

## **FAST BREAK PRINCIPLES**

### **Primary Break**

The primary break is created from one of the following game situations :-

- > steals
- > rebounds
- > blocked shots
- > made field goals
- > made foul shots

### **Why Fast Break**

There a number of very good reasons to build an offensive philosophy which incorporates a strong emphasis on the fast break.

- > best way to create early scoring opportunities
- > your team controls the game's tempo
- > best way of exploiting or beating full or half court pressure offences
- > works well V's zone (score before the zone is set)

### **Important Fast Break Rules**

Hit the open man .....

- > If a team mate is ahead on the break - pass it to him/her
- > If a team mate is closer to the basket and open - pass it to him

The more you give it up - the more you'll get it back

- > 90% of failed fast break opportunities are caused through players attempting the thread the needle assist pass unnecessarily
- > The pass that leads directly to the score is no more important than the pass which sets up the pass that leads to the score

### **Identify the Scoring Area**

We focus on creating a fast break game in order to consistently find quick high percentage scoring opportunities.

It therefore follows naturally that the identification of the "scoring area" is very important in helping players to identify a high percentage shot.

As a general rule I have my players look for the open shot from one metre inside the 3 point line. This then becomes our scoring area relevant to the fast break.

An important teaching point in putting together a fast break game is constant reinforcement of the principle .....

**'If in doubt as to what to do in a 2 on 1 or 3 on 2 situation .....  
SHOOT THE BALL'**

### **Fast Break After the Score**

**Inbounder:-** I prefer the 5 man to inbound the basketball.

- > Taller players naturally have better court vision
- > They are often closest to the ball when it comes through the net

**Receivers:-** 1 man (primary receiver)

- > works to get open ball side

4 man (secondary receiver)

- > initially post up on the foul line (relieve full court pressure)
- > may work to get open by either
  - V-cutting (go to centre then back to ball)
  - screen for the 1 man then open to the ball

**On the pass to the 4 man .....**

1 cuts hard diagonally down court looking to receive the ball and create a 3 on 2 advantage.

### **Primary Fast Break**

In putting together a fast break game what we are actually doing is taking advantage of human nature.

**"Its human nature that offensive players generally change ends quicker than defensive players."**

In taking advantage of this fact and focusing on the fast break we should consistently create one of the two following scenarios .....

- > Numerical advantage in the scoring area
- > Rebounding advantage after an early shot attempt

Our objective in running our primary break is to create a 1 on 1 situation in the scoring area or to create a situation where we have numerical superiority.

For example :-

- > 2 on 1
- > 3 on 2

### **1 on 1 Situations**

Should always produce a high percentage shot.

Why? The offence needs to choose one of only two distinct options.....

- > If the offensive player feels he can beat the defender - lay-up
- > If the defender does a good job - jump shot

### **2 on 1 Situations**

When this situation presents, in order to take full advantage, players need to adhere to two simple principles .....

- > Spacing - spread out to force the defender to make a decision to guard either the pass or the shot.
- > With the ball - be a scorer until the pass is the obvious option .....

**"Work to create the score and pass will create itself"**

### **3 on 2 Situations**

The principles for 3 on 2 are the same as for 2 on 1.

- > Spacing is again a vital principle - stretch the defence so that they can't cover all options

The middle player (generally the dribbler) is the key. I ask the middle player to adhere to the following rules :-

- > Never penetrate past the foul line unless the lane is open
- > If the high defender comes out of the scoring area - pass to a runner
- > After the pass go to the ball side elbow
- > If in doubt - take the shot thereby taking advantage of the numerical advantage on the possible resultant rebound.

### **Secondary Break**

We go to the secondary break when one of two situations occur .....

- > We fail to execute the initial break options effectively
- > The defence does a good job of getting numbers back into the scoring area

The secondary break allows us to flow straight into our half court offence without the need to stop and set up in a rigid set.

It is therefore necessary to go to a loose structure in order to get all five players involved.

### **Trigger**

The secondary break is triggered when the 2 or 3 man stall on the wings or take the ball to the baseline.

### **Method**

The 4 man enters the scoring area as a trailer on the opposite side of the floor from the 1 man. So as the ball goes to the baseline outside, the 4 os making a diagonal cut to the ball side block.

The 5 man should delay in the back court as a safety in case of a turn-over, then fill the perimeter spot 4 has vacated as he makes his diagonal cut.

Options which can present themselves from this set are :-

- > Hitting 5 at the foul line for the jump shot
- > 5 sliding down the lane as the ball is reversed or skipped
- > 4 screening the lane to help 5 get open

This method will allow us to run straight into 3 out 2 in or 4 out 1 in motion.