



NYMBURK
UP-TEMPO GAME

WHY UP-TEMPO?

STRATEGY

UNDERDOG/FAVORITE

BE GREAT/UNIQUE IN SPECIFIC AREA

IDENTITY

EVERYONE JOINS = EVERYONE CONTRIBUTES

CONFIDENCE

FREQUENCY = BETTER PERFORMANCES

UP-TEMPO

**TO CONSISTENTLY PUT PRESSURE
ON THE OPPONENT**
MAIN GOAL

WHAT WE ARE LOOKING FOR

QUICK RESULT (Pts, Foul)

DISORGANIZED DEFENSE

CROSS MATCHES (Positions, Abilities)

“BBB” FORMULA

BE FAST - “PUSH, PUSH, PUSH”

BE CONSISTENT - REGARDLESS

BE DANGEROUS - MOVEMENT, SKILLS, KNOWLEDGE

UP-TEMPO

“PUSH, PUSH, PUSH”

8 Sec Offense -
“NUMBERS” and “MIX LANES”

TAKE OFF – REACT FIRST

HIGH STANDARDS

DECISIONS in LIMITED TIME WINDOW



UP-TEMPO

“FLOW”

“FREE STYLE” and “FLOW OPTIONS”

LANES - In 3 SECONDS

SPACING – RESPECT SPACE AND MOVEMENT

SHARE – HIT THE OPEN MAN (PLAY TOGETHER)



UP-TEMPO

HOW TO IMPROVE

REBOUND and OUTLET

LONG > SHORT > DRIBBLE

TAKE-OFF

MIND SET (REACT FIRST), FOOTWORK And HIPS

DECISIONS

LIMITED TIME SITUATIONS

BREAK SKILLS

HANDLE, FINISHES, SHOOTING, PASSING, 1X1