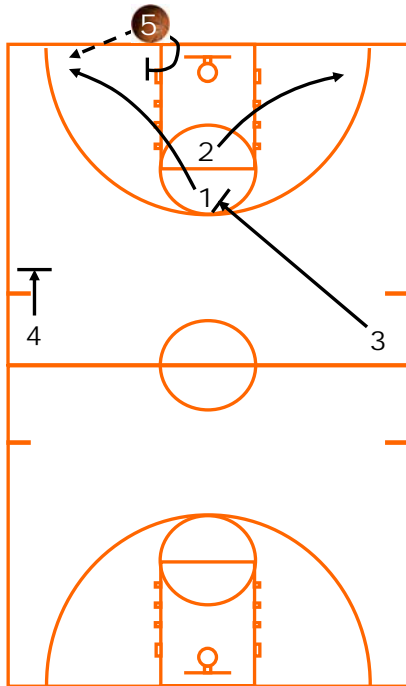


"Blue" A Basic Press Breaker

- Line up in a basic "Stack" set (as shown on website).
- The 5 passes in the ball to the 1, then quickly steps inbounds right around the short corner area. Then the 1 quickly looks for the 4. Pass fakes should be used as much as possible.

- There should be "three" passing lanes created after the first pass comes in (See EX: A below).
- In fact, there should be "three" passing lanes created after every pass! (See EX: B below).



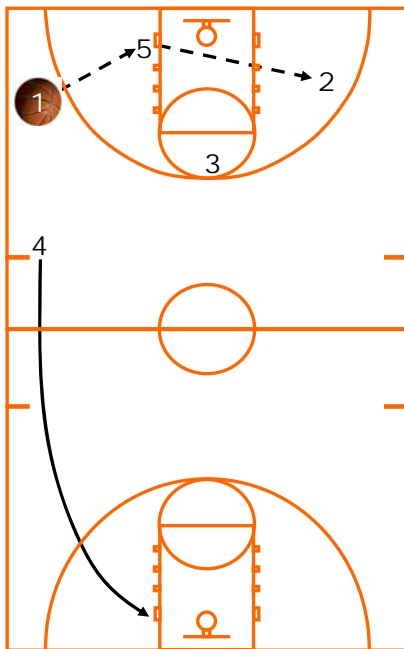
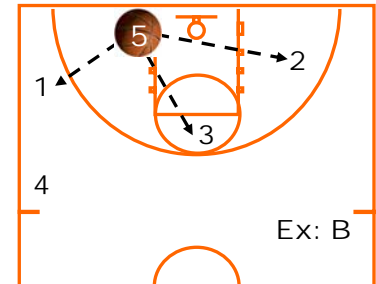
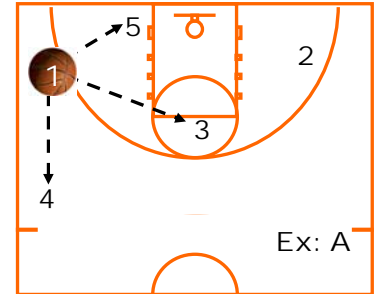
Important Notes:

* The younger players tend to "pick up their dribble" when they get under pressure. Coaches should teach player drills to assist them with techniques to get out of traps and pressure (see drills).

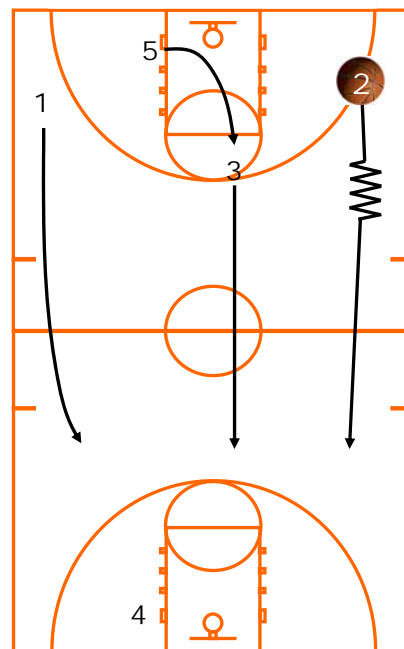
* Players should never pick up their dribble until they are ready to pass.

* In a press break, players should look first before putting the ball on the floor.

* A well executed press break will have very few, if any, dribbles!



Players must look up the court, see the floor, and look for any passing and/or scoring opportunity.



- The 1 quickly reverses the ball to the 5, (just before the first trap occurs).
- The 5 also quickly reverses the ball to the 2 (the weak side should be open most of the time).
 - 4 should get up court quickly (to the block).
- The 3 stays facing the ball making sure they are ready for a pass from 1, 5, or 2.

- Once the 2 has the ball the fast break should begin, and the 1, 3, and 2 should fill the lanes. 5 should follow middle as a safety.
- If 2 has a strong passing arm, a long pass to the 4 can produce a quick score.
- Players should stay in their lanes, keep the defense spread out.