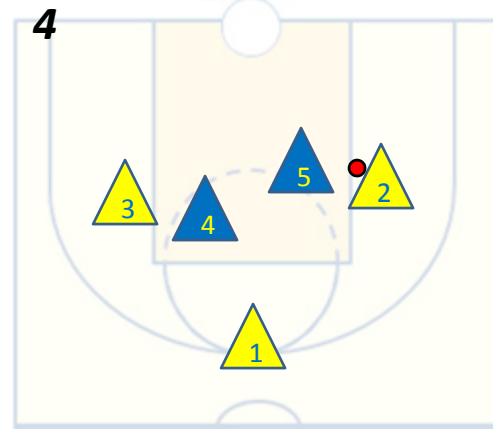
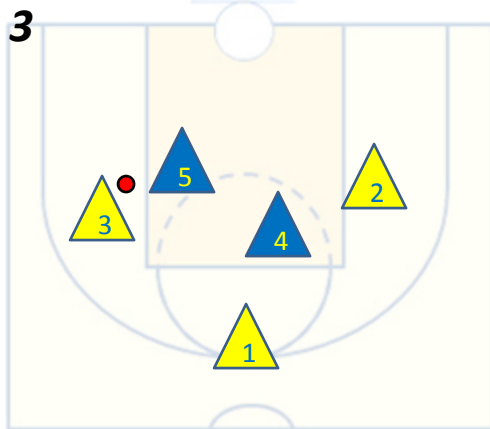
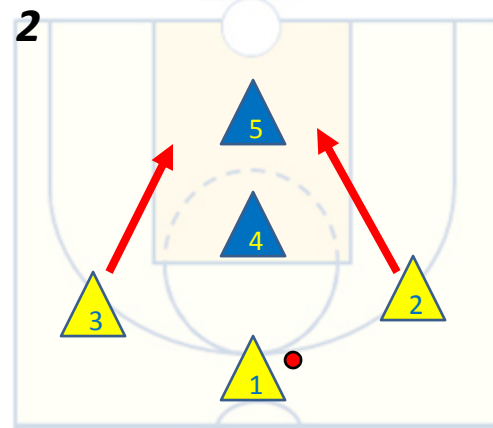
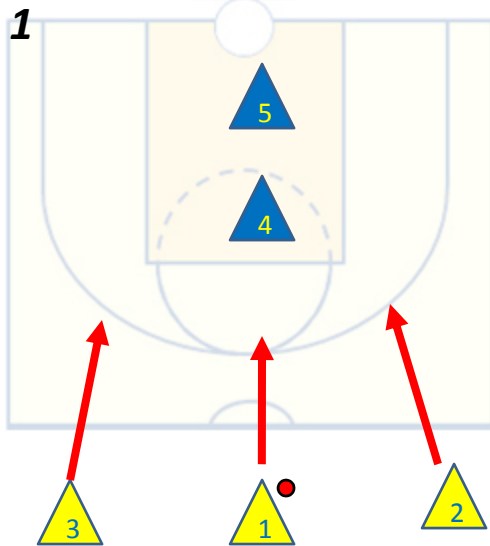


3-on-2 Fastbreak

Get everyone moving starting either from full-court to develop passing/dribbling mechanics on the go



Setup:

- Start with three lines on one baseline
- Guards in center line.

Execution:

- Guard dribbles ball downcourt, outside players run at top speed
- When offense gets to 3-pt line, the two outside players break to the basket
- If the ball is passed to the left, then the defense reacts like in Figure 3. If the ball is passed to the right, the defense moves into formation of Figure 4.
- The rear defender pops out to defend the side. The front defender guards the lane.
- If the ball is passed back up top, the defenders return to the stacked form in Figure 2.

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