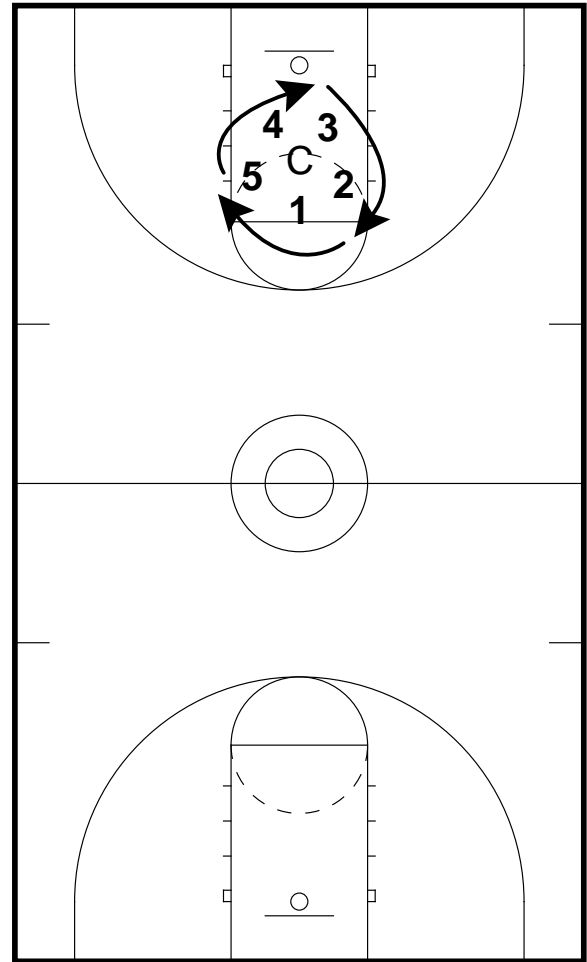
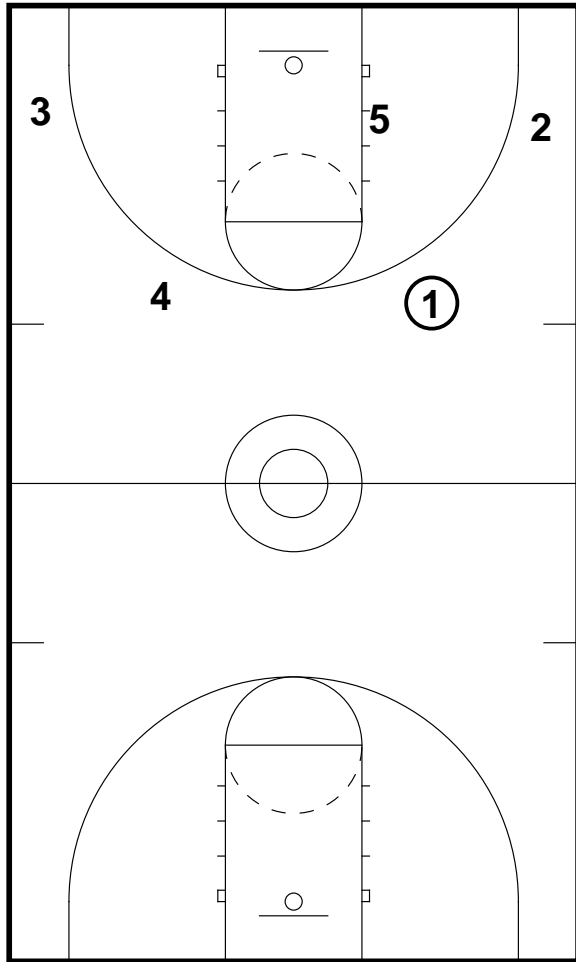


Six Shot Fast Break Drill



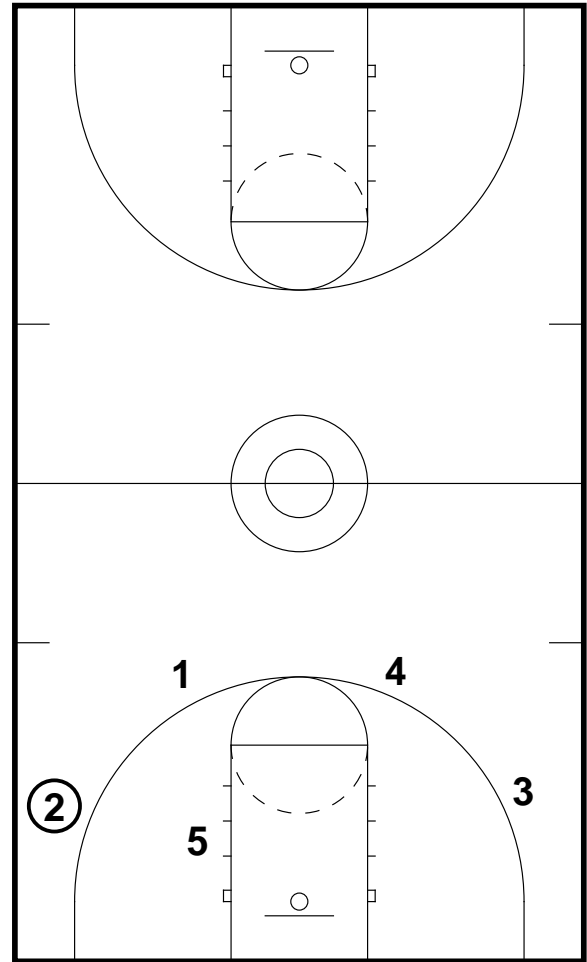
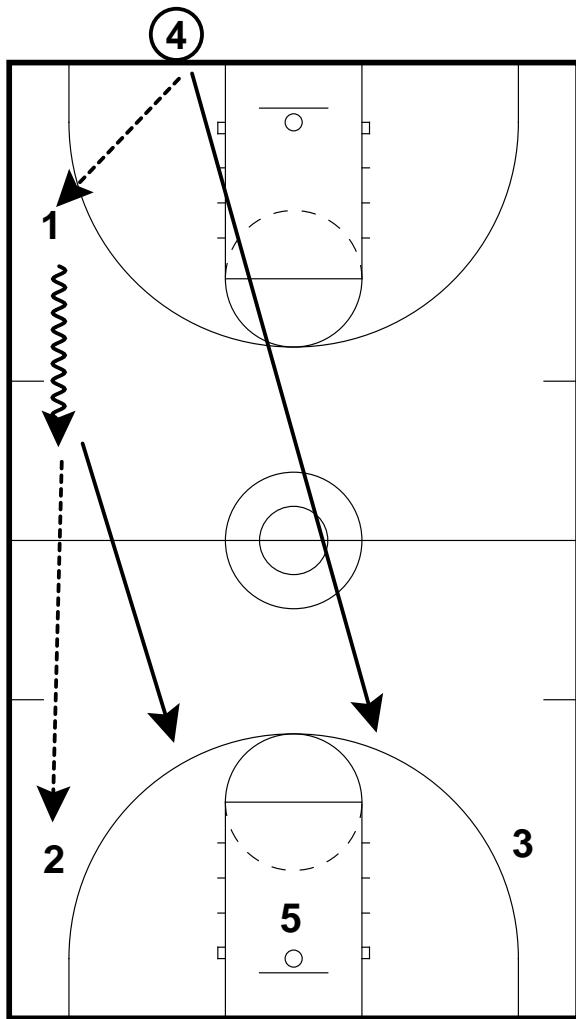
Rules For The Fast Break

1. The #4 always takes the ball out of bounds.
2. The #2 will run the right side of the floor. Stay wide, outside the three point line.
3. The #3 will run the left side of the floor. Stay wide, outside of the 3 point line.
4. The #1 will run to the nearest outlet right or left. If they can't get the ball, they will cut to the middle of the floor.
5. The #5 will sprint to the middle of the lane and find the ball. They will then fill the strong side block and post up.

Drill Set-Up

1. The coach has the ball. Players 1-5 will circle around the coach jogging. They will say their numbers as they circle.
2. The coach shoots the ball.
3. #4 takes the ball OOB and outlets to #1. Everyone else runs the floor and fills their stops.

Six Shot Fast Break Drill



4. After the pass ahead, the #1 fills the top spot to that side.

5. The #4 will fill the top spot opposite the #1. We are now in 4 out 1 in spots.

6. If you are playing 5 out, the 5 will slide to the corner and everyone will shift to the 5 out spots (top, wings, corners).

7. When they transition to the opposite end of the floor for the second shot, the #2 and #3 must cross and switch sides.

6 Shot Progression

Shot #1- #1 passes ahead to the #2 for a shot.

Shot #2 - #1 passes ahead to #3 for a shot.

Shot #3 - #1 will pass to either #2 or #3. They will then pass to #5 for a shot.

Shot #4 - #1 will come down the floor and pull up for a jumpshot.

Shot #5 - #1 will pass to either #2 or #3. They will look into the #5 then skip it to the trailer #4 for a shot.

Shot #6 - This is the same as Shot #5 except the #4 will not shoot it. They will make a high/low pass to #5 to finish.

Note:

1. The players are not allowed to transition to the other end until the shot is made. They must finish any misses.

2. Time them to see how long it takes to complete 6 trips.