

Chapter 1 : Basketball Offenses, Coach's Clipboard Basketball Coaching and Playbook

*Patterned Fastbreak Basketball [theinnatdunvilla.com Carter] on theinnatdunvilla.com *FREE* shipping on qualifying offers.*

Basic Patterned Offense: Basic by christopher Riches Posted in Team Defence 2 Comments The Patterned Offense is a simple offense that can be useful as a starting set for young teams or can be the basis of a number of variations for more senior teams. The Patterned Offense is a continuity offense which means it will continue to be run from one side of the floor to the other providing players maintain their spacing and position. The initial cut by the point position provides excellent opportunity to score over or under screen depending on the read from the defence which is a very difficult option to neutralise. The other strong point about the Patterned Offense is the easy set-up for high-low interior post offense. Because of the position of the post players much of the defence, even in help positions will be above the double block area. This makes isolation in the low post easier for the offense while still allowing good opportunities through post to post passing. For coaches trying to find something that is simple and effective then this offense has a lot to offer. As mentioned earlier it bring the defence away from the basket which for younger teams will only serve to move players away from those areas younger players need to be able to score such as driving lanes and mid-range shooting opportunities. The Patterned Offense can also be used by senior teams but as a vehicle to start building variations and creating a system for your team. The true nature of offenses is that they can be changed and altered to house any number of options. If you think about offenses as only having a one dimensional function and you will truly never unlock the full potential of an offense like the Patterned Offense. As with all offenses there are some crucial aspects to this play. The first is the ability for players to utilise screens well. With the simplicity of the offense comes the risk of defences being able to anticipate movements where scoring opportunities will be. Having the ability for your players make reads of the defence off of a screen will result in a difficulty to contain offensive players and limit scoring opportunities. Five 5 sets screen, One 1 leads away then cuts ball side of screen to low block. Three 3 passes ball to One 1 for scoring opportunity. Three 3 passes ball to Five for drive or shot opportunity. One 1 sets screen for Four 4. Two 2 cuts over screen to the point position. Four 4 cuts over screen to opposite low post. Three 3 passes the ball to Four 4 for a scoring opportunity. Two 2 curl cuts off screen towards basket for scoring opportunity. One 1 cuts form weak side low post to weak side wing.

Chapter 2 : How to coach and teach the conventional basketball fast break offense

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Start by setting out 5 cones at the 5 fill spots on the court. **Top to Wing Pass** On a top to wing pass, the passer basket cuts all the way through the key and fills the opposite corner. Once 1 has cut, 3 and 5 must fill up the positions closer to the basketball. **Wing to Corner Pass** On a wing to corner pass, the passer also basket cuts all the way through the key and fills the opposite corner. Once 2 has cut through, 3, 5, and 1 must all fill up the positions closer to the basketball. **Corner to Wing Pass** On a corner to wing pass, the passer basket cuts and replaces themselves. The other 4 players wait in the same spot for the next action. **Wing to Top Pass** On a wing to top pass, the passer basket cuts and then fills the corner of the same side they cut from. The other 3 players wait for the next action. This simple progression can be a great offense for a youth basketball team by itself. It will provide great spacing and get your players reading the play and making decisions. **Coaching points when teaching progression 1:** If a shot is put up, they need to know immediately to establish rebounding position. Doing so will make the cutter a threat to score which will force weak side defense to help. This action can be performed on any top to wing, wing to corner, or wing to top pass. For high school teams and higher, you can allow them to read the defense and perform the most appropriate option. Instead of cutting, 1 decides to set an away screen. But they must cut to the rim since they were screened. After 3 has used the screen, 1 pops back out to the same spot that they set a screen from. Then all players are back in position for the next action to be made. The difference when using this option is that the screener must go the opposite direction to the cutter. If the cutter decides to pop out to the perimeter, the screener will cut to the rim and then fill the corner. If the cutter decides to curl, the screener will pop out to their original position. **Reading this, 1 cuts to the rim because they must go the opposite direction of the cutter.** **Coaching points when teaching progression 2:** Too often youth players will set screens too high that allow the defender to quickly slip under it. **Progression 3** – On-Ball Screen Once your players are comfortable with cutting and screening away, next up is the action of setting on-ball screens. This action of the pick and roll is often very effective because the offensive players are spaced out well. The on-ball screen can be used after any pass in the offense. Here are two examples of setting an on-ball screen in the 5-out motion offense: Depending on how the defense reacts, 2 can pass to any of the perimeter players or make the shot in the key. A lot of coaches who run the 5-out motion offense make it a rule that on each pass to the corner the passer sets an on-ball screen. So if it works for you, consider incorporating it as a rule into your offense! **Coaching points when teaching progression 3:** This can be used when a player with the basketball is being heavily pressured and the only options to pass are being denied well by the off-ball defenders. In this scenario, the player with the basketball may decide to dribble towards another player at a different spot. **Backcut** If the player without the basketball is being denied, they can make a hard back cut looking to receive the basketball for a layup. **Hand-off** The other option is to perform a hand-off between the two players. This is similar to the pick and roll where the other 3 players on the court should hold their positions and wait. The player that receives the hand-off should attack the rim and kick out to shooters if the defense slides over to help. **Coaching points when teaching progression 4:** This allows the player receiving the hand-off to grab the basketball on the sides. For my youth teams, I have them automatically back cut on a dribble at. Now that they can confidently perform all the actions, the next important step is for players to work out what actions work the best for them and their teammates. Doing so will help their decisions when running the 5-out motion offense during the game. **Advanced Flex Action Progression** Once your team has mastered the basic progressions of the 5-out motion offense, you can choose to add a more advanced flex cut progression. This is best used on a pass from the wing to the top of the key and can potentially give you an open layup off the flex cut or an open jump shot off a down screen. After making the pass, 2 will basket cut as usual. But instead of filling to the same side, 2 sets a flex screen for 5. If not, 3 fills the closest corner. Instead of filling to the top spot just like any of the other 4 spots, players are

required to L-cut through the nail. If the defender is denying them from receiving the basketball, the player must immediately back cut and then fill the weak side corner. If the defender is playing off them, the player cuts out to the top spot to receive the pass. By implementing this variation to the 5-out motion offense you will achieve two thingsâ€ 1. It can lead to some easy scores off the back cuts. Getting the Basketball to the Post The best way to get the basketball inside to players who have a mismatch is to allow those players to establish quick post up position after every through the key. This ensures that the 5-out motion offense continues to run smoothly. Any match up on the floor with an advantage in the post can use this technique. The answer to this question will depend more on the personnel on your team and how aggressive you want to be rebounding the basketball. Pick the one you like the most depending on your coaching style and players on your team. The point guard always plays safety. The other four players crash the boards. The point guard and shooting guard always play safety. The other three players crash the boards. Everyone below the free throw line rebounds. Everyone above the free throw line plays safety. If you have any tough and athletic players on your team, expect them to grab a lot of offensive rebounds! Conclusion The 5-out motion offense is a great offense for any basketball coach to learn and implement with their team.

The fast break and transition offense occurs when you gain possession of the basketball and push the ball as quickly as possible up the floor via the dribble or the pass. You can gain possession of the ball by a turnover, rebound, blocked shot, or an attempted shot.

We will never send you spam or share your email address, guaranteed! Which category applies to you? Please leave the following field empty Do not change the text in this field Close How To Run The Basketball Fast Break Offense and Transition Offense - Philosophy, Offenses, Drills The fast break and transition offense occurs when you gain possession of the basketball and push the ball as quickly as possible up the floor via the dribble or the pass. You can gain possession of the ball by a turnover, rebound, blocked shot, or an attempted shot. Why should you fast break? To get easy scoring opportunities - Many teams have great half-court defenses when they are set. If an easy basket does not present itself, they transition directly into your offense to keep the defense on their heels. Wear teams down - If you practice the fast break every day during practice, chances are that your players will be in pretty good condition. Your opponents may not spend as much time running the break, so when you pick up the temp, this will wear on your opponents. It may not happen right away, it may not happen until the last 4 minutes of the game. If you have 9 or 10 players, this can also be a great way to wear the teams down. It is also a great way to develop your underclassmen. Beating zones and pressure - Many coaches will say that your best offense against a good zone or defensive pressure is your fast break and transition offense. As mentioned before, you want to get the ball up the court for easy scoring opportunities before the defense can get set. Aggressive mentality - When taught properly, the fast break can lead to an aggressive offensive mentality. If you watch the best players in the world, they usually have that "attack" mindset. Quite often, the difference between average players and good players is their mindset. If you can get all of your players with the same mindset, it could lead to a much better team. Offensive rebounds - Many rebounders are not good at running the floor. When you big man is conditioned, it will lead to many more opportunities. Danny Miles will sub his post players more frequently than his post players because post players have to cover more ground on each possession. This helps keep his post players fresh. Danny typically subs his post players every 4 minutes. Players enjoy it - Players are more likely to buy in and want to participate if you provide a style of play that is enjoyable to play. Are there situations where you should not run the fast break? In this situation, you may enforce a "lay up" only rule. If you get an advantage, take a lay up. If no advantages are presented out of the fast break, you could set a rule that you only take lay ups until a specified time or number of passes. No jump shots until 30 seconds have passed. No jump shots until 10 passes have been made. No jump shots until the ball has been reversed 5 times. No jump shots until the ball has touched the post twice. Running Your Transition Offense Running a transition offense, at least a good one, is a lot more than just running up and down the floor as fast as you can. For a break to be truly effective in a transition system, the break must fit seamlessly with which ever half court offense you have chosen to run. It is designed to take control of and lengthen the transition period. Openings will exist as your opponent is making the transition giving your team a great opportunity to take advantage of openings. It would be counter productive to your goals and objectives if you had to hold the ball out to reset your offense and give the defense a chance to organize and defend. When running a transition game, I think the single most important things to establish are your break objectives. What do you want to get out of your break? Coaches do it with the offense. Coaches do it with the defense. How many coaches address it with their break? Are you going to be a coach who looks for 3-pointers off of the fast break? Are you going to say lay ups or short jumpers only? Do you want to create a frantic pace even at the risk of giving up easy baskets like Paul Westhead used to do with his Loyola Maramount teams? Do you want to slow things down if you do not get a lay up and force the opposition to play defense for extended periods? Are you going to run a numbered break or a free flowing fast break? These are just a few of the questions you need to ask yourself. You can allow the point guard to choose a side or if you prefer, you can specify that point always goes up a certain side ex: The numbered break is easy to teach because players always go to the same spot. Motion or Free-Flow Break The best and the simplest

break I have ever experienced did not have multiple cuts or transition options. I have learned that it gets you up the court quickly and fits with any transition offense. It is simple and you can teach it in a minute. I recommend that everyone try it, at least for a little while. The break is simple: If you are ahead of the ball, run wide; if you are behind the ball, run down the middle. Everything else pretty much takes care of itself. You can figure out the trailers, you can figure out where the wings go. You can even have players run in the same lane. As long as they finish in spots where your offense can continue, there is no harm. In fact, if you have 2 players run in the same lane, as long as they are properly spaced, the first cutter will strip the defense for the second cutter and you might find opportunities where none were present before. Here are some sample fast break offenses and secondary break offenses.

Chapter 4 : 5-Out Motion Offense - Complete Coaching Guide

This fast break drill teaches your players to break the press and get out of traps, capitalize on fast break opportunities, play within a 3-on-3 set, trap the ball on defense, and defend against disadvantages (3-on-2, 2-on-1).

How to coach and teach the conventional basketball fast break offense The basketball fast break is the ultimate offensive weapon in basketball. It affords maximum penetration to within a fifteen-foot radius of the basket on all occasions, and its effectiveness is usually determined by the amount of time spent in developing and exploring these fast breaking possibilities. The foremost objective of the basketball fast break is to advance the ball before the opponents have time to get into their chosen defense. Second in importance is the outnumbering of the defense so that one of the attacking players may get an unguarded shot. In a three-on-two or a four-on-three situation the tactic often results in an unguarded layup shot. Efficient use of the fast break results in many easy and quick baskets which often demoralizes the best of basketball teams. The fast break is colorful, full of dazzling plays, and a sure crowd-pleaser. Players of all ages enjoy the action because of the speed and sprint with which it is executed. Even if the defense responds quickly enough to get back into position, the fast-breaking unit is still within a fifteen or sixteen foot radius of the basket, so the player, with one pass or pivot, can set up either a wing player or the middle man or take advantage of a jump-shooting opportunity. Running a fast break combats the numerous changes in defense that one sees today. Regardless of how well the team or individuals is coached or drilled, such changes can be most confusing. Few high school or college teams have players who can adjust quickly enough to a different defense, three or four times, and know, immediately, what offense to employ. They might, even though it is extreme, call for time out to get instructions from the coach. This is not a practical solution. A much better plan is to get down floor quick enough to eliminate the necessity of worrying about what particular defense the opposition has changed. An effective fast break puts extreme pressure on the opponents, affecting their offensive tempo and causing their coach to have to adjust his defenses. The break may force the defenders to play a slow and deliberate style of basketball that will adversely affect their own game. Through a fear of being caught up court, rebounders may drop off the offensive backboard too soon, to the advantage of the fast-breaking team. On the other hand, they may stay too long, in an effort to slow down a break. Another positive psychological factor is that running the fast break invariably leads to better defense on the part of the fast-breaking team. If a team is known for its fast break, the opponents will do everything possible to get the team to play a slowdown or deliberate game. If the defensive board is being controlled and the players can get down court quickly the majority of times, the opponents are forced to play a wide-open game. Kids shoot well today. In order to capitalize on this talent, the offense should get down floor more quickly than the defense. If the best ball handler gets down court, before the defense sets up, he can achieve with one pass what it would take three, four, five, or more passes to achieve in any kind of half court offensive pattern. Another important advantage of the fast break is that it makes every player a potential scorer. The mediocre player, who would get no more than half a dozen scoring opportunities a game when running patterns, can pick up two, three, or four easy baskets a game if he hustles on the fast break. Lastly, the fast break adds to the game, making it more colorful, interesting, and fast moving, This is the kind of game spectators prefer. Positions for the basketball fast break When used selectively, the fast break can take advantage of the varying skills of all players on the team. The players should be in the positions in which they function to the utmost of their abilities. The best ball handler, best dribbler, and quickest man is in the middle position. The outside lanes, the best shooters who have the most speed, and know how to penetrate on a movement to the basket. Normally, the player who makes the pass to the middle is in the best position to fill the second lane. The opposite forward is usually the player who fills the third lane. In order to have a successful fast break, these men have to get into their positions as quickly as possible, taking the shortest path down floor. Instant transition from the defensive posture to an offensive posture is essential. The fourth man down the floor fills the trailer position. The fifth man is the safety defender watching the back court. This system allows all players freedom to free-lance at the end of the fast break. I feel that we should strike a happy medium. If the fast break

opportunity presents itself, the players are able to take it and exercise their initiative. If it does not present itself, then continue in a disciplined pattern. To run an effective fast break, a team has to exert extreme and aggressive defensive pressure. Your players must get into position quickly, forcing violations by the opponent, and stealing the ball. Starting the basketball fast break offense There are several ways to start the fast break. To implement a fast offense, possibly the most important thing is to get everyone on the team thinking fast break in the sense of an instantaneous transition from defense to offense. A pressure man-to-man defense lends itself to the starting of an immediate fast break, because all the men are in ready position, on their toes, playing aggressive defense. This makes the mental, as well as the physical, transition to the necessary positions easier. Every player must be thinking fast break at all times. Most of the time, the fast break begins with a rebound being taken off the defensive board. Its success depends on how quickly the rebound can be cleared to the outlet. To execute a successful fast break it is necessary to have good positioning with rebounders having certain responsibilities. Before the game, the forwards should be told whether they are to go to the board strong to get the rebound, box and hold the man off the board without going for the rebound, or box and then go to the basket. The primary rebounder, generally the center, should also have explicit instructions. The chances are that he would be given the responsibility of making an attempt at the rebound almost every time, rather than boxing out his own man, assuming of course, that he has the inside position and the quickness to get to the board before his defender. The two outside men should also be given alternatives, depending on who they are guarding and what their men are doing. If one of the guards is guarding a good back-court rebounder who is in the habit of going to the basket, the coach may want the guard to box him out before clearing to the outlet area. Alternatively, he may allow the man to break to his basket to be ready for a long pass, knowing that the big men on his own team are closer to the basket and probably will get the rebound most of the time. Of course, there is a split second to be gained on the fast break if players can react as soon as they are certain that a man on their team will get possession of the ball. Such knowledge comes with timing and getting accustomed to each other, knowing. If the best rebounder is going up clearly for a rebound with no aggressive pressure on his back, a wing man or even a guard may be able to start down on the break. However, it is most important that he does not leave too soon. Ideally, the rebounder should release the ball to the outlet before he has even hit the ground; however, this move is too advanced for most grade school players. Once the rebounder has the ball, he must try to pivot to his outside, on the same side the rebound came off, in order to make the outlet pass. Assuming that he is one of the bigger men, he should raise the ball over his head as quickly as possible and hits the outlet with a two-hand overhead pass. Whenever possible, the best dribbler should get to the outlet position. If possible, this player should not have to box out when the shot goes up. He can try to position himself on the side where the rebound comes off, get out to the side where he is clear of pressure, and make his position known by shouting, "Outlet! If the outlet pass comes to a guard the coach does not want in the middle, that guard will have to make a second pass to the opposite guard designated to be in the middle. The longer the rebounder holds the ball, the less chance the break has of being successful. The rebounder should never dribble unless it is to get out of trouble. If the ball is stolen here, it usually results in an easy two points for the opponent. The rebounder should protect the ball by chesting, rather than dribble. If he is being overplayed to that side to the point where a dribble will not do the job, he may pivot to the middle, still trying to make his outlet pass to the same side as the rebound came off. The pass must be made aggressively. It should never be a lob pass, since that pass gives the defense time to move in, steal, or deflect it. When a player turns outside or inside to get the ball to the outlet man on the same side, he must be aware of the defensive alignment. If the outlet man is under excessive pressure, the player with the ball may give him a backdoor pass; however, the outlet man must be able to adjust for this maneuver. The primary responsibility of the rebounder is to start the fast break without throwing the ball away. If he is going to sacrifice safety for the sake of starting the break a little more quickly, he is better off not to start the break at all. The fast break can also be started from interceptions and from violations. In the case of a violation, the official handles the ball, which may slow down the start of the break; however, there is still an advantage to be gained. The new offensive team may get over to the sidelines or jump on the ball so that they can get it into the hands of the official, get it back as quickly as possible, and take advantage of the fast break before the

defense sets up. Knowing that the official must handle the ball, the opponents may not get back on defense as quickly as they should. Another way to start a fast break is after the opponent scores. The coach may assign the closest man or specific men to take the ball out-of-bounds as quickly as possible. Occasionally, a coach will prefer not to have certain men take the ball out-of-bounds. It is preferred that the player grab the ball as it comes through the net. If the ball hits the floor, he is not doing his job. After a made foul shot is a fourth time a fast break can be started. It is much like the previous paragraph; except, it is more advantageous since the players can be placed in strategic positions. A fast break can also start from a fumbled ball, a bad pass, a loose ball, or a missed free-throw. Passes used with the basketball fast break offense The length of the pass and the type of pass that will be used to clear the rebound to the outlet man will depend on the defensive pressure on the rebounder and the outlet man. If the pressure on the rebounder is negligible, he can use either the two-hand-over-the-head snap pass or the one hand baseball pass. The first is the safest and quickest pass since the outlet man are usually no more than fifteen to eighteen feet away from the rebounder at the time of the rebound. As the player gets the rebound, the ball is almost always over his head, since his arms are completely extended. As he comes down, he simply pivots and snaps the ball. There are but few players who can accurately throw the baseball pass; however, when a player does have good control of it he can throw the ball harder and farther. The farther he can throw it the quicker he can start the fast break.

Chapter 5 : Phoenix Fast Break | Scottsdale | Club Basketball

Patterned Fast-Break Basketball by J Ted Carter starting at \$ Patterned Fast-Break Basketball has 1 available editions to buy at Alibris.

It gets your players moving and often results in lay-ups and good shots. There are good counters and options to confuse the defense. This is a simple pass, cut, and fill offense that offers a variety of counter options based on how the defense chooses to play. It uses a high set, or 4-out set. All five players are interchangeable, and spacing, screening, cutting and good passing are paramount. All five players can post up inside. The offense is deliberate, often with multiple passes and places value on each possession with high percentage inside shots, or free-throws. Coach Bo Ryan The Swing offense is used against man-to-man defenses and combines elements of the UCLA offense, the flex offense, and the triangle offense. There can be a number of entries into the offense, and there are counters for every kind of pressure defense. Set plays can be called as well. This is a man-to-man offense and looks a little like the Princeton with the high set, but instead is a patterned offense with continuity. Scoring options come off screens and open cutters. A "pattern" implies predictability and the defense will begin to expect certain movements, passes and cuts and will then often "cheat" and deny or overplay. This offense has counters for defensive overplays. Often scoring occurs by reading and attacking an overplay. This offense is designed to be a deliberate, tempo-control offense that looks to get high-percentage inside shots. As in any good offense, the 3-point shot can be taken when open, but our main goal here is inside shots, post-moves, lay-ups, free-throws, and attacking the offensive boards for rebounds. Here we present two basic patterns Either both can be used by simply having the point-guard call "High" or "Low". Both offenses have continuity and can be run patiently, indefinitely until the defense breaks down and a good inside shot is obtained. He presents the offense and has two excellent DVDs, detailing the three sets "chin", "motion" and "shuffle" , and shows how they easily flow into one another. Many options are available at each point in the offense. It is a read and react, perimeter-based, patterned offense that also allows for free-lance motion. Discussed are the basics of the offense and many set plays. Plays are designed for your best shooters, your post players, and several pick and roll plays are included. It is a power game with inside post play and scoring in the paint, as well as trips to the free-throw line. Opposing post players frequently find themselves in foul trouble. Offensive rebounding is a strong asset. The T-game can be used vs either man-to-man or zone defenses. It is flexible using either a "single-post" or a "triple-post" option. The offense is based on spacing and movement, with little screening, and has continuity from side to side. Like other "patterned" offenses, it is somewhat predictable, but as with all offenses, execution is the key. The T-game is fairly easy to learn. O3, O4 and O5 are interchangeable and all learn the same roles, whereas O1 and O2 are also interchangeable. T-Game Triple-Post Offense Grinnell Offense Developed by coach Dave Arseneault, this is a fast-paced, high-scoring "system" with his teams averageing points per game. Many players will get playing time and no-one plays the entire game. You need two or three good point-guards who can score. Grinnell Offense Basketball Offense - Delay, Tempo-Controlling Offenses Sometimes you need an offense to slow things down, to delay the game and control the tempo, or to simply run the clock out at the end of a half or the end of the game when you have the lead. Here are several "delay" offenses.

Chapter 6 : How To Run The Basketball Fast Break Offense and Transition Offense - Philosophy, Offenses

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Have you ever thought about that? In youth basketball games, it is common to find that over half the time the youth team gets the ball, they DO NOT get a shot. As basketball coaches, we sometimes are a little too proud of our Offense and Plays and want our kids to really set it up, run it, and execute. But, youth basketball players will get plenty of that type of coaching as they grow up and play at higher levels. Not to say that some structure is not important, but we think it is fine to bring it up and shoot it within the first or second pass. We like to change sides of the floor and reverse the ball, and we like to throw it inside, but we are also good if we bring the ball up and shoot it if we are open. It is better to take what some coaches would call a bad shot, than not take a shot at all. There is always a chance of an offensive rebound and second shot. The Basketball Fast Break is key to playing this way! It is a fact that the kids will generally run harder when their team has the ball, than when they are running back on defense. So, there is an advantage with the fast break. The outlet pass should be made on the ball side of the rebound or steal - free throw line extended - one step from out of bounds on the sideline. The outlet pass should be made wide and NOT in the middle of the floor. This allows us to assign responsibilities and spots for each player on the break. As Player 1 brings the ball up the floor we want him to pick a side and NOT be in the middle of the floor. This is different than a lot of coaches teach the fast break. Most coaches will call this a Primary Break. If there are 3 or more defenders back, we will go to the spots shown above and first look to throw it in to Player 5 on the post. Most coaches will call this a Secondary Break. Ball Reversal As we bring the ball to one side we also bring the defense strongly to that side of the floor. Now the ball Reversal happens. If Player 5 is played low or behind, we reverse the ball to Player 4 and look high-low to 5, then continue the reversal to Player 3 looking for 5 posting on the other block. Please see diagram below for diagram of this action. Player 1, getting the ball lower than Player 4 initially, will create a terrific Backdoor Cut opportunity for Player 4 on the ball reversal. If Player 4 is overplayed in the passing lane, the defender will likely have feet parallel to the passing lane in order to see the ball below. Player should "break the noodle" and cut backdoor to the basket. As we continue the ball reversal to Player 3, we look hard inside for 5. The spacing and timing of the set will provide great opportunities for the kids to PLAY with their fundamental skills. There are many other options for continuity out of this Basketball Fast Break. We have found that youth basketball teams can become very successful at playing a quicker paced game under control with this type of break.

Chapter 7 : Julius Erving - Wikipedia

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How to Develop a Basketball Primary Fast Break Attack Unless talent dictates otherwise, the fast break should be the first option in any offense. I like to call this my primary break. This primary break should be used under the following situations: After a blocked shot. After a successful shot The fast break is the ultimate offensive weapon. It affords maximum penetration on many occasions and penetration to within a fifteen-foot radius of the basket on all occasions. In a two-on-one, three-on-two or a four-on-three situation the tactic often results in a lay-up shot. Advantages of the Primary Break Personally, I like to stress this running style of play for twelve reasons: The fast break is the best method to create easy scoring opportunities. The fast break allows you to control the tempo of the game. The fast break is the first and most effective way to beating full, three-quarter, or half-court pressure defenses. The fast break is very effective against zone defenses providing your players push the ball up-court quickly enough to get a scoring opportunity before the zone has time to organize. Running a fast break combats the numerous changes in defense that one sees, today. Few high school or college teams have players who can adjust quickly enough to a different defense on three or four occasions and who know immediately what offense to employ. They might call for time out to get instructions from the coach. This is not a practical solution. It is better to get down floor quickly to eliminate the necessity of worrying about what particular defense the opposing team is using at the moment. Running an effective fast break puts extreme pressure on the opponents, affecting their offensive tempo and causing their coach to have to adjust his defenses. The break may force the defenders to play a slow and deliberate style of basketball that will affect their own game adversely. Through a fear of being caught up floor, rebounders may drop off the offensive backboard too soon, to the advantage of the fast-breaking team. Conversely, they may stay too long, in an effort to slow down a break. Another positive psychological factor is that running the fast break effectively invariably leads to better defense on the part of the fast- breaking team. If a team is known for its fast break, the opponents unless they feel they have a decided advantage and do not have to change strategy before the game will do everything possible to get the team to play a slowdown or deliberate game rather than the other way around, so the fast break team will attempt to get the opponents to accelerate their attack as much as possible. If the fast break is being run properly - if the defensive board is being controlled and the men are getting down floor quickly the majority of times - it will make the opponents play more of a running game - eventually a wide-open game. Kids shoot well today. In order to capitalize on this talent, the offense should get down floor more quickly than the defense. If the best ball handler gets down court quickly, before the defense sets up, with a minimum of ball handling, he can achieve with one pass and a fifteen-foot jump shot or a lay-up shot what it would take three, four, five, or more passes to achieve in any kind of pattern situation. Another important advantage of the fast break is that it makes every player a potential scorer. The mediocre scorer, who would get no more than half a dozen scoring opportunities a game when running patterns, can pick up two, three, or four easy baskets a game if he hustles on the fast break. The placement of numbers may differ among coaches, depending upon talent or individual preferences; however, the lanes should remain the same as shown in this illustration. Player 1, best ball handler , fills the middle lane. Players 2, shooting guard and 3, quick forward , fill the outside lanes and run the court within one foot of the sideline. Too many players fail to do this and the team does not benefit from the spread floor spacing needed for a successful primary break. Coaches should always stress and insist their players abide by this rule. Player 3, the non rebounder and power forward , trailing the play. Player 5, the rebounder in this illustration and center , unless told otherwise by the coach, should follow their own lane every time the come downcourt serving as "safety" should there be a sudden change of possession. First, some systems require 2 and 3 stop at the free-throw line extended. Second, the Sideline Fast Break does not follow the lanes shown here. When used in a selective manner, the fast break takes advantage of the varied skills of players on the team. The players should be in the positions in which they function to the best of their ability. The middle position should be occupied by the best ball handler, best dribbler, and quickest squad member. The lanemen - the best shooters -

have the most speed and know how to penetrate on a movement to the basket. Normally, the guard who makes the pass to the middle man or the other guard who is defensively stationed in the front-court area is in the best position to fill the second lane. The opposite forward is usually the man who fills the third lane. In order to have a successful fast break, these men have to get into their positions as quickly as possible, taking the shortest path down floor. Instant transition from the defensive posture to an offensive posture is essential. The fourth player is the first defender back down floor. He trails the play and follows and shot that may be taken by players 1, 2, or 3. The fifth player down the floor fills the trailer position Safety. This system allows all the players more freedom to free-lance at the end of the fast break, capitalizing on individual initiative, and makes it a lot more fun for the players, instead of putting them in a completely patterned, disciplined situation. I feel that we should strike a happy medium, offensively, in that if the fast break opportunity shows itself, the players are able to take it and exercise their initiative. If it does not show itself, they continue in a disciplined pattern. To run an effective fast break, a team has to exert extreme and aggressive defensive pressure - getting into position quickly, forcing the opponents to violation, stealing the ball, etc. The fast break allows for the close-in baskets - the lay-up baskets - cheap baskets compared to the ones that require a lot of work in a pattern. Early in the season you should convince your players the must abide by the rules that make your primary break effective. Give the ball up: The more they give it up, the more they will get it back. Emphasize to your players that the pass that leads directly to the score is no more important than the pass that sets up the pass that leads to the score. Players too often focus on making the assist pass that leads directly to the basket, often forcing the ball to teammates who are not open to the pass. This, of course, leads to turnovers and missed scoring opportunities. Hit the open player: If a teammate is ahead on the break, pass the ball to him. If he is closer to the basket and open, give him the ball. Before you emphasize the importance of passing, make certain your players understand the meaning of a good pass. They should not try to get fancy or pass to a player in trouble. Rules of the Primary Break As with any offense, execution and finish is the key to any successful fast break. Here are the most important points you must teach your players: Look up and see the whole floor. Let the play develop itself. Make the defense play you. Stay wide to fill the lanes. Within one foot of the sideline. Make the easy play. When bringing the ball up the middle Use the chest pass on the break. The bounce pass is too hard to handle. The last player down-court stops at the top of the free-throw circle serves as safety in case of a turnover. Be a good receiver. Jump to meet a pass with both feet off the floor. Pass with both feet on the floor. Settle for an open 12 footer instead of a contested 8 footer. Starting the Primary Break There are several ways to start the primary break. To implement a fast offense, possibly the most important thing is to get everyone on the team thinking fast break in the sense of an instantaneous transition from defense to offense. A pressure man-to-man defense lends itself to the starting of an immediate fast break, because all the players are in ready position, on their toes, and playing aggressive defense. This makes the mental, as well as the physical, transition to the offensive positions easier. Every player must be thinking fast break at all times. The player must be prepared to give the signal as soon as he gets possession of the ball. Most teams probably use the vocal signal "break" to indicate to four of the players, who possibly do not see the ball, that one of their teammates has it and they should get into position. Most of the time, the fast break begins by the rebound being taken off the defensive board, and its success depends on how quickly the rebound can be cleared out. To execute a successful fast break it is necessary to have good positioning on the defensive backboard. The rebounders have to be certain of their responsibilities. Before the game, the forwards should be told whether they are to go to the board strong to acquire the rebound, box and hold the man off the board without going for the rebound, or box and then go to the basket. The primary rebounder, perhaps the center, should also have explicit instructions. The chances are that he would be given the responsibility of making an attempt at the rebound almost every time, rather than boxing out his own man, assuming that he has the inside position and the quickness to get to the board before his defender. The two outside men should also be given alternatives, depending on who they are guarding and what their men are doing. If one of the guards is guarding a good back-court rebounder who is in the habit of going to the basket, the coach may want the guard to box him out before clearing to the outlet area. Alternatively, he may allow the man to break to his basket to be ready for a long pass, knowing that the big men on his own team are

closer to the basket and probably will get the rebound most of the time. The coach may prefer a third alternative - having the guards position themselves on a seventeen or eighteen foot radius of the basket. The middle man should be told to get to the side of the floor that the rebound will probably come off to.

Chapter 8 : How to Develop a Basketball Primary Fast Break Attack

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Prior to that, he lived in nearby Hempstead. J" from a high school friend named Leon Saunders. So it was just between us Julius," and finally "Dr. In two varsity college basketball seasons, he averaged The Nets would eventually go to the finals, losing to the star-studded Indiana Pacers team. The Bucks asserted their rights to Erving via the draft, while the Squires went to court to force him to honor his contract. He played two exhibition games with the Hawks until J. Erving enjoyed his brief time with Atlanta, and he would later duplicate with George Gervin his after-practice playing with Maravich. The judge then sent the case to arbitrator because of an arbitration clause in his contract with Virginia. The following year, the cash-strapped Squires sold his contract to the New York Nets. Finally, Atlanta would receive draft compensation should a merger of the league result in a common draft. His spectacular play established the Nets as one of the better teams in the ABA, and brought fans and credibility to the league. The Nets and Nuggets had applied for admission to the NBA before the season, in anticipation of the eventual merger that had first been proposed by the two leagues in but which was delayed for various reasons, including the Oscar Robertson suit. In the postseason, Erving averaged That season, he finished in the top 10 in the ABA in points per game, rebounds per game, assists per game, steals per game, blocks per game, free throw percentage, free throws made, free throws attempted, three-point field goal percentage and three-point field goals made. Please help by adding reliable sources. Contentious material about living persons that is unsourced or poorly sourced must be removed immediately, especially if potentially libelous or harmful. With Erving and Nate Archibald acquired in a trade with Kansas City , the Nets were poised to pick up right where they left off. Erving refused to play under these conditions and held out in training camp. This was considered one of the worst decisions in franchise history. The Erving deal left the Nets in ruin; they promptly crashed to a 22â€”60 record, the worst in the league. The merger agreement got us into the NBA, but it forced me to destroy the team by selling Erving to pay the bill. However, playing with bigger stars forced his role to diminish. In the ABA, he would be told to do everything for his team. With the Sixers, he focused more on scoring. Despite a smaller role, Erving stayed unselfish. J enjoyed success off the court, becoming one of the first basketball players to endorse many products and to have a shoe marketed under his name. It was at this time that he appeared in television commercials urging young fans asking for his autograph in an airport to refer to him henceforth as "Dr. In the commercial, Erving was in the Sixers locker room and he said to fans, "We owe you one" while he held up his index finger. It took a few years for the Sixers franchise to build around Erving. Eventually coach Billy Cunningham and top-level players like Maurice Cheeks , Andrew Toney , and Bobby Jones were added to the mix and the franchise was very successful. The Sixers were eliminated twice in the Eastern Conference Finals. In , Larry Bird entered the league, reviving the Boston Celtics and the storied Celticsâ€”76ers rivalry ; these two teams faced each other in the Eastern Conference Finals in , , , and J matchup became arguably the top personal rivalry in the sport along with Bird vs. There, Erving executed the legendary "Baseline Move", a behind-the-board reverse layup. However, the Lakers won 4â€”2 with superb play from, among others, Magic Johnson. Armed with one of the most formidable and unstoppable center-forward combinations of all time, the Sixers dominated the whole season, prompting Malone to make the famous playoff prediction of "fo-fo-fo four-four-four " in anticipation of the 76ers sweeping the three rounds of the playoffs en route to an NBA title. Erving maintained his all-star caliber of play into his twilight years, averaging Contentious material about living people that is unsourced or poorly sourced must be removed immediately.

Chapter 9 : 36 Youth Basketball Drills [High School & College Teams Use These Too!]

Popular basketball themed sport socks as they feature a lightweight thickness therefore allowing you great range of motion along with excellent abrasion resistance for an exceptional athletic performance.

Read The D Shooting This is a team shooting drill that helps players read the defense when they are coming off of an off-ball screen. You can run this drill from either side of the floor. Players will execute v cuts and then make these cuts: Curl for a layup Backdoor for a layup Flair to the wing for a shot Point of emphasis: Doubles Shooting This is a great shooting drill that can be run as a competition. In this drill, there are five spots that players will choose from. If a player makes two in a row from a spot, they move on to the next spot However, if they miss two in a row, they move back a spot The object is to see how quickly the shooter can make it all the way around. Elbow Shooting This is a great shooting drill that can be used at the end of practice as a competition. In this drill, you have one team of players on one elbow, and the other team of players on the other elbow. Players will shoot the ball from the elbow, throw it to the next person in line, and then run to the other end of the court, touch the baseline, and then run and get back in line. This is a great shooting drill, along with conditioning. You can have a time limit, or say the first team to so many baskets wins. Ball Screen Shooting This is another drill that many variations can be added to, and can be used for 1 player or an entire team. They can attack the basket off the screen, pull up for a shot, reject the screen, and more. Close Out Jumpers This is a good shooting drill that works on shooting with a defender closing out. It can also be used to work on closeouts. This drill can be run from any spot on the floor in which you want your players to work on contested jumpers. You start with a line under the basket with the basketballs, and a line where you want your players to shoot from. The player catches the ball and shoots it while his shot is being contested. Screen Away Shooting This is a good shooting drill that works on shooting off of a screen away from the ball. This drill starts with a line at the top of the key and a line on each wing. The ball starts at the top of the key. The player at the top of the key will throw the ball to a wing, and then screen away for the opposite wing. The opposite wing will use the screen and come off of the screen with their hands ready. They will receive a pass and shoot the ball. This drill helps to work on basic motion cuts and shooting off of a screen. The players can curl, straight cut, flair, or backdoor off of the screens. Fast Break Jumpers This is a good drill to use to work on shooting in transition. This drill starts with a line under the basket with the basketballs, and a line out on the wing. The player under the basket will throw the ball off of the backboard and retrieve the rebound. They will then outlet the basketball to the player on the wing. The player on the wing will get the basketball and attack the elbow on the other end of the floor. They will then receive a pass for a jump shot on the other end. After the shot, the players can come back on the other side of the floor doing the same thing. You can have the players shoot jump shots, one-dribble pull-ups, layups, and more. Five In a Row This is a drill for your players to work on grooving their shot and to use as a competition. Have your players start out 6 feet in front of the basket. Once they make five in a row from that spot, have them take a giant step backward and repeat that process. Give them a certain allotment of time and see how far back they can get. There is a designated shooter and rebounder. Put 1 minute on the clock, and the shooter has that amount of time to make 10 three-pointers or closer depending on age and skill level. After each shot, the shooter must run and touch half-court before shooting their next one. The goal is to get 10 makes in 1 minute. Form Shooting This is a drill that should be performed everyday. It helps players have proper form on their shots. The player holds the ball in their palm, then they bring the ball up, then finish their shot with a follow through. Players work both the left and right side, alternating which side of the basket they are shooting on after each shot. Each shot should be a layup, and then rebounded out of the basket and performed quickly. The shots to perform are: One footed layup Pump-fake then layup Reverse layup Give a time limit or number of shots the player needs to make for each action. Youth Basketball Practices Games These are drills that can be used as games to keep practices interesting and fun. Monkey In The Middle We all played this game as kids, but it can actually be used as a great basketball drill. Designate a distance two players should be from each other, and have one person in the middle. The person with the ball has to wait until the person in the middle is playing defense on

them before they can pass. You should make your players avoid lob passes, and instead make game-like passes around the defense. This is a great drill that works on passing and defense. It is also used for the defense to work on stopping the offense when they are at a disadvantage. Have your five offensive players line up across the baseline, and have your five defensive players line up across from them free throw line extended. A coach will throw the ball to one of the offensive players. Whoever is lined up across from the guy that the ball is thrown to should go and touch the baseline. Everybody else should take off down the court and the offense has a 5-on-4 advantage until the defender gets back. Break your team up into two teams for this game. Each team will have two lines on their end of the court, as the diagram below shows. After the teams are situated, whichever team you designate should get to have the ball first will have ONE player from their team go to the other end of the court to shoot a free throw. The other team will have TWO players around the lane to get the miss or take out a make. After the first free throw is shot, the two players go down the court in a 2-on-1 situation. Next, after the 2-on-1 takes place, either the two offensive players score, or the 1 defender gets a stop, one player from each line on that side of the court come into play, and the 2-on-1 disadvantage now becomes a 3-on-2 advantage, and they take the ball the other way. As you might have guessed, after the 3-on-2 break ends with a score or stop, the other team takes the ball and heads toward the other end, turning their 2-on-3 disadvantage into 4-on-3 advantage. The drill ends after the 5-on-4 advantage is complete. Split your guys into three even teams. If you have side goals, you can split into 6 teams and play full court on the side goals. Either way, this drill is designed to have three teams of 3 guys. The drill starts with an offensive team and a defensive team on one side of the court playing 3-on-3. The third team is on the other end of the court preparing to play defense 4, 5, 6 in the diagram below. The two teams that are on the end of the floor playing 3-on-3 go at it until the offense scores or the defense gets a stop. If the offense scores, they take the ball out of bounds and head to the other end of the court, where there is a new defensive team waiting on them. If the defense gets a stop, they become offense and take the ball to the other end of the court, where a defense is waiting on them. This pattern continues throughout the game. If the offense scores, they keep the ball and head to the other end of the floor where there is a defensive team waiting on them. If the defense gets a stop, they take the ball to the other end of the floor with a defense waiting on them. You can play to a certain point value, or have a time limit for the game. Conclusion Now you are equipped with a plethora of new basketball drills to run for your youth team! The beauty of these drills? They can be run with high school and college guys with variations, as well! Overall, you want to keep your practices exciting and have some competitions and games to keep the kids engaged and having fun. These drills will help you accomplish just that! These 36 youth basketball drills can be downloaded in a PDF. Download The Drills Now!