

National High School Roundtable - San Antonio April 5, 2010

YORK LADY WILDCATS - PRIMARY AND SECONDARY FAST BREAK OFFENSE

This offense requires 5 team members that are willing to run and are committed to the basic premise of the fast break philosophy.

BASIC PRINCIPLES:

1. Everyone must run. If one player “dogs” it the effectiveness of the offense is compromised.
2. Everyone must be able to cover all 5 positions
3. Everyone must move without the ball.
4. The fast break does not end until ALL options have been used.
5. After all options are used, the regular offense should be set and ready to go.

WARM UP DRILLS:

1. Traditional 3 line weave - emphasis on spacing, staying wide (use cones to define lanes) running in unison with each other, and angle cuts to the basket.
 - a. Rebounder must turn to side of court they receive the ball on for outlet pass.
 - b. Outlet person must call for the ball.
 - c. 3 line balance must be maintained.
 - d. Two times up and down the court.
2. 4-Line Weave - Same guiding principles
 - a. Ball must be started on side with 2 lines and that must be communicated by the person receiving the outlet pass.
 - b. Cuts must be wide, encompassing the entire court and behind both lines on the side they cut to.
 - c. Two times up and down the court.
3. 5-Line Weave - Same guiding principles
 - a. All 5 must coordinate their lanes as they turn to run down the court.
 - b. Communicating is a must.
 - c. Two times up and down the court.
 - d. Make sure that everyone works at every position during this drill.
 - e.

NOW - INTRODUCE YOUR FAST BREAK OFFENSE!

PRIMARY FAST BREAK OFFENSE

1. Start with any defensive set and 5 players (REFER TO DIAGRAM #1)
2. Coach starts the offense by throwing the ball off the backboard.
 - a. As the players become familiar with their responsibilities, make sure the ball comes off the board in different areas.
3. The flight of the ball and the side it is retrieved on dictates the start of the movement.
4. The top person on the ball side becomes the outlet and calls for the ball. X1
5. 2nd person nearest the top cuts towards the middle of the court looking for the ball. X2
6. 3rd person down the floor goes to outside lane opposite the first pass resulting in the "3 across" set. X5
7. 4th person becomes the 1st trailer and heads for the middle of the court behind the center cutter. (REFER TO DIAGRAM #2) X3
8. 5th person down the court X4 becomes the final trailer and balances within the key extended with 1st trailer. X3
9. Middle person X2 receives the ball from the outlet recipient and dribbles towards offensive end heading for one of the elbows. (REFER TO DIAGRAM #3)
10. Two outside players X1 & X5 continue down outside lanes and make appropriate angle cuts to the basket in conjunction with the ball-handler. X2
 - a. If neither player gets a pass, they continue to the opposite corners, passing each other under the basket.
11. 1st trailer X3 cuts to opposite elbow from the ballhandler X2 and down the lane to the same side block.
12. Final trailer X4 cuts to opposite elbow and prepares to take a shot.

OPTIONS: Pass to lane cutters before or after the basket or in the corners.
Pass to 1st trailer during cut or at the block
Pass to 2nd trailer at the elbow.
Shoot the ball

SECONDARY FAST BREAK OFFENSE

There are 2 options at this point based on the placement of your players.

OPTION #1 (Ball or strong side) (REFER TO DIAGRAM #4)

1. Pass to player in corner X5 on ball side.
2. Block player X3 sets pick for opposite corner player. X1
3. Opposite corner player X1 cuts across pick looking for ball.
4. Player at the elbow X2 that started this sequence picks for elbow player. X4
5. Elbow player X4 cuts off pick for outside shot on ball side.
6. Ballhandler in corner X5 passes to elbow player cutting off pick from original ballhandler. X2
7. If nothing is gained from this begin your regular offense.

OPTION #2 (Weak side) (REFER TO DIAGRAM #5)

1. Pass to player in opposite corner. X1
2. Block player X3 sets pick for Elbow player X4 on that side.
3. Elbow player X4 cuts off pick and down the lane, same side.
4. If Elbow player X4 doesn't get the ball, they continue and set a pick for opposite corner player. X5 (REFER TO DIAGRAM #6)
5. Opposite corner player X5 cuts to ball looking for pass.
6. Original block player X3 slides to ball side after setting pick to receive ball and take outside shot.
7. If nothing is gained from this, return to regular offense and begin.

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