

Basketball Coach Handout

Fast Break Quick Tips

1. Good defence starts fast breaks
A defensive steal, or defensive rebound are ideal ways to begin our fast break. If we all play aggressive defence, pressure the passing lanes, block out our opposition players we will get more fast break opportunities.
2. React quickly
Once we get the ball back, either from a rebound, steal or opposition basket we need to react quickly. Step out of bounds to take the ball quickly. Get to a position to receive the inbound or outlet pass quickly.
3. Fill the lanes
We must have the left, middle and right lanes filled with a player sprinting down the court. We need to communicate what we are doing (e.g. "I'm left, I'm right etc.). Usually we want the ball coming down the middle of the court.
4. Run hard and wide
Sprint down the court hard every time. Stay wide to spread the defence.
5. Slow down enough to get your body under control as you approach the basket
As you approach the free throw line extended, slow down enough to get your body under control and cut towards the basket.
6. Always pass ahead to the open man
If there is a team member open in front of you, always pass them the ball - never dribble if a man is open ahead of you.
7. If you do dribble - use it effectively
If you do decide to dribble - go somewhere. Don't waste dribbles and slow down the break. In the open court use the speed dribble - push it out in front and run hard.
8. Always see the ball
As you set up for the outlet pass use the "knife" position (back to the sideline) so you can see the entire court. As you sprint down the court look over your inside shoulder to see the ball and your teammates.
9. Passing line - driving lane
Read the defender and make a decision. If there is no defender on the line between you and the basket drive hard to the hoop. If there is no defender on the passing lane between you and a man closer to the basket pass ahead.
10. Make the intelligent pass
Fake a pass to make a pass.
Read the defenders hands - if they are high, pass low, if they are low, pass high.
11. Who does what?
As we are playing man-to-man defence we can't always be sure who will be at what position when the turnover that starts the fast break occurs. This means that you need to use your intelligence to decide your role, and communicate to your teammates. Most often the guards and one forward will be the lane-fillers, while the posts will be the defensive trailers.

The man closest to the basket should be the one who takes the ball out of bounds after an opposition score. This will often be a post player.

Both guards, or a guard and a forward (if a guard has the rebound, steal, or inbound pass) should try to get open on the ballside elbow and ballside sideline (free-throw line extended).