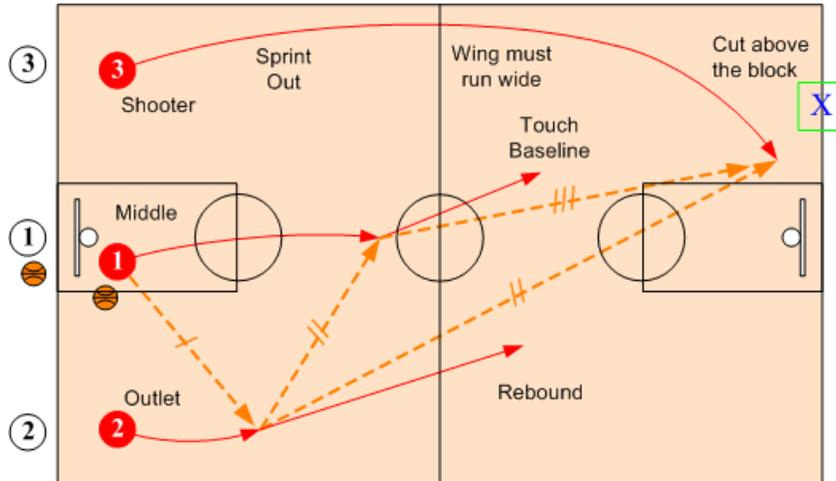


“Michigan”

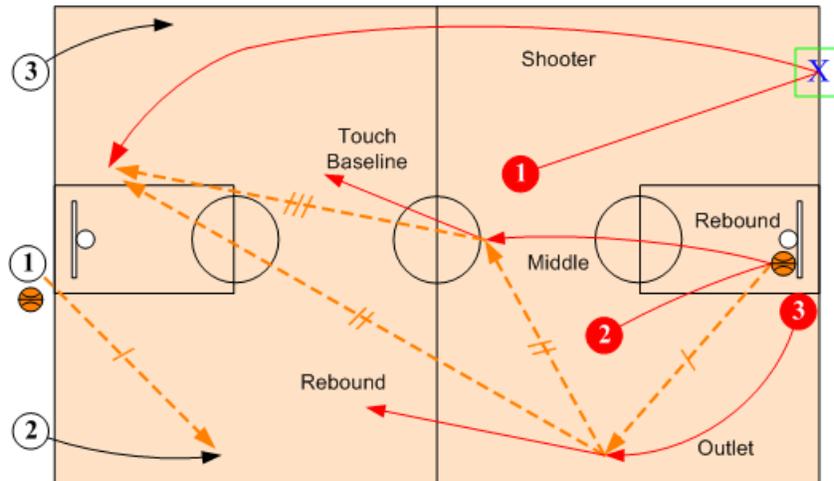
Three Player Full Court Fast Break Drill

Michigan is a three player full court fast break drill. It teaches and reinforces proper lane spacing as well as ball handling at high speeds. It is limited to two or three passes with no dribbling. It can be used as an excellent practice warm up drill as well as a conditioner. As a conditioner, after learning the drill, Michigan can be repeated (continued) with each group going down and back two or three times prior to stepping off. It also can be incorporated in your pregame warm up when the opponents leave the court, especially when playing on the road.



Phase 1: Three Passes (or two) Full Court

Use sharp accurate passing. Receive and pass off the jump stop (triple threat). Ball never hits floor. The drill is initiated with O1 inbounds the ball to O2. O1 then breaks to mid court receiving a return pass from O2. O1 then leads wing O3 to block for shot. O2 receives inbounds pass from O1, passes back to O1 near mid court or hits O3 directly for lay up shot. O2 then becomes rebounders. O2 must make a put back shot if O3 misses the shot before stepping off the floor. O3 fills wing, running wide, calls for the ball from either O2 or O1 and takes a lay-up shot staying inbounds.



Phase 2: Return Trip

Same basic rules apply on way back. Two or three passes and ball does not hit floor. Rebounder O2 after outlet pass to O3 becomes middle on way back. Middle O1 after feeding O3 for layup, sprints and touched the baseline becoming shooter on way back running wide lane. Shooter O3 becomes outlet and rebounder.

Next group: New O1 rebounds the made shot or, preferably, starts a second ball making a pass out to the new O2 outlet player as the new O3 player runs the shooting lane.

Caution - Pass Ahead: Lead receivers and do not pass the ball backwards. Passing the ball backwards will kill any fast break opportunity.

Automatic Push-ups (optional)

If the ball hits floor or a shot is missed during the drill, all three players do 10 pushups after finishing drill. Players must learn to finish. Tolerating and allowing players to miss lay-ups during practice, only reinforces bad habits.

Gaining a Competitive Advantage

Michigan is a very advantageous drill to use pregame, especially on the road. When the opponent goes to the locker room, if you run Michigan for a few times, it allows your players to adapt to the length of the court and come up to game speed. Once teams know that you will run Michigan if they leave the court, they will stop going to the locker room pregame.