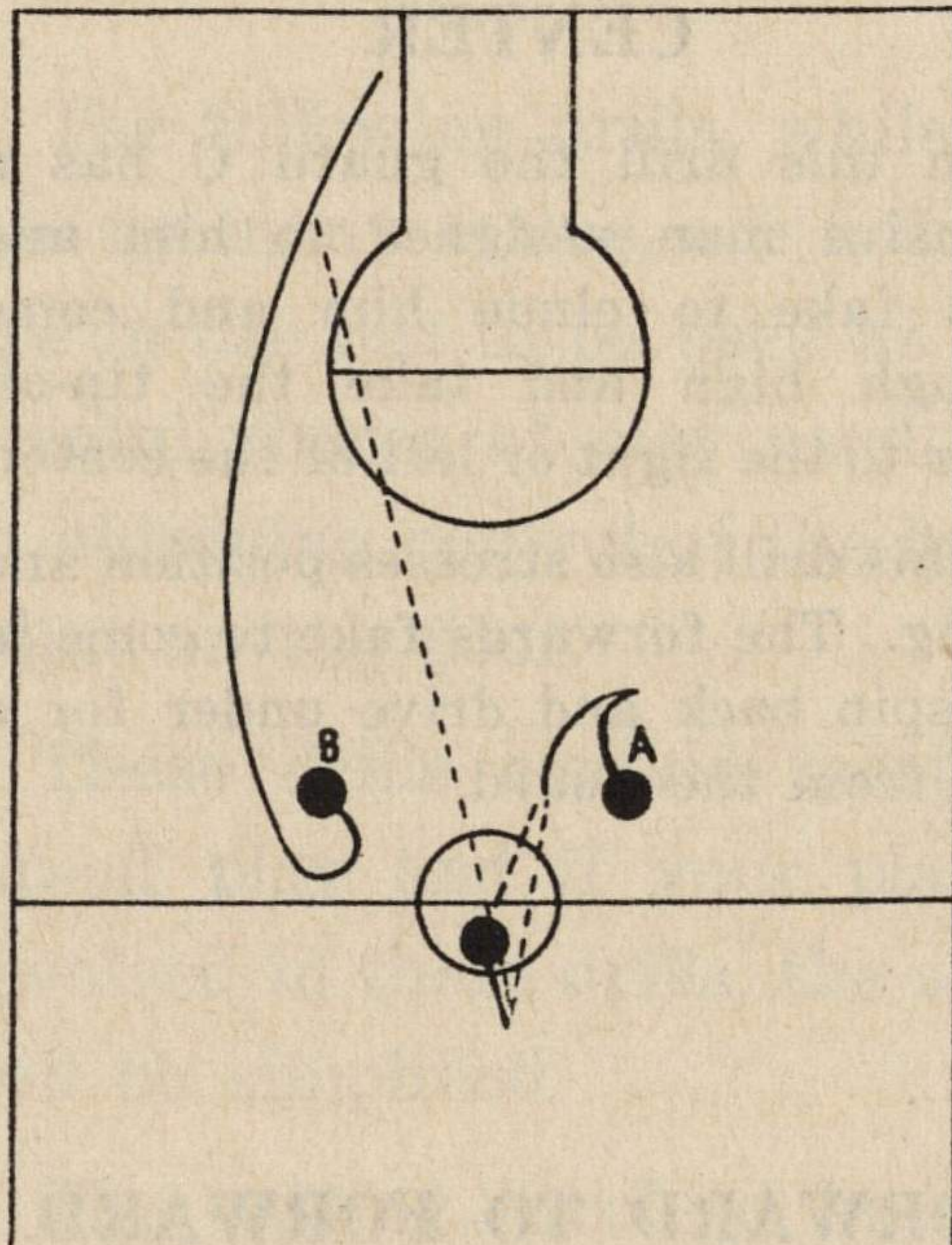


CENTER TO FORWARD TO CENTER



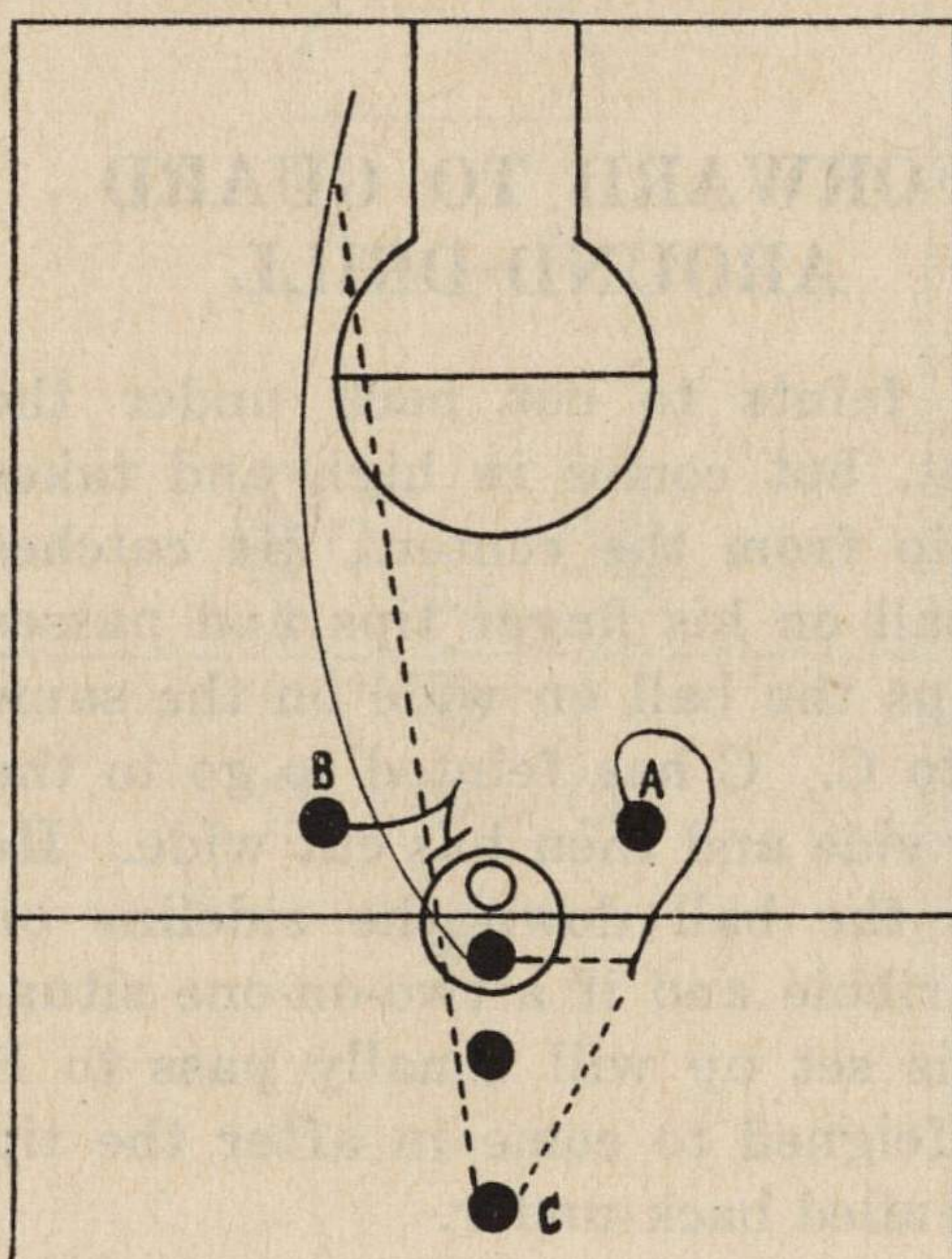
This is a device to secure control of the ball when not using plays. The ball is tapped to A who has feigned to knife for the basket but comes back in toward the center. The ball is tapped to A who immediately taps it back to the center. The center must use a double jump, going up for the tap and then alighting with a spring to receive the return pass high in the air.

This play may be used by having the center make a second tap to the guard wide or a deep back tap or a deep front court tap to a forward going under.

As a control situation, the center may catch the ball, go into a pivot and select his pass to a team-mate, then break into position for set plays or fast break.

DOUBLE TAP PRACTICE

Against an overly aggressive team that are intercepting your tip-offs, the center may spoil their timing by tipping the ball high into the air and using a second jump, tip over the heads of the incoming guards to the forwards breaking back to the basket.



BACK TAP AND LONG PASS TO CENTER

The center taps the ball to A who passes to C. The other forward B comes in as if to take the tap and takes a position screening the opposing center. The center cuts around this screen for a long pass from C under the basket.