

Gator Fastbreak

Purpose

- Full court pass and catch drill to score
- High volume of layups and jumps shots attempted

Instructions

- On one end of the court, set up 3 lines – one in the middle with two on either side as wings.
- First 2 guys in line in the middle line has a basketball, second in line on the wings have a basketball
- On the other end of the floor, set two guys up with basketballs at the baseline – spaced at the lanes lines – They're the Passers
- First group of three weaves to the other end of the floor – 2 chest passes, then a bounce pass to a teammate who shoots a layup and gets their own rebound
- The 2 guys that didn't shoot the layup make a cut to receive a pass from the Passers on the baseline for a jump shot – they get their own rebound and stay at that end of the floor becoming the new Passers
- After The Passers make a chest pass for a jump shot, they convert with whoever made the layup. The layup shooter got their own rebound and they make an over-the-head outlet pass to either side and initiates a 3-Man Weave going toward the other end.
- Same thing occurs – 2 chest passes, then a bounce pass for a layup. The 2 guys that don't shoot the layup spot up for a jump shot and receive passes from the wings on their side.
- After making a chest pass to the shooter, the wings run down the floor getting into a 3-Man Weave with the next guy in line from the middle line
- This is a continuous drill that you run for whatever amount of time you put on the clock.

Tips

- Emphasize no missed layups and no turnovers
- Make sure only bounce passes lead to layups and all outlet passes are overhead passes.
- Set a time on the clock and keep track of makes – every basket counts as 1 point
- Set a goal – Our goal is 80 makes in 4 minutes, if we don't get it we run. Our record is 94 makes
- Make sure the kids know that the faster they run down the floor, the better passes they make for shots, and more layups they make, the easier it will be to score points.