

10. Fast Break Shooting

Purpose:

Teaches players to quickly run down the court and improves their ability to make transition jump shots or layups under control.

Setup:

* Players split into 2 lines on the baseline. One line is given basketballs. The other line does not have basketballs.

Execution:

* On the coach's whistle, the player with the ball will dribble quickly down the floor but under control.

* On the second whistle, the other player chases down the player with the ball and tries to defend the shot.

* Coaches can tell players to either shoot a layup or jump shot at the other end of the floor.

* Repeat this as many times as you see fit as the coach.

Coaching Tips:

* Stress that players must stay under control with their dribble.

* The defender needs to play clean without fouling. Call fouls when necessary.