



Fast Break

The fast break is a play in which the defensive team gains possession of the ball and moves the ball quickly down the court. The goal is to score before the other team has a chance to set up a strong defense.

- All five players take part in the fast break and have various responsibilities. The ball is usually passed to the point guard, who dribbles it down the middle. Two teammates “Fill The Lanes” (explain) that are on either side of the point guard. These teammates run just inside the sidelines to give the dribbler enough dribbling space. In addition, running near the sidelines prevents defenders from stopping the play. The two remaining teammates initially trail the play and then move to get good rebounding positions under the basket.

Athlete Readiness

- Athlete can turn and forward. [is something missing?]
- Athlete can pass, catch, dribble and rebound the ball.
- Athlete recognizes and works with teammates.
- Athlete recognizes offensive and defensive ends of the court.

Teaching the Fast Break

- Review going for the ball.
- Review the rebound progression.
- Perform a Break-Away drill.
- After the point guard receives the ball he/she turns to face offensive basket, looks for the opening, drives down court and lays the ball up. The rebounder/passers trails the dribbler, rebounds a missed shot and attempts to make a follow-up shot.
- Perform a Two-Player Break.
- Plus Trailer Drill: A teammate is added to the above drill; he/she becomes one of the “WINGS” (explain) filling the nearest fast break lane.

Key Words

- Rebound
- Turn And Look
- Outlet
- Fill The Lanes
- Trail

Coaching Tips

- A lower ability team can fast break even though it may look more like a Break-Away or a Two-Player Break. Any player who rebounds the ball then outlets it to the best dribbler. That player may be moving to an open space or running down court.
- Teach the team to look for and pass to the designated dribbler.
- A coach wants the ball dribbled by the player who has the best ball control. This minimizes turnovers.
- The best rebounder and fastest player is taught to run down court after the ball is thrown, in order to offensively rebound.
- Defenders can be added to the above drill one at a time and after the athletes have learned the particular fast break skill. Since the emphasis is on offense, give the advantage to the offense. There should be one more athlete on offense than defense.
- A higher ability team can progress to perform a traditional three-lane fast break.
- In order for it to be effective, all athletes need to know their responsibilities. Identify specific tasks and practice them.