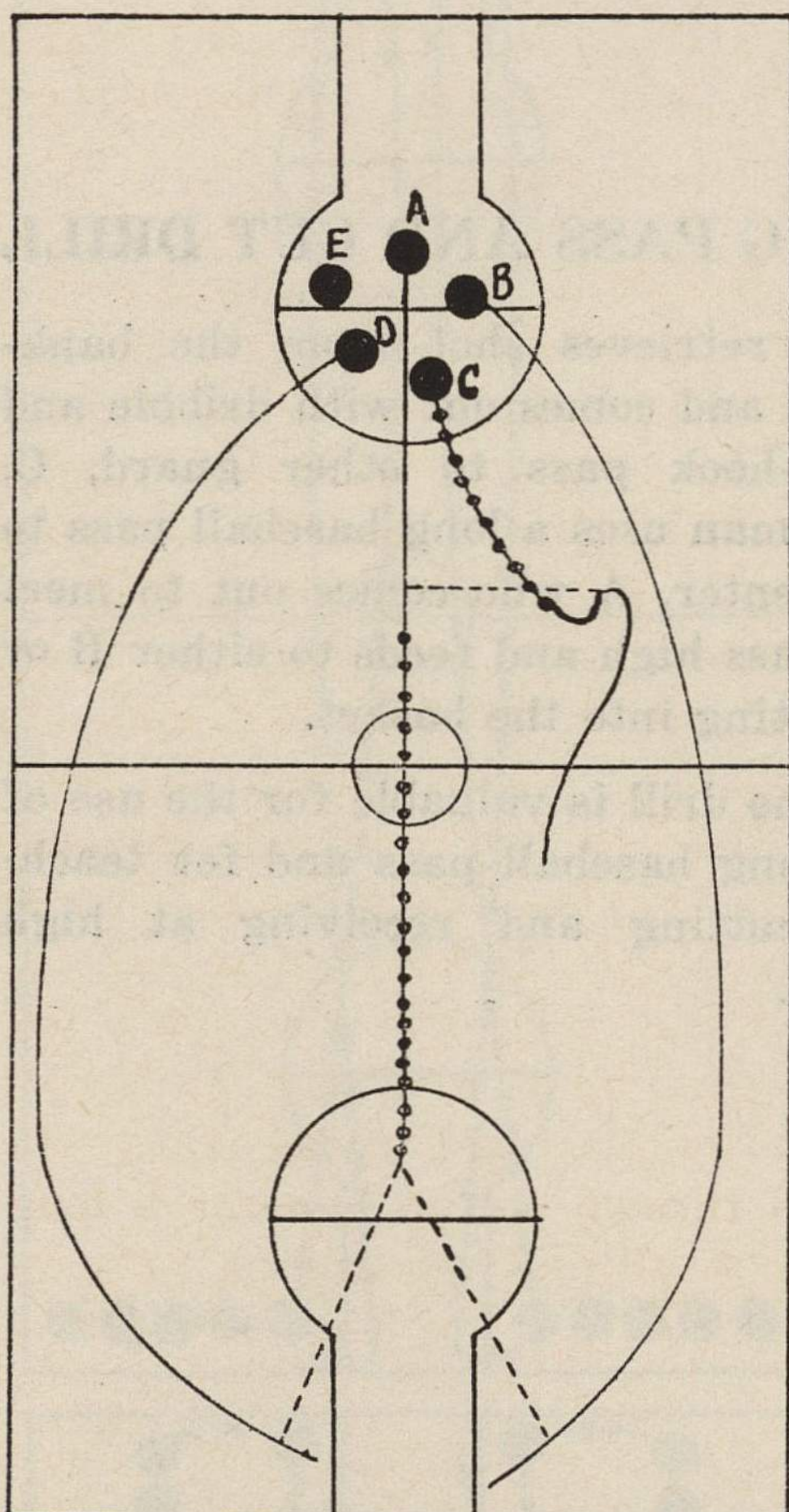


## CIRCLE FAST BREAK DRILL

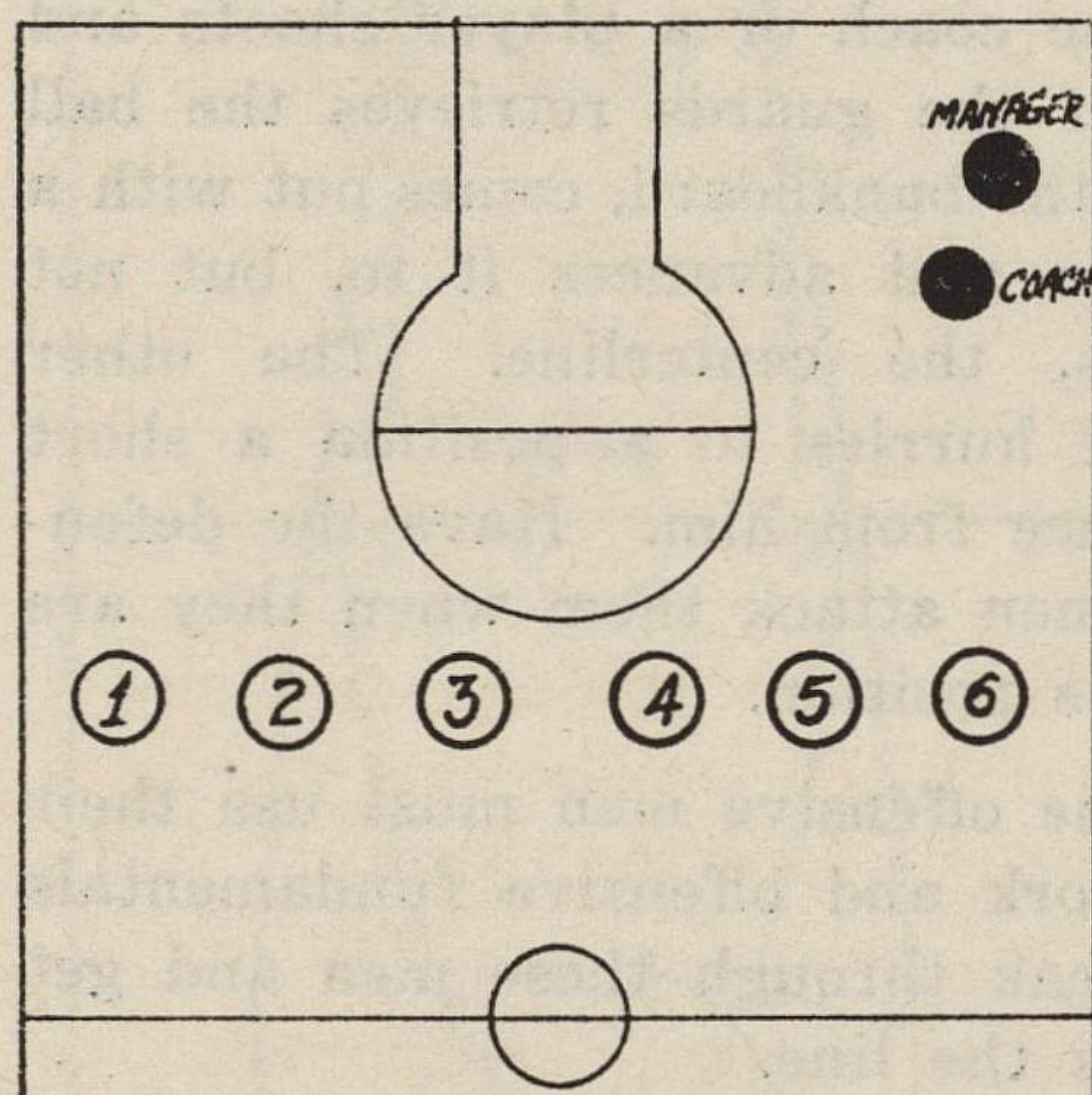


This is a drill for the organization of your fast break offensive system. The players form a circle at the defensive foul line. The ball is placed on the floor in the middle of this group. The coach calls the name of a player. This player takes the ball and the fast break is to be developed as rapidly as possible using your type of fast break offensive.

In the diagram C is called; he happens in this case to be the center who dribbles, pivots and passes to your feeder man A; B and D are your forwards. These men cut down the sidelines to gain position for passes from A for a short shot. The center C could trail and be ready to lead the offensive if A is forced to stop. This is an example of the method of using the drill in its application to a definite fast break set-up.

The drill can be varied by calling a player and a command to dribble to the center and pivot and feed a trailer or some other phase which is involved in your offensive for the fast break.

## CALL NUMBER CUTTING DRILL



In this drill the men are formed in a semi-circle and are given numbers. The coach and a ball catcher or manager may station themselves in some position in the front court. The coach will call the number and the man who has that number must cut for the basket as soon and as fast as possible.

The drill teaches alertness, fast starting, and the dribble and lay-in shot.

Two or three balls may be used in the drill by having the men who shoot, take the ball off the bank and return it to the ball-catcher. The ball catcher places the balls at the side of the coach,

who picks up one of the balls and calls the number, feeds the man breaking.

Additional use may be made of this drill by giving combination commands, such as No. 7 forward pivot—No. 3 cut and shoot. No. 7 must break for the pass, use a forward pivot when the imaginary guard is encountered and then feed the ball to No. 3, who must wait and time his feed. Other fundamentals may be practiced with this drill.