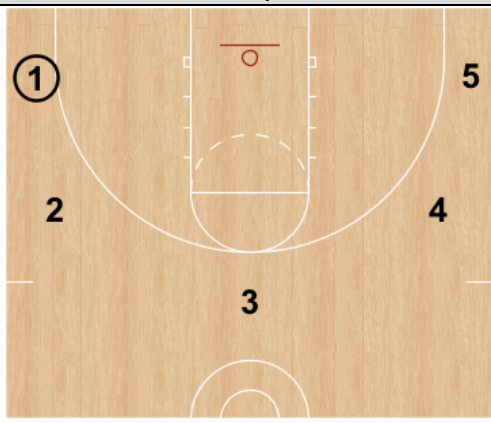
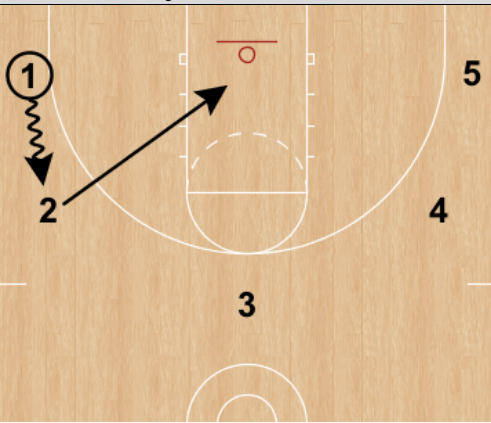
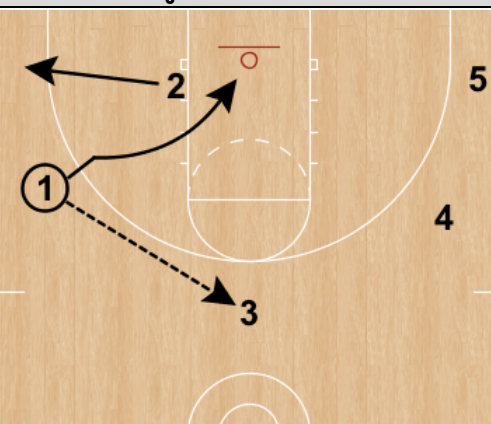
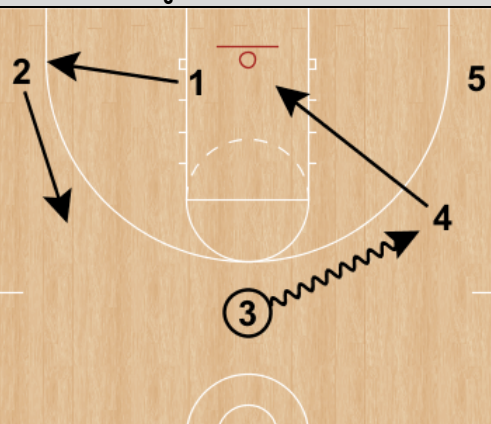


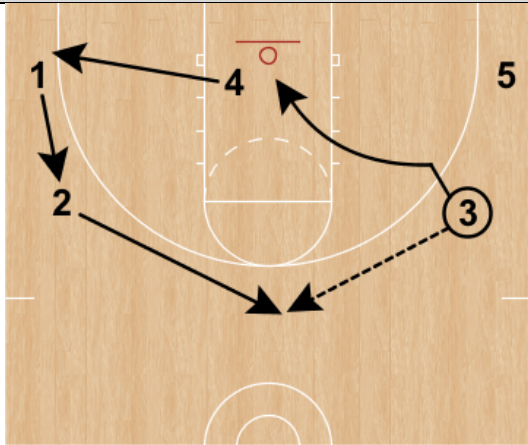
Fist Dribble-At Series

<p>Purpose:</p> <ul style="list-style-type: none"> Learn the various actions involved in the Fist offense when dribbling at a teammate, including backdoors, dribble handoffs, fake handoffs, and hammer screens 	<p>Scoring / Goals:</p> <ul style="list-style-type: none"> Goal is to complete the specific action the designated amount of times, finishing with a made jump shot or layup
<p>Rules:</p> <ul style="list-style-type: none"> Cuts must be hard, otherwise there's a team consequence Must jump stop before passing, otherwise there's a team consequence Must screen to sprint, otherwise there's a team consequence Sideline players must count out the actions for the players on the court 	<p>Teaching points:</p> <ul style="list-style-type: none"> In any dribble at, dribbler must dribble at 50% speed so he can read D and give teammate time to recognize the dribble-at, and react to it Always fill up towards the ball The cut back out to the corner should be just as fast as the cut to the basket In 5-out, players in front of drive stay, and players behind the drive "pull" In 4-out, players in front of drive "push," and players behind the drive "pull" On baseline drives, the corner and 45 degree spots must remain/get filled Catch with a hop, peak at the rim Ball fake any cutter cutting to the rim Show 10 fingers when cutting to rim

<p style="text-align: center;">Setup</p>  <ul style="list-style-type: none"> Begin with five perimeter players if practicing 5-out, or four perimeter players if practicing 4-out Start by having the coach pass to a random player Complete each Progression's specific action the designated amount of times, then a new team comes on 	<p style="text-align: center;">Progression 1: Backdoors</p>  <ul style="list-style-type: none"> On the 5th dribble-at, hit backdoor cutter for layup Ball handler dribbles at a teammate, sending him backdoor
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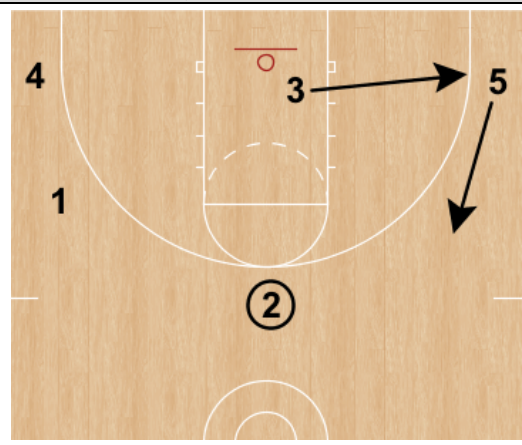
<p style="text-align: center;">Progression 1: Backdoors</p>  <ul style="list-style-type: none"> Ball handler must keep his dribble if he does not hit backdoor cutter 2 must fill out just as fast as he cut to the rim 1 passes, then basket cuts 	<p style="text-align: center;">Progression 1: Backdoors</p>  <ul style="list-style-type: none"> Continued...
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Progression 1: Backdoors



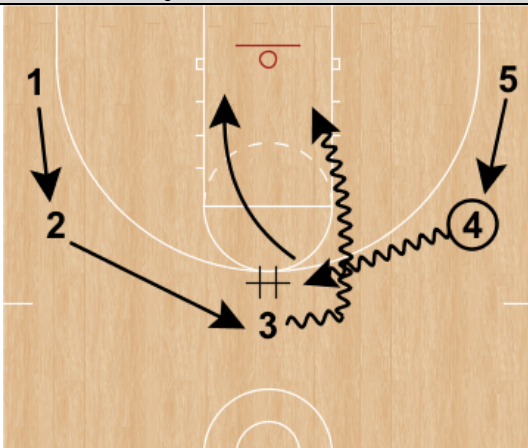
- 3 keeps his dribble, then passes and cuts

Progression 1: Backdoors



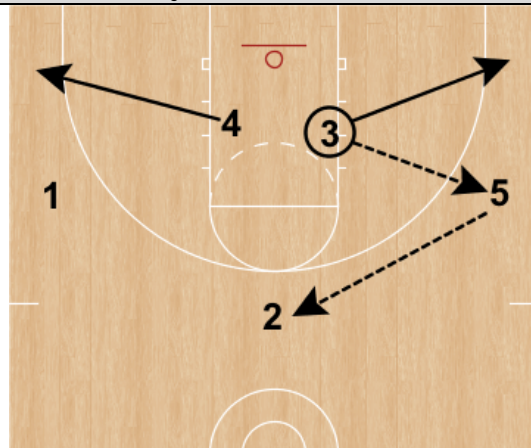
- Continued...
- On the 5th dribble-at, hit backdoor cutter for layup

Progression 2: Dribble handoff



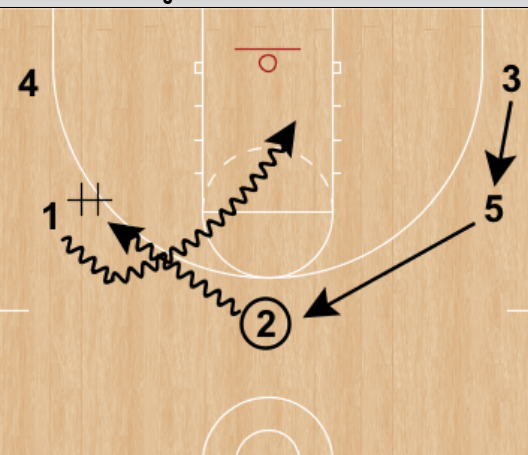
- On the 5th dribble handoff, drive and hit the teammate rolling or popping
- Ball handler dribbles at a teammate and hands it off, then rolls or pops
- New ball handler can turn corner and attack, or step back and look to shoot

Progression 2: Dribble handoff



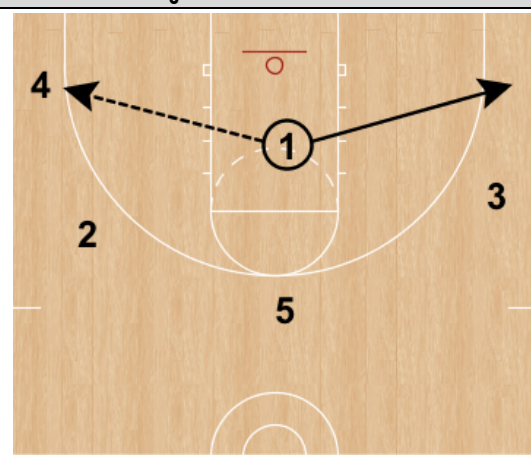
- 3 kicks to 5, 5 passes to 2 (Drive-Kick-Pass action)
- 4 and 3 must fill out as quickly as they cut to the rim

Progression 2: Dribble handoff



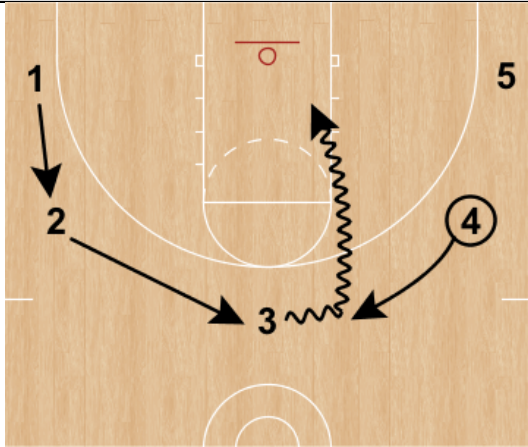
- 2 chooses to pop after handing off to 1
- 4 cannot pull on 1's drive because 2 chose to pop, filling that spot

Progression 2: Dribble handoff



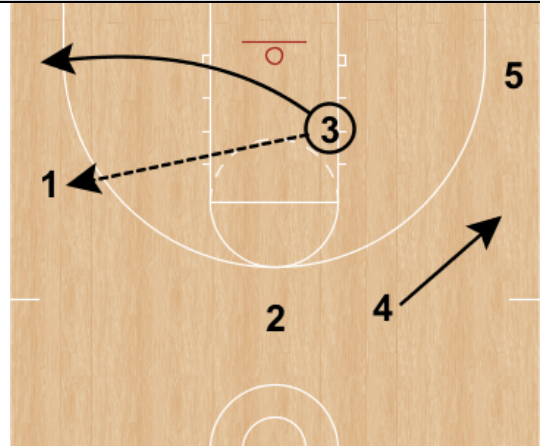
- 1 kicks and fills out to corner quickly
- On the 5th dribble handoff, drive and hit the teammate rolling or popping

Progression 3: Fake Handoff



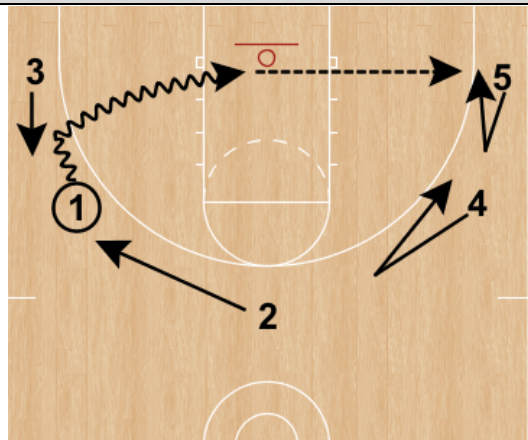
- On the 5th fake handoff, drive and finish with a layup
- Ball handler fakes handoff to his teammate, then turns corner and attacks
- Teammates behind the drive “pull”

Progression 3: Fake Handoff



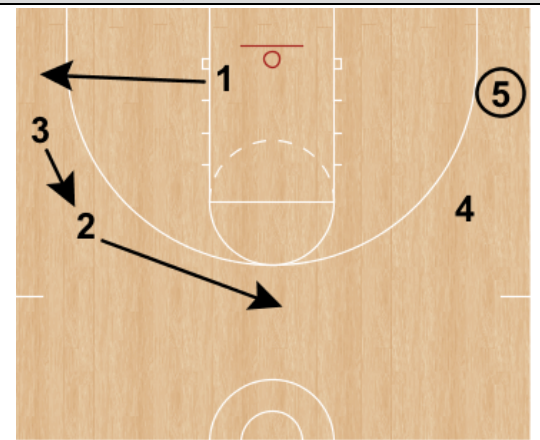
- 3 kicks and fills to corner quickly
- 1 could choose to immediately pass (Drive-Kick-Pass action)

Progression 3: Fake Handoff



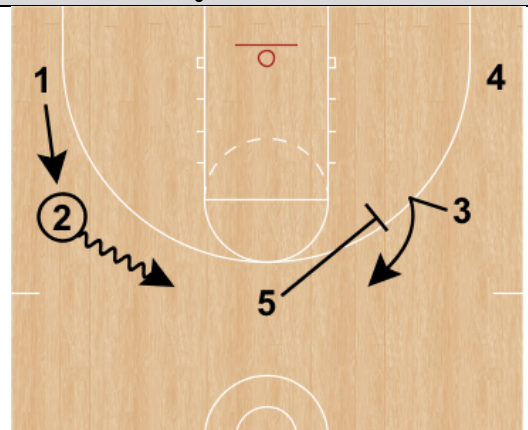
- On the fake handoff here, 2, 4, and 5 “pull” on the dribble at, but 4 and 5 must get back to fill the corner and 45 degree spots on the baseline drive

Progression 3: Fake Handoff



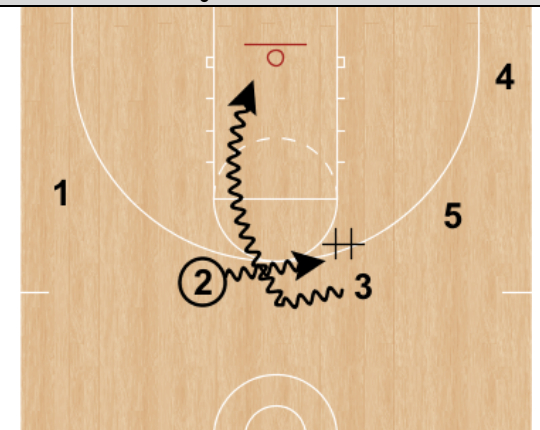
- Fill out and up
- On the 5th fake handoff, drive and finish with a layup

Progression 4: Hammer



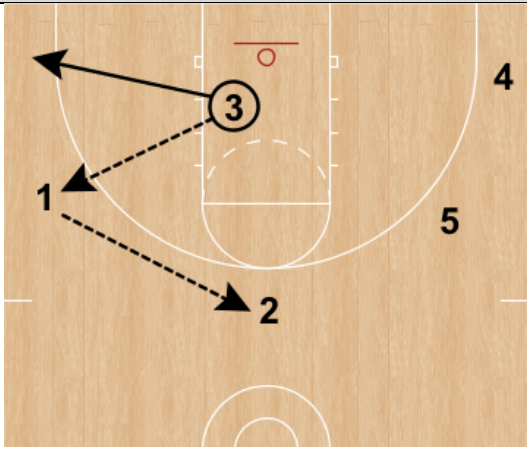
- On the 5th dribble handoff, hit the 4/5 rolling after his hammer screen
- Whenever there is a dribble-at towards a 4 or 5, the 4/5 screens away for next player to take the handoff
- Try to always dribble at a 4 or 5, though it may not always be possible

Progression 4: Hammer



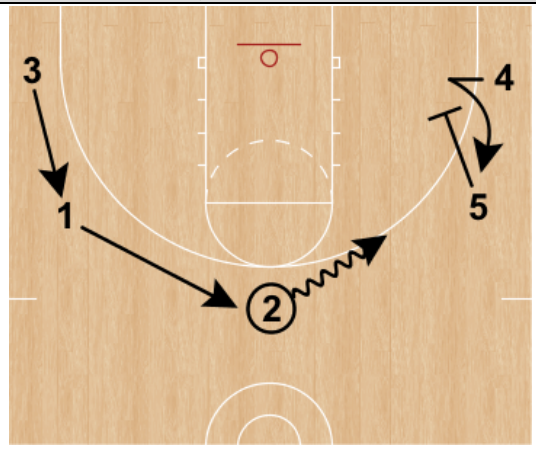
- 3 takes the handoff and attacks
- 5 chooses to pop after screen, but could have rolled instead
- 2 chooses to pop after handoff, but could have rolled since 5 popped

Progression 4: Hammer



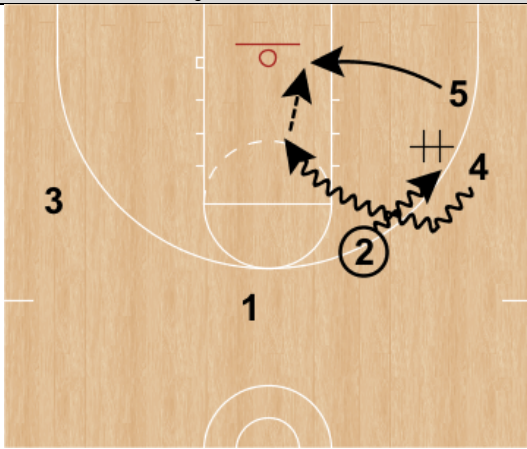
- 3 kicks to 1, 1 passes to 2 (Drive-Kick-Pass action)

Progression 4: Hammer



- Continued...

Progression 4: Hammer



- On the 5th dribble handoff, hit the 4/5 rolling after his hammer screen