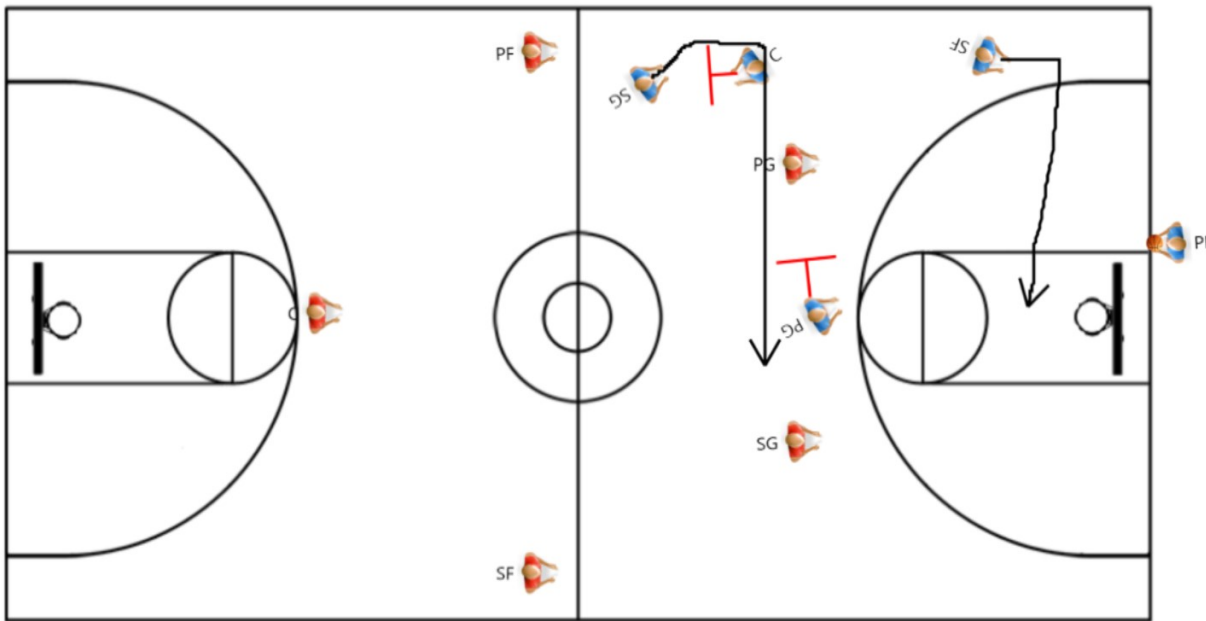
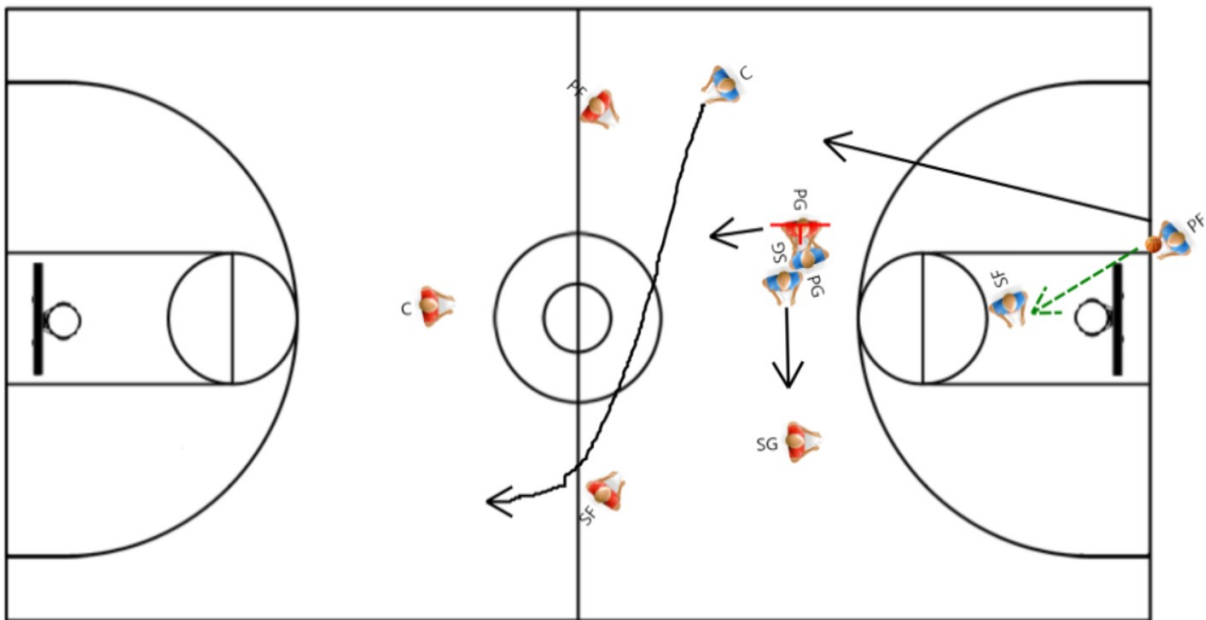


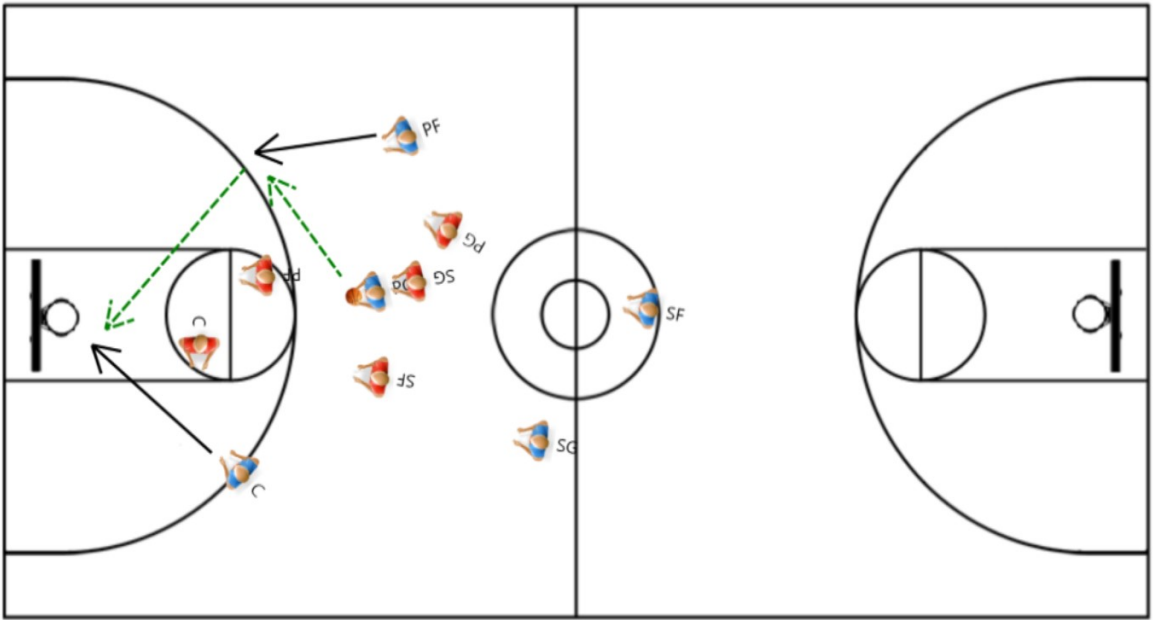
Press Break Fast Break



Full Court Press Break Fast Break: This play is designed to result in a 3-man fastbreak for the offense. The PF triggers the ball in. The PG begins at the top of the key. The SG, C, and SF are along the sideline. The SF will fake toward the baseline and then sprint across the court. The SG will curl around the C and run across the court. The C and PG will set picks for the SG.



Frame 2: The ball will go into the SF. After the C sets the screen, he will run to the opposite side of the court and into the front court. The PF will pass the ball in and sprint down the left side of the court. The PG will set the screen and then start down the middle of the court.



Frame 5: Once the PG gets to the top of the key, he'll have the option of passing or taking the ball to the basket. Here he passes to the PF who then passes to the C for an easy lay-up.