



Fast Break

The fast break is a play in which the defensive team gains possession of the ball and moves the ball quickly down the court. The goal is to score before the other team has a chance to set up a strong defense.

- All five players take part in the fast break and have various responsibilities. The ball is usually passed to the point guard, who dribbles it down the middle. Two teammates “Fill The Lanes” (explain) that are on either side of the point guard. These teammates run just inside the sidelines to give the dribbler enough dribbling space. In addition, running near the sidelines prevents defenders from stopping the play. The two remaining teammates initially trail the play and then move to get good rebounding positions under the basket.

Teaching the Fast Break

- Review going for the ball.
- Review the rebound progression.
- Perform a Break-Away drill.
- After the point guard receives the ball he/she turns to face offensive basket, looks for the opening, drives down court and lays the ball up. The rebounder/passers trails the dribbler, rebounds a missed shot and attempts to make a follow-up shot.
- Perform a Two-Player Break.
- Plus Trailer Drill: A teammate is added to the above drill; he/she becomes one of the “WINGS” (explain) filling the nearest fast break lane.

Key Words

- Rebound
- Turn And Look
- Outlet
- Fill The Lanes
- Trail

Free Throw

Teaching the Free Throw

1. Set up a free-throw situation and explain why it has occurred (athlete has been fouled, especially while shooting).
2. Two defenders take positions just above the low block, closest to the basket. Underneath/below the low block is no longer used.
3. Opponents alternate positions up the lane spaces (maximum four defensive players and two offensive players).
4. The free-throw shooter has both feet behind the free-throw line.
5. The players around the lane cannot move into the lane until the ball has left the shooter’s hands.
6. The free-throw shooter cannot enter the lane until the ball hits the rim.
7. Practice the situation during controlled scrimmages.

Key Words

- Feet Behind The Line
- Hold Your Position
- Go Get Ball After It Leaves Shooter’s Hand
- Come In After Shooting