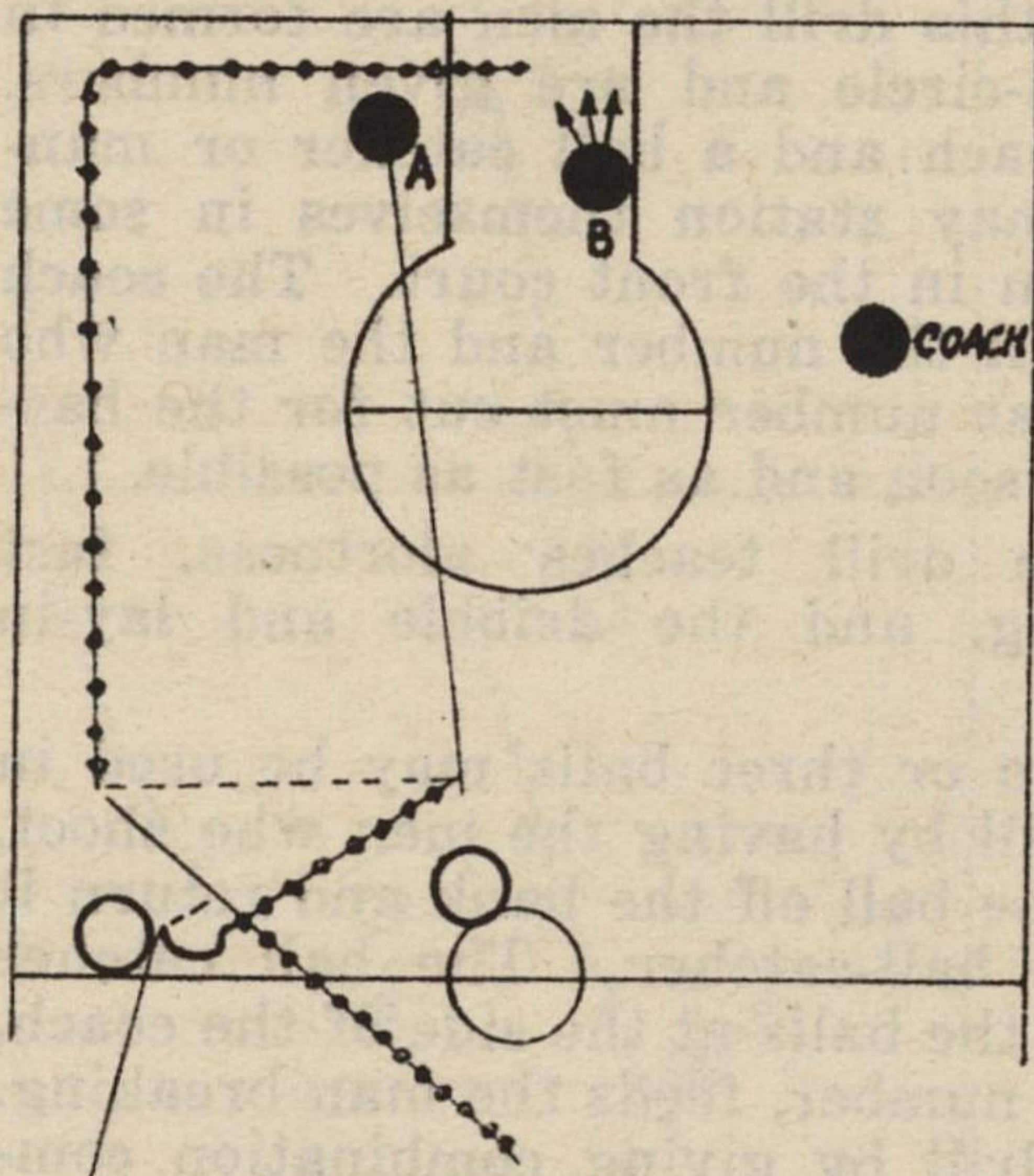


LONG PASS AND CUT DRILL

B retrieves shot from the bankboard and comes out with dribble and jump-hook pass to other guard, C. This man uses a long baseball pass to the center, A who comes out to meet the pass high and feeds to either B or C cutting into the basket.

The drill is valuable for the use of the long baseball pass and for teaching cutting and receiving at high speed.

DRILL FOR ADVANCING THE BALL OVER THE CENTER LINE WHEN MET BY GUARDS



The coach or a player shoots and one of the guards retrieves the ball from the bankboard, comes out with a dribble and advances it to, but not across, the centerline. The other guard hurries to a position a short distance from him. Have the defensive men attack them when they are in this position.

The offensive men must use their footwork and offensive fundamentals to break through these men and get across the line.

This is an important phase to practice as every team occasionally encounters a team that practices this sort of defense and this drill affords a similar set-up with all of the variations possible by the defensive being practiced and check plays given to the offensive men.