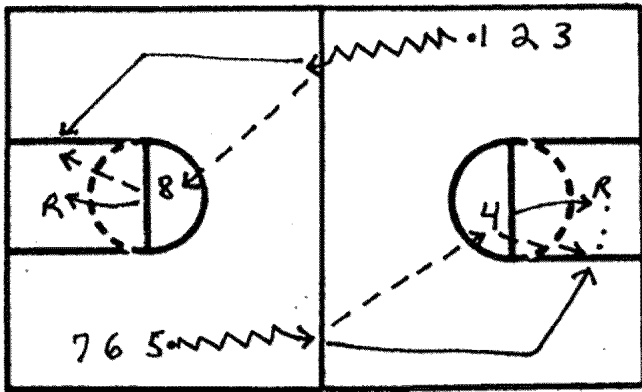
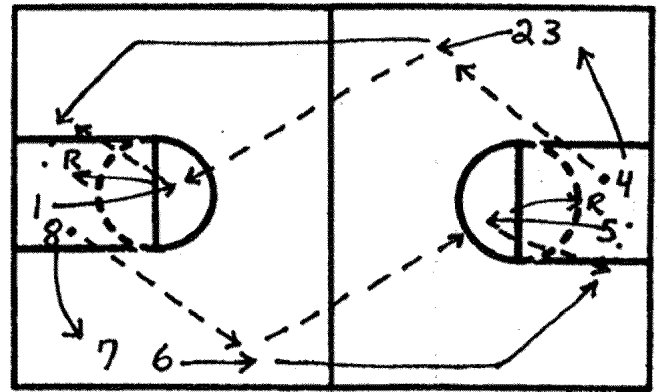


OUTLET PASSING AND SHOOTING DRILLS

Diagrammed below are three full-court drills which begin with a long outlet pass and conclude with a lay-up, jump shot, and trail jump shot.

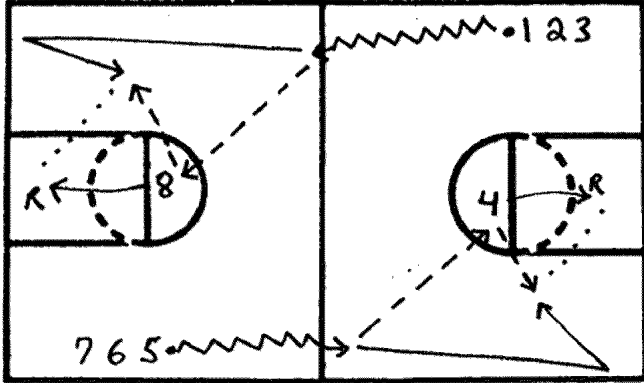


Outlet Pass/Lay-Up Drill - #1 and #5 begin with a dribble to the half-court and then passes ahead. #1 passes to #8 and #5 passes to #4. #1 and #5 continue up the sideline. #8 passes to #1 for a lay-up and rebounds. #4 passes to #5 for a lay-up and rebounds.

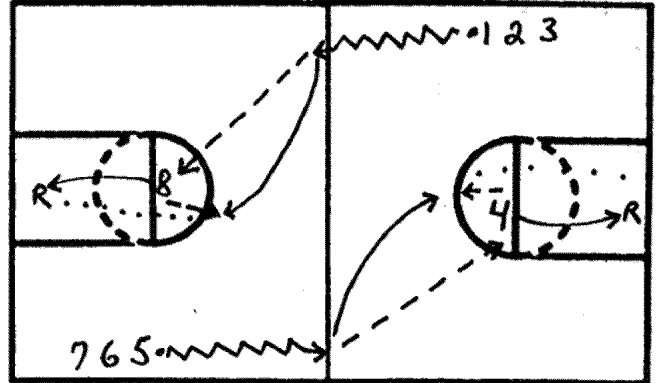


#1 replaces #8 and #5 replaces #4. #4 outlets ahead to #2 breaking down the sideline. #8 outlets ahead to #6 breaking down the sideline, #2 passes to #1 and goes for a lay-up. #1 passes to #2 and rebounds. #6 passes to #5 and goes for lay-up. #5 passes to #6 and rebounds. #8 replaces #6 and #4 replaces #2.

The following drills have the same rebound, outlet, and rotation as the above drill.



Outlet Pass/V-Cut Jump Shot Drill - #1 and #5 begin with a dribble to half-court and then passes ahead. #1 passes to #8 and #5 passes to #4. #1 and #5 continue to the three point line, then v-cut back to the ball. #8 passes to #1 for shot and #4 passes to #5 for shot. Rebound, outlet, and rotation is as above.



Outlet Pass/Trail Jump Shot Drill - #1 and #5 begin with a dribble to the half-court and then passes ahead. #1 passes to #8 and #5 passes to #4. #1 and #5 follow their pass to the top of the circle. #8 passes to #1 for shot and #4 passes to #5 for shot. Rebound, outlet, and rotation is as above.