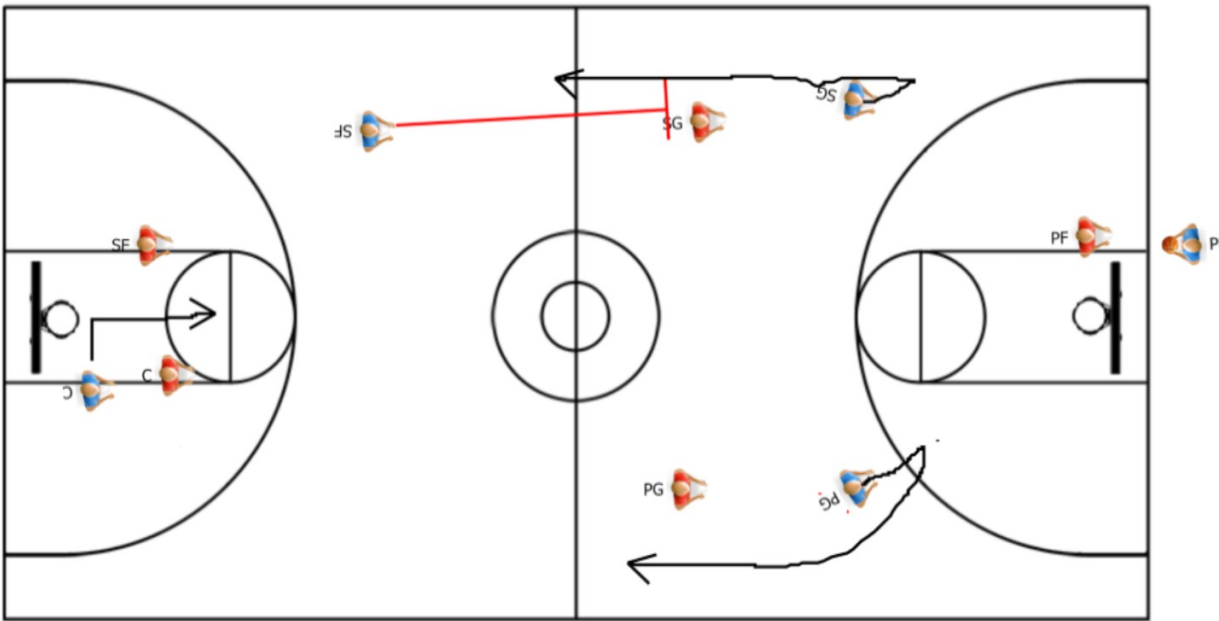
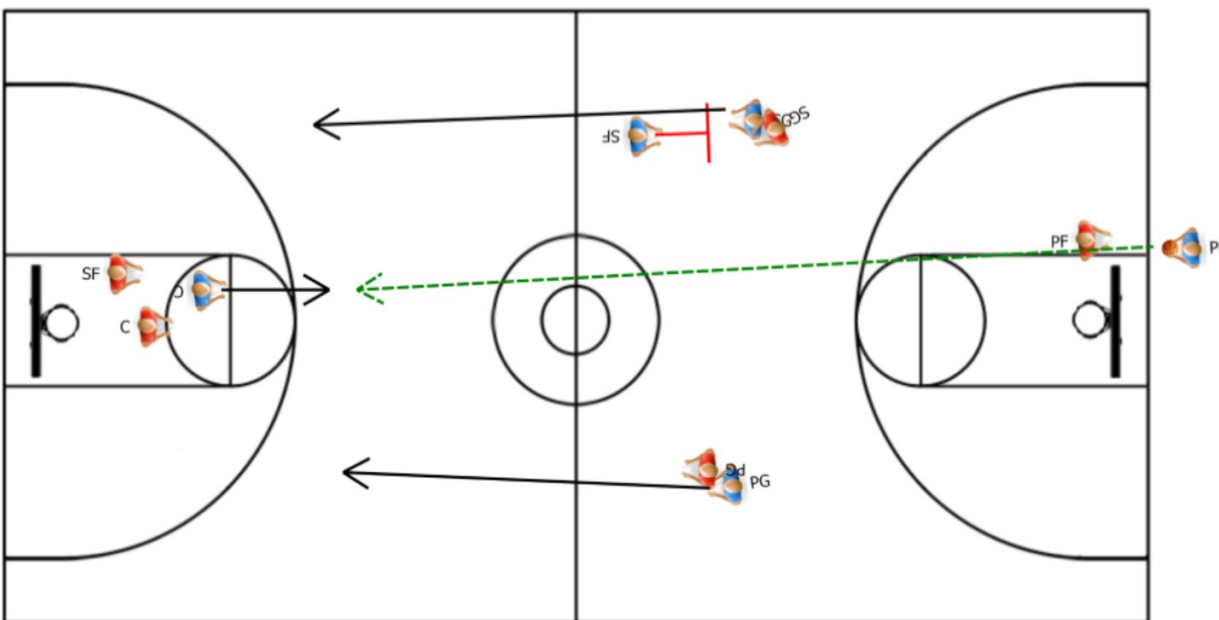


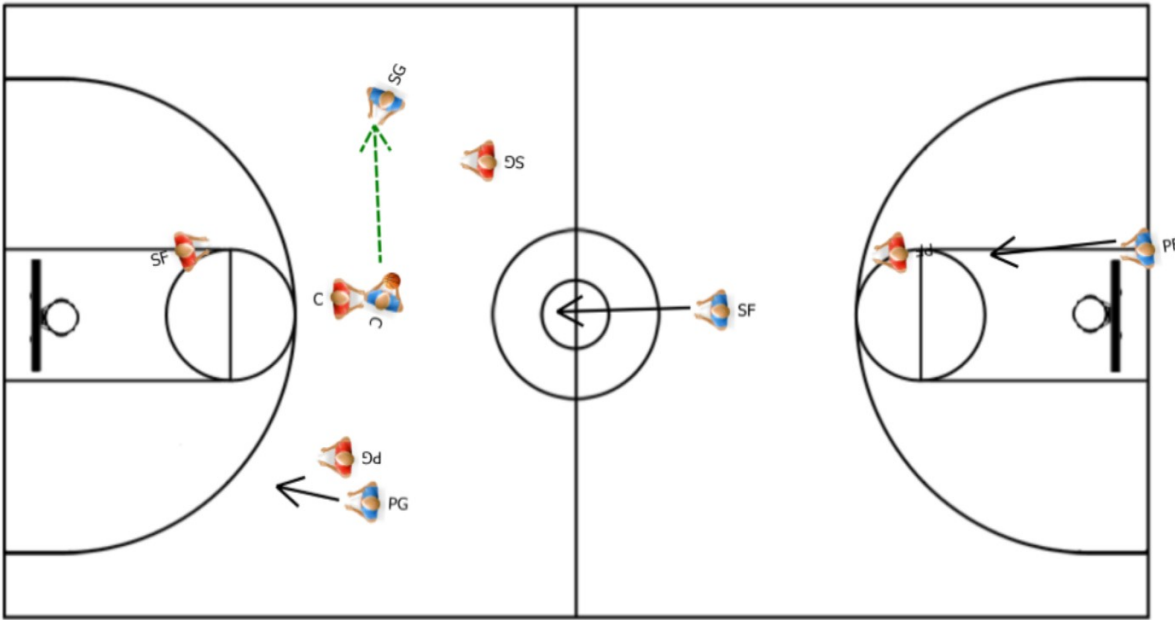
Full Court Press Break No Time



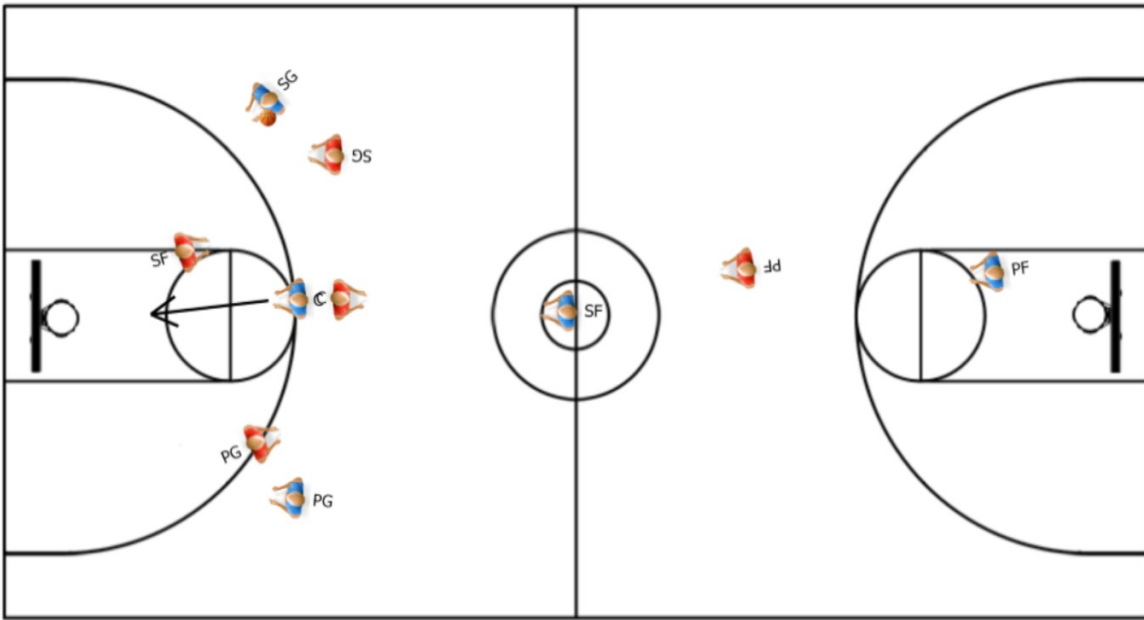
Full Court Press Break No Time: This is a play for a quick shot. The best passer on the team will throw the ball in. The C will begin on the left lower block. The SF will be on the opposite wing. The SG and PG will be on each side of the floor even with the top of the key, near the ball. Both the SG and PG will v-cut and then sprint to the opposite end of the floor. The C will go under the basket and then sprint for the top of the key. The SF will run into the back court and pick the SG's defender.



Frame 2: The C will get the pass. He will then look to pass the ball to the SG (first) or the PG (second). After setting the pick, the SG will run across the court and be the safety valve.



Frame 3: The C needs to look to pass to the SG and the PG. The third option is for the C to take the shot.



Frame 4: Once the SG catches the ball, the SG should take the shot. The C should crash the boards in case there's time for a rebound.