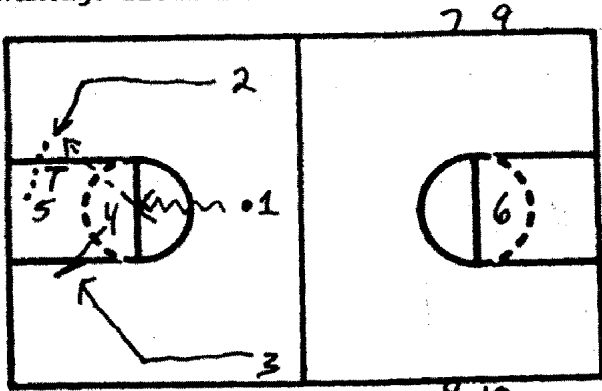
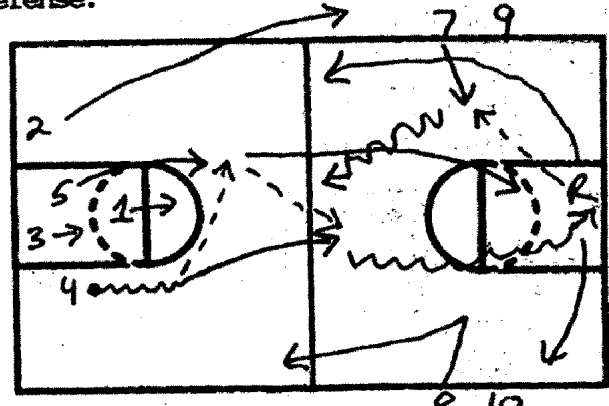


### 3 ON 2 - 2 ON 1 - TEN MAN FAST BREAK DRILL

The 3 on 2 - 2 on 1 - Ten Man Fast Break Drill diagrammed below creates advantage and disadvantage situations for both the offense and defense.



The drill begins with #1, #2, #3 at midcourt. #1 has a ball. #4 and #5 are in the lane on defense. #6 is on the opposite foul line. #7, #8, #9, and #10 are on the sideline. #1, #2, and #3 begin to attack the basket. #4 and #5 defend. On the rebound or turnover, #4 and #5 become offense.



#4 and #5 begin a two-man break. #6 defends, #1 and #3 remain on defense and #2 goes to the sideline. On the rebound or turnover, #7 and #8 step onto the court. #6 outlets to either #7 or #8 and #6, #7, and #8 break against #1 and #3. #4 goes to the sideline and #5 remains on defense. Drill continues.