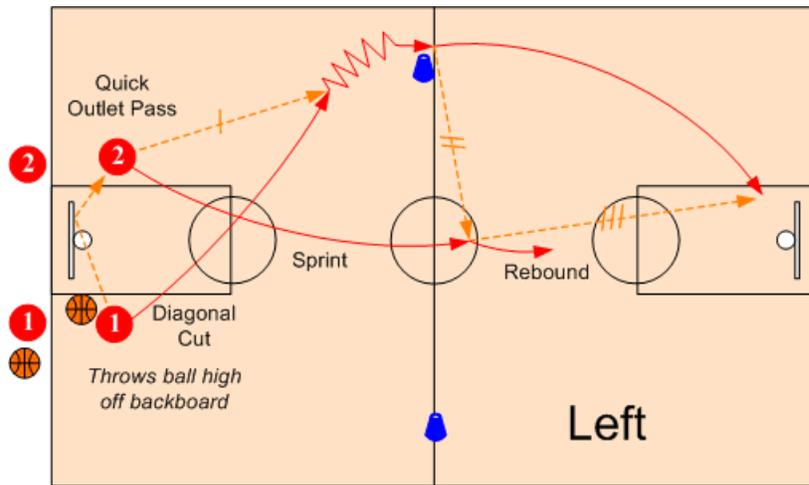
This simple Pass-Pass Drill is a great drill for teaching players to lead their receivers as well as a good practice warm-up drill for bringing players up to speed. O1 and O2 advance the ball by passing to the opposite end of the court for a lay-up shot. The player receiving the pass near the free throw line feeds the other player for a layup shot and then rebounds. Once the first group of players gets to half court, the second group of players start.

Each group goes down and back starting out with 6 passes. The number of passes is then reduce each time down and back from 6 to 5 to 4 to finally to only 3 passes. Players should maintain a 12' apart spacing. This will prevent one defender from being able to defend both players while allowing for sharp, crisp passes. Emphasis should be on leading receivers with accurate passes along with making the lay-ups.

2. Diagonal Cut

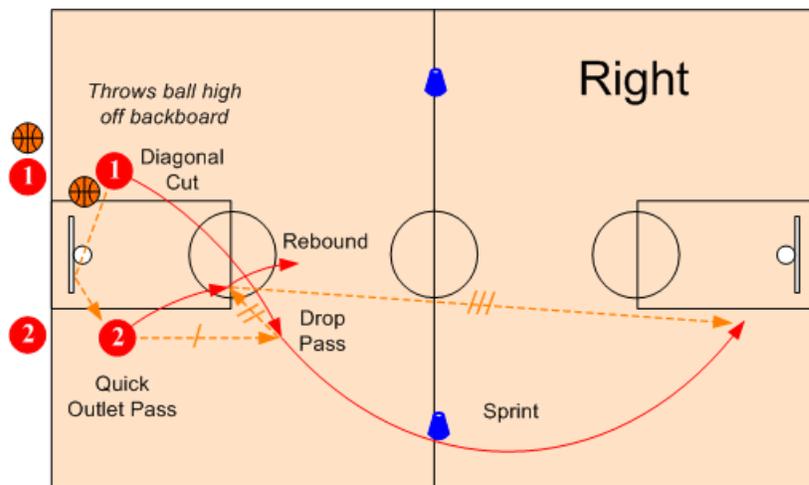


This diagonal cut drill makes players aware of running wide lanes along with leading receivers. O1 throws the ball high off the backboard to O2 and then makes a diagonal cut to opposite wing. O2 rebounds the ball and makes a quick outlet pass to O1. O1 takes ball to wing on dribble and then makes a return pass to O2 in the middle. O2 then leads O1 to basket without dribbling. O2 follows the pass and rebounds. Emphasis is on proper spacing and precise ballhandling.

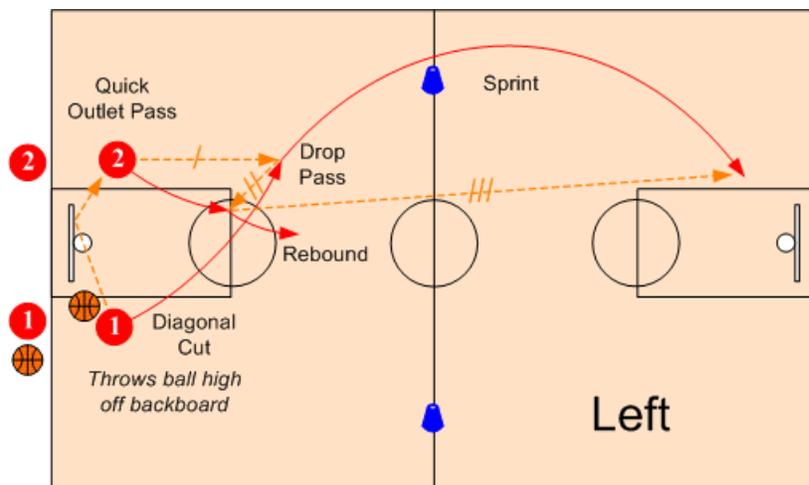


Players switch roles on the way back. Each group goes down and back on the right side, and flops and goes down and back on the left side.

3. Drop Pass

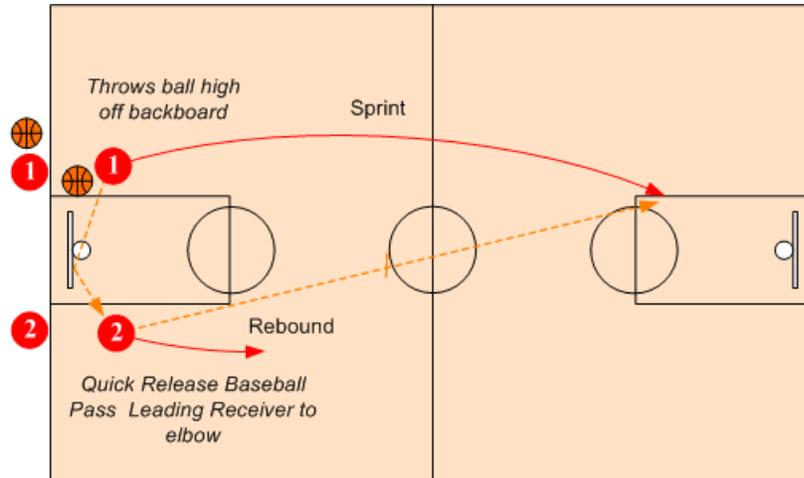


O1 throws the ball high of the backboard to O2 and then makes a diagonal cut to opposite wing. O2 rebounds the ball and makes a quick outlet pass to O1. O1, without dribbling, executes a drop pass by dropping the ball behind and continues running a wide wing lane. O2 picks up the drop pass and, without dribbling, leads O1 to the basket for layup. O2 follows the pass and rebounds. No dribbling is allowed on this quick hitting drill and the emphasis is on ballhandling.



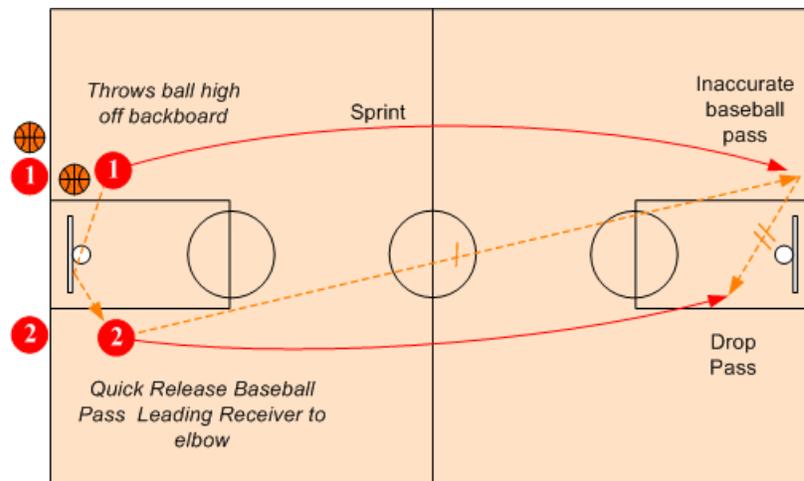
Players switch roles on the way back. Each group goes down and back on the right side, and flops and goes down and back on the left side.

4. Baseball Pass



Deep outlets and long passes are a key for early offense and must be practiced. O1 throws the ball high of the backboard to O2 and sprints to the opposite free throw line. O2 rebounds the ball and executes a quick release baseball or hook pass leading receiver O1 to the opposite “elbow” making O1 run to the ball. O2 follows the pass, sprinting to rebound the ball before it hits the floor. O2’s pass should be over the top of the defenders, not a high lob which will allow time for defenders to get back.

Errant or Bad Pass Drop



If O2’s baseball pass is off its mark and the shooter O1 cannot make an on balance layup shot, then O1 should save the ball by executing a drop pass back to O2 trailing for layup. Note: Add this option only after players become somewhat skilled in throwing long passes. The drop pass is not a crutch and should be used sparingly.

Automatic Push-ups (optional)

Players need to learn to finish. On all these two player drills, if the ball is missed handled or the shooter misses the lay-up, both players should be required to do an automatic 10 push-ups. A good pass leads to a good shot. Tolerating and allowing players to miss lay-ups during practice only reinforces bad habits and habits do not change during a game.

Players will not only benefit from these two player break drills, but will also enjoy running them.