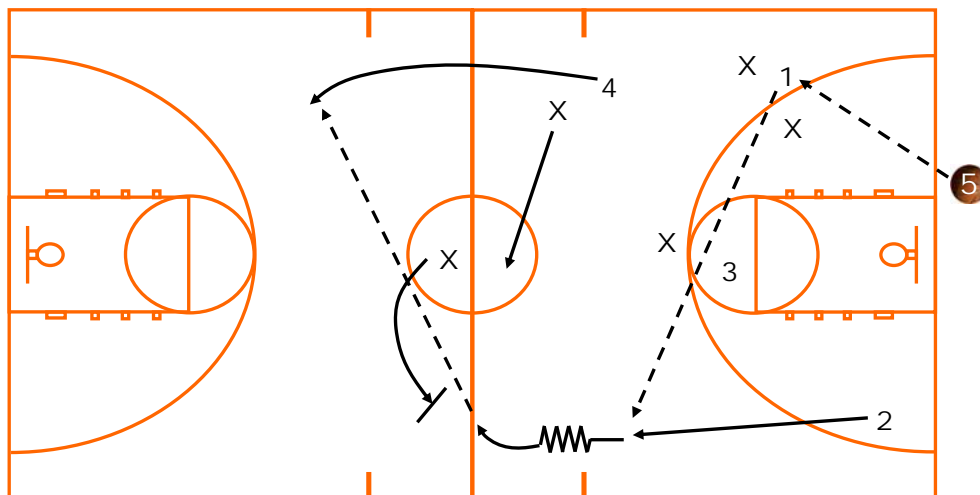


The Cross Court "Skip Pass"

* One of the best ways to break a press with the pass is to use the "Cross Court Skip Pass" (see diagram below). This type of pass is very hard to execute, but once your players are comfortable with it, they will easily break the press (and get more fast break points). This pass must be done quickly and without hesitation.



During the press break, players should take advantage of opportunities to utilize the "cross court" skip pass to break the press quickly. When executed, this type of pass really cuts through a pressing defense.