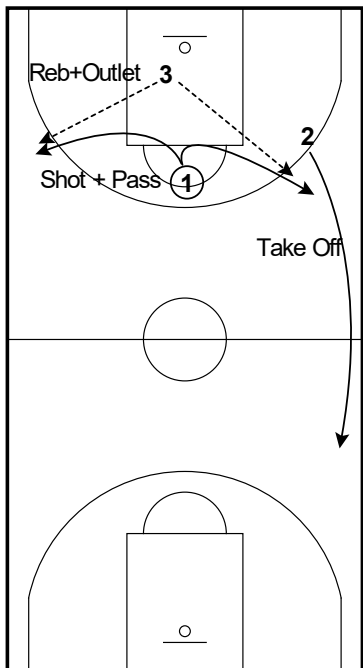


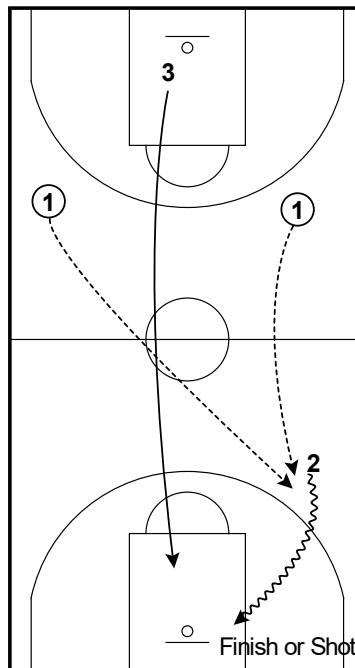
UP TEMPO GAME - CONCEPT & DRILLS

"PUSH PUSH PUSH" MENTALITY

TAKE OFF 1X0 - Frame 1



TAKE OFF 1X0 - Frame 2

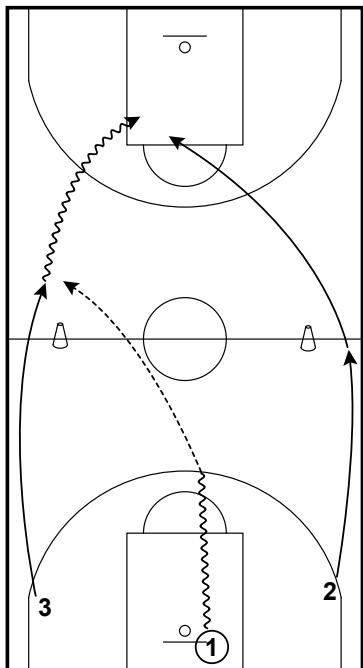


- 1 SHOOTS OR THROWS IT ON THE BOARD.
- 2 TAKES OFF AFTER THE BALL HITS THE RIM.
- 3 REBOUND AND OUTLET TO 1

- 1 PASS 2 FOR WHO SCORES (FINISH, SHOT).
- 3 SPRINTS AND REBOUND.
- * BALL BOUNCE ONLY ONE TIME AFTER BASKET

** POE: "PUSH PUSH PUSH" MENTALITY.
FIRST 3 STEPS IS WHERE YOU WIN THE "RACE".

TAKE OFF 1X1 - LAKERS FB DRILL - Frame 1



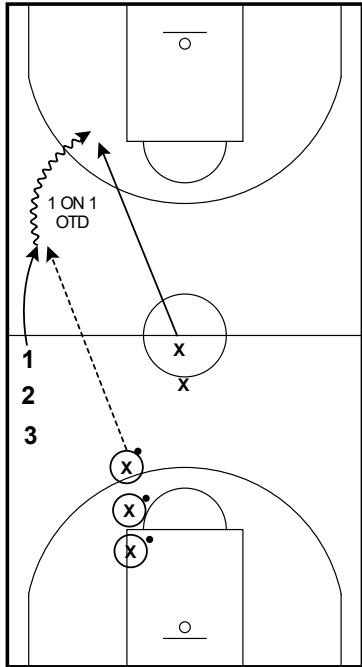
- 1 LEADS THE BREAK
- 2+3 TAKE OFF AFTER 1 STARTS DRIBBLE
- 1 HITS THE FIRST WING WHO CROSSES 1/2 COURT
- THE OTHER WING BECOMES DEFENDER

*BASIC STANCE: DEF OR REB

UP TEMPO GAME - CONCEPT & DRILLS

1 ON 1 FB SITUATIONS

FB - WING 1x1 - OTD - DEF BEHIND

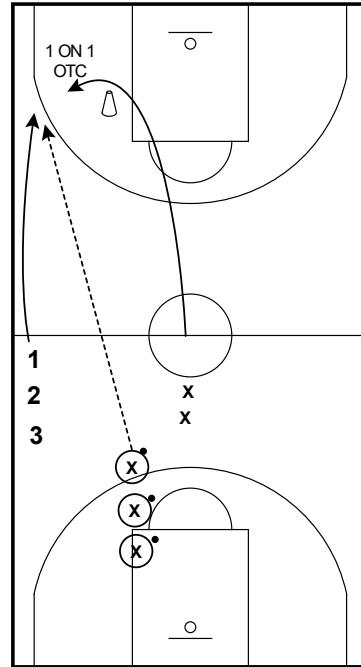


1 TAKES OFF & PLAY 1X1 VS X.

ROTATION: OFF > PASSER > DEF > OFF.

* 1 TAKES OFF FIRST - X REACTS.

FB - WING 1x1 - OTC - DEF BEHIND

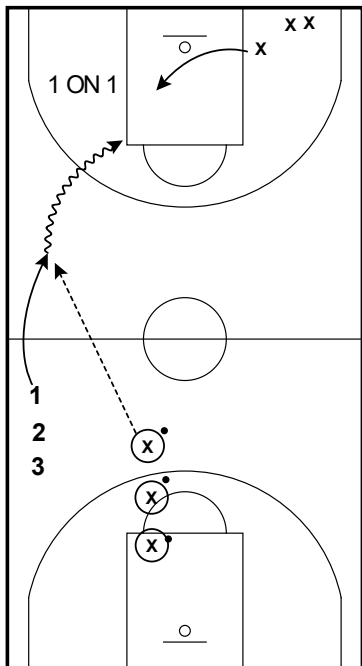


1 TAKES OFF (CATCH IT ONLY BELOW FT LINE)
X CHASE HIM (MUST GO UNDER THE CONE)

ROTATION: OFF > PASSER > DEF > OFF.

* 1 TAKES OFF FIRST - X REACTS

FB - WING 1x1 - DEF IN THE PAINT



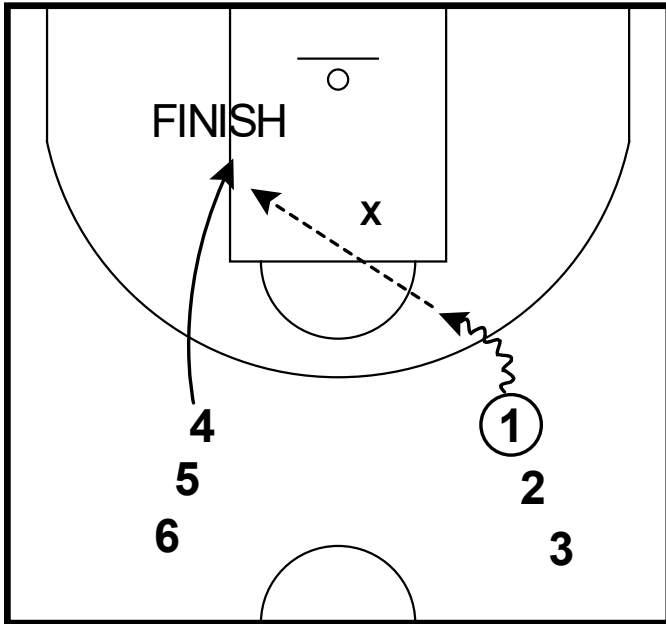
1 PLAYS 1X1 VS X (INSIDE THE PAINT).

ROTATION: OFF > DEF > PASS > OFF

UP TEMPO GAME - CONCEPT & DRILLS

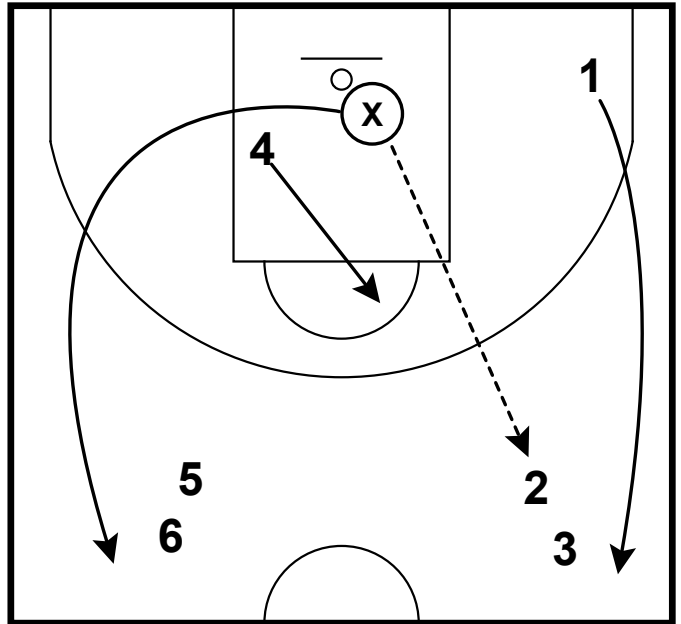
"NUMBRES"

CONTINUOUS 2X1 - Frame 1



1 + 4 PLAY 2X1 VS X.

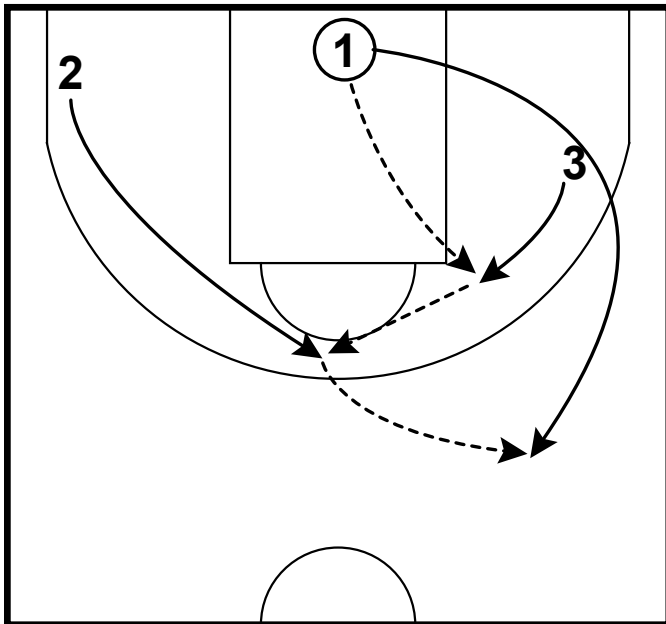
CONTINUOUS 2X1 - Frame 2



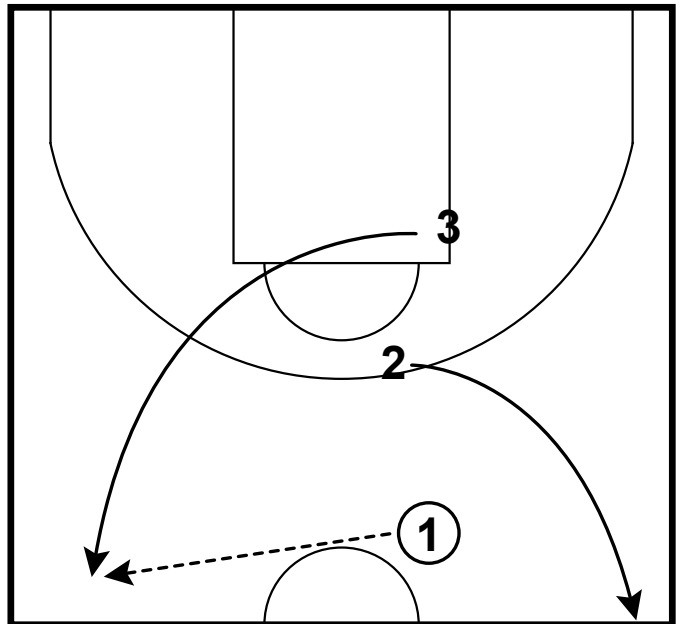
SHOOTER > DEF
X (OUTLET) AND 1 JOIN LINES.

* THE DRILL CONTINUE WITHOUT BREAKS.

1/2 COURT WEAVE INTO 2 VS 1 Frame 1



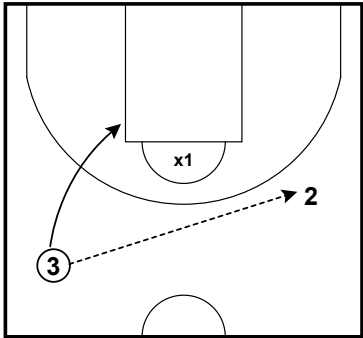
1/2 COURT WEAVE INTO 2 VS 1 Frame 2



UP TEMPO GAME - CONCEPT & DRILLS

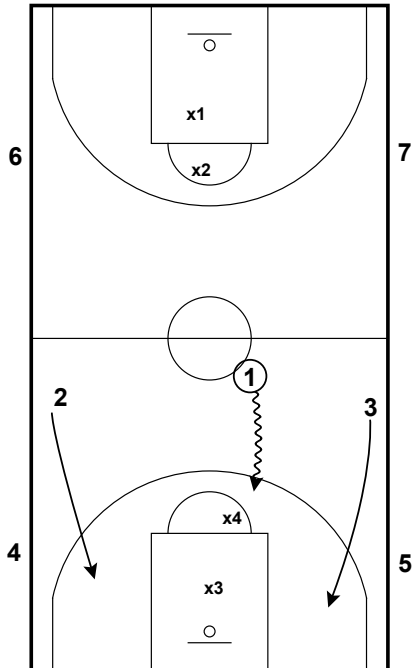
"NUMBRES"

1/2 COURT WEAVE INTO 2 VS 1 Frame 3



2+3 PLAY VS 1

11 MAN FB DRILL - CONTINUOUS UP & DOWN 3X2



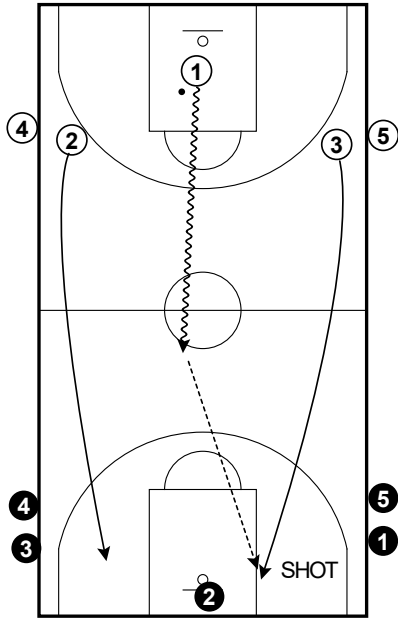
AFTER SHOT:
REBOUNDER WILL LEADS THE BREAK
WINGS JOIN HIM
2 PLAYERS WILL STAY ON DEF AND OTHER 2 WILL FILL SIDELINES

* WINGS WILL TAKE OFF ONLY AFTER REB
** FOCUS ON "PUSH" (FIRST 3 STEPS).
*** STANCE: DEF OR REB

UP TEMPO GAME - CONCEPT & DRILLS

"NUMBRES"

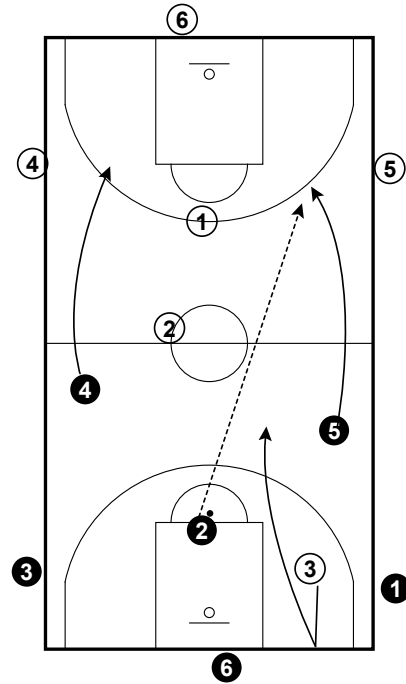
3X2+1 FULL COURT FB - FRAME 1



SIX PLAYERS ON BLACK TEAM VS SIX ON WHITE TEAM.

3 WHITE WILL START 3X0.

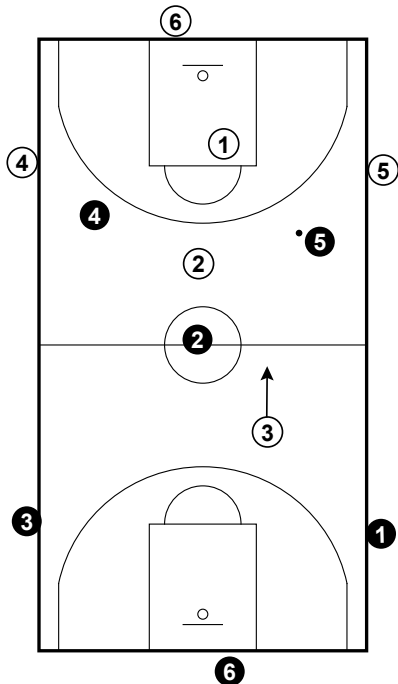
3X2+1 FULL COURT FB - FRAME 2



SHOOTER MUST TOUCH THE BL BEFORE HE JOINS THE DEFENSE.

* 4+5 (WINGS) ARE FACING THEIR BASKET IN A "BOX OUT" POSITION.

3X2+1 FULL COURT FB - FRAME 3



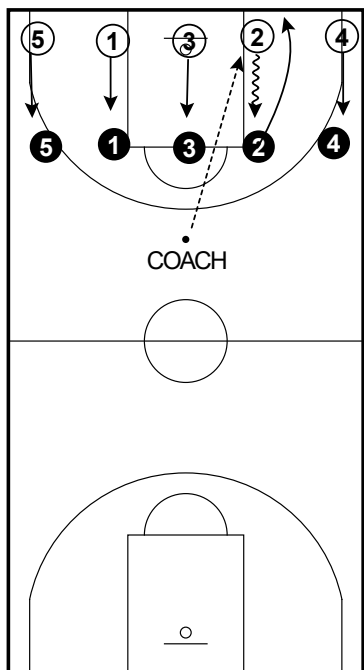
THE DRILL CONTINUE WITH THE SAME RULES.

THE ROTATION WILL BE:
OFFENSE > DEFENSE > OUT

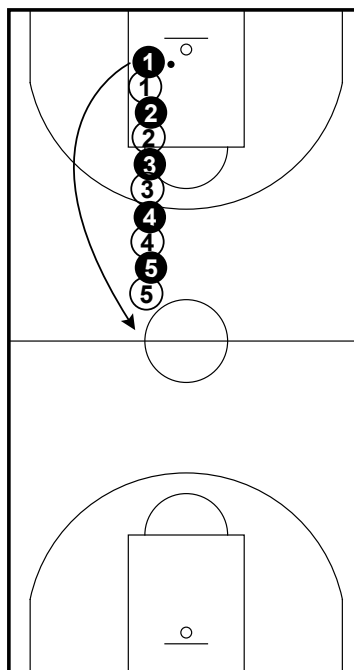
UP TEMPO GAME - CONCEPT & DRILLS

"NUMBRES"

5X4+1 - CONTROLLED Frame 1



5X4+1 - "FOLLOW" Frame 1



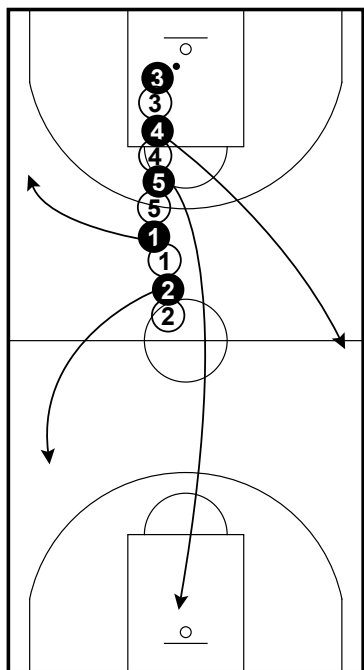
DEFENSE ON FT LINE FACING OFFENSIVE PLAYERS
 COACH PASSES TO ONE OF THE OFFENSIVE PLAYERS WHO PUSHES THE BREAK TOGETHER WITH THE REST

SET UP IN AN ALTERNATE LINE (BLACK/WHITE).
 THROW IT ON THE BOARD AND GO TO END OF THE LINE.

HIS DEFENDER MUST TOUCH THE BL AND THEN JOIN DEFENSE

* ON THE OTHER END - SHOOTER TOUCHES BL BEFORE HE JOINS DEFENSE

5X4+1 - "FOLLOW" Frame 2



ON A WHISTLE > THE PLAYER WITH THE BALL IS PUSHING HIS TEAM TO FB (PASS/DRIBBLE).

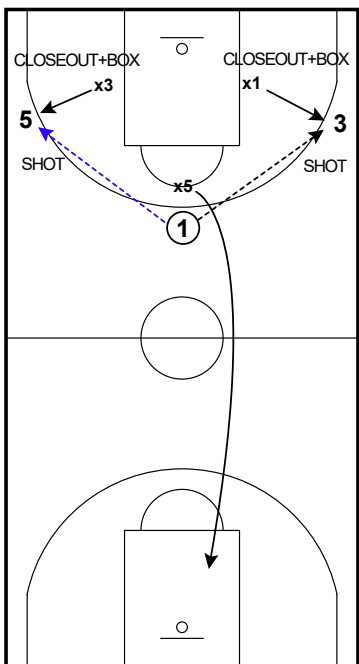
THE PLAYER BEHIND THE REBOUNDER MUST TOUCH THE BL BEFORE JOIN THE DEFENSE

*ON THE OTHER END - SHOOTER TOUCHES BL AND JOIN DEFENSE..

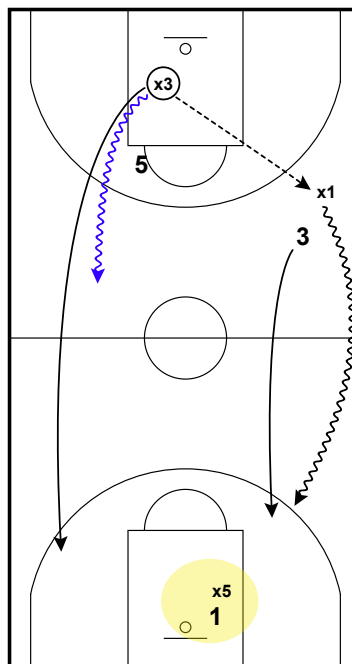
UP TEMPO GAME - CONCEPT & DRILLS

FB MISMATCH

MISMATCH SET UP/INSIDE + BOXOUT - Frame 1



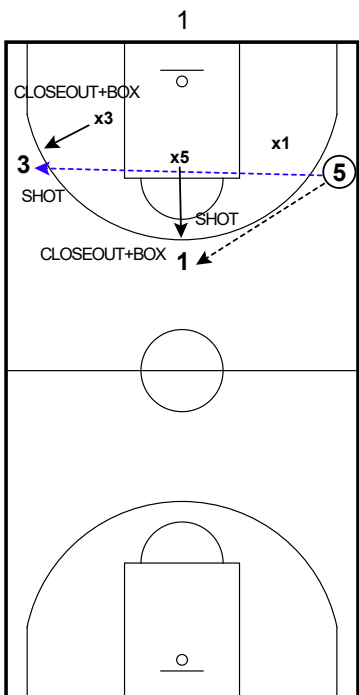
MISMATCH SET UP/INSIDE + BOXOUT - Frame 2



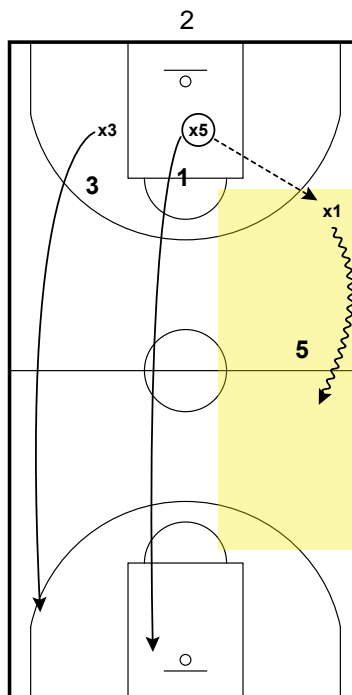
MISMATCH SET UP - ATTACK INSIDE
 1 (BALL) VS X5 ON THE TOP
 1 PASS EITHER SIDE TO SHOOT
 ONLY WINGS GOES TO REB
 AFTER DEF REB - X5 (BECOMES OFF) SPRINTS THE MIDDLE LANE
 TO CREATE INSIDE MISMATCH

X1 + X3 (OFF) WILL TRY TO BRING THE BALL TO THE OPPOSITE
 ARC IN 3 SEC AND HIT X5 (OFF) DOWN LOW

MISMATCH SET UP/PERIMETER + BOXOUT - Frame 1



MISMATCH SET UP/PERIMETER + BOXOUT - Frame 2



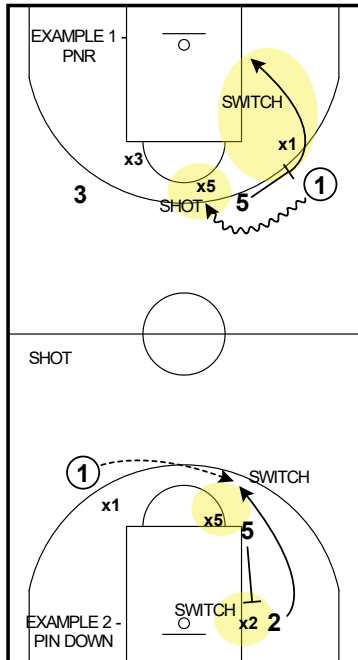
MISMATCH SET UP - PERIMETER
 5 (BALL) VS X1 ON THE WING
 5 PASS TOP OR TO OTHER WING TO SHOOT
 ONLY TOP & OPPOSITE WING GOES TO REB

AFTER DEF REB - X1 (BECOMES OFF) GETS THE OUTLET AND
 ATTACK 5 (DEF) BY DRIBBLE,
 WHILE X5 (OFF) IS SPRINTING THE MIDDLE LANE

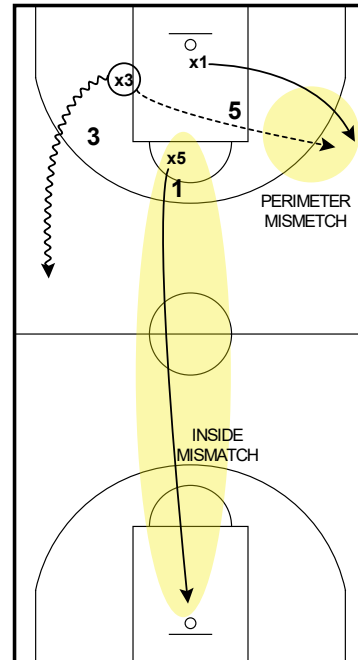
UP TEMPO GAME - CONCEPT & DRILLS

FB MISMATCH

3X3 - SWITCHING DEFENSE INTO FB/MISMATCH-
FRAME 1



3X3 - SWITCHING DEFENSE INTO FB/MISMATCH-
FRAME 2



LIVE 3X3 WITH SWITCHING DEFENSE

* USE BREAKDOWNS FROM YOUR TEAM PLAYBOOK TO CREATE THE SWITCH OFF SCREENS, PNR,

AFTER A SHOT: OFF TRIES TO ATTACK QUICKLY BY PUSHING THE BALL OR FINDING THE MISMATCH.