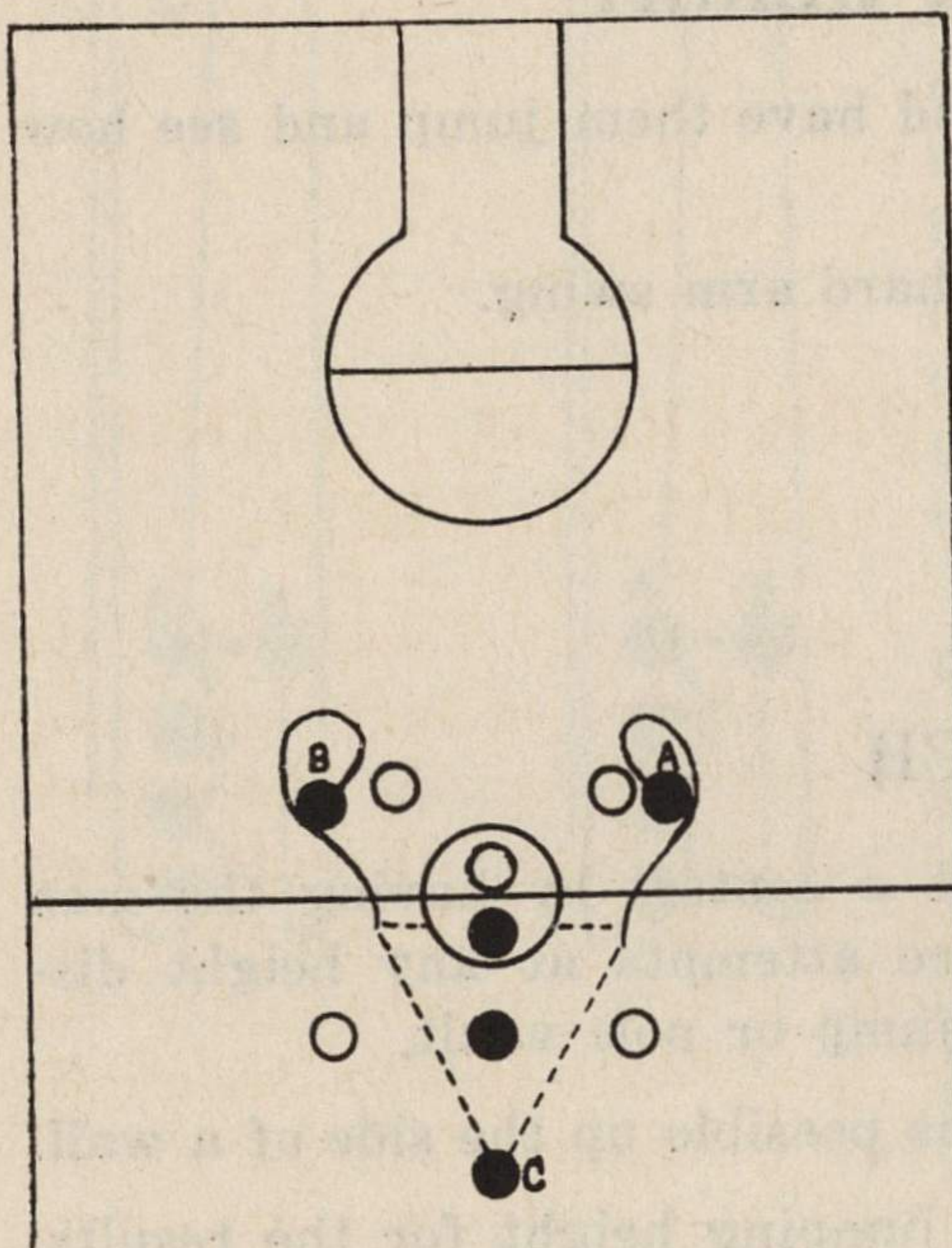


TIP-OFF DRILLS

The following drills, while actually plays that are in common use by many teams, are not intended to represent plays as they are in use but to be used as drills for the practice of the fundamental phases of play used in the execution of tip-off plays or in obtaining control of the ball from jump-ball situations at any point on the floor.

These drills contain most of the fundamentals involved in tip-off play and if your players can master the fundamentals involved in these drills, the actual teaching of a number of plays will be simplified.

The cutting involved in obtaining a position to receive the ball from the jumper is valuable in retrieving the ball when your teammate is out-jumped.



FORWARDS FAKING WITH HEAD AND USING FOOTWORK TO ELUDE GUARD AND TAKE TIP

In this drill the forwards must cut and feint to draw the attention of their defensive men and time coming in for the tip.

The tip may be made to either forward close or wide and they must have their bodies under control to get it.

Ability to get the proper position at the right time is the feature of this drill. The men may work with or without defensive men working against them.