



NORDIC HOOPS ANALYTICS

Fast break

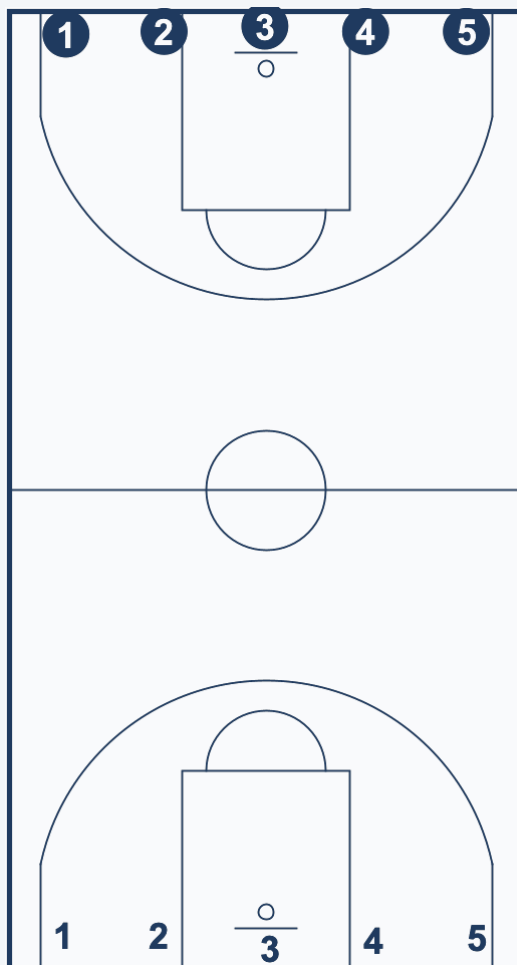
COACHES / DRILLS & PLAYS

40 adapted exercise cards, with diagrams where available

01 Touchdown

FAST BREAK

COURT DIAGRAM



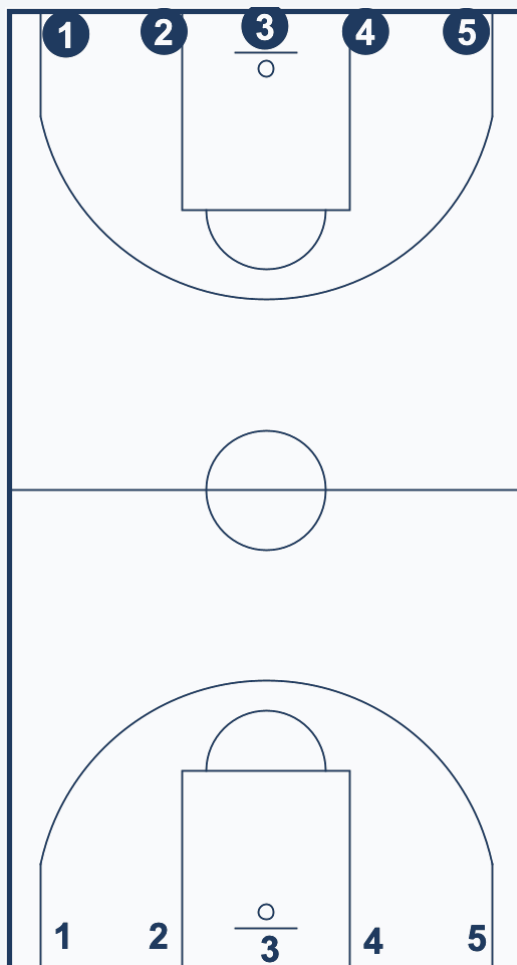
HOW TO RUN IT

Two teams of four or five start on opposite baselines. The coach tosses the ball up; teams may pass but not dribble and score by placing the ball on the far baseline.

02 Touchdown flag

FAST BREAK

COURT DIAGRAM



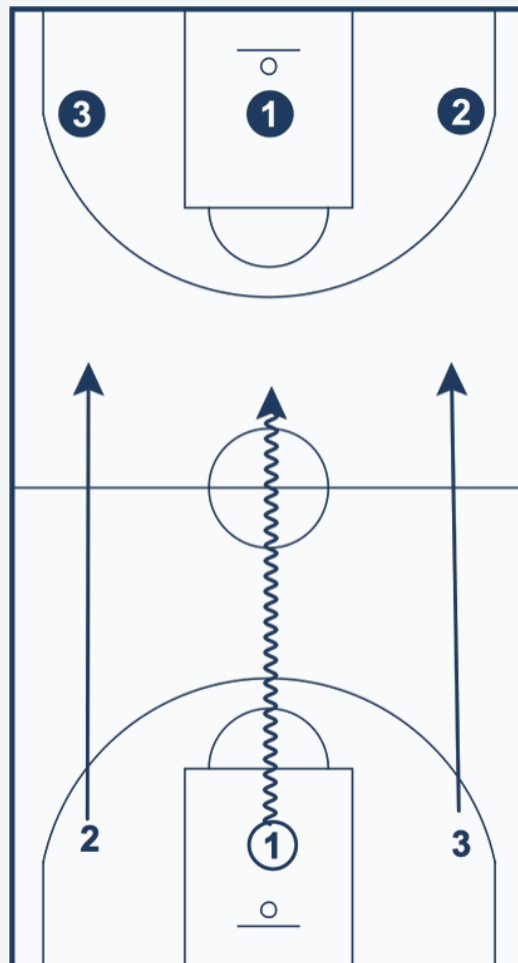
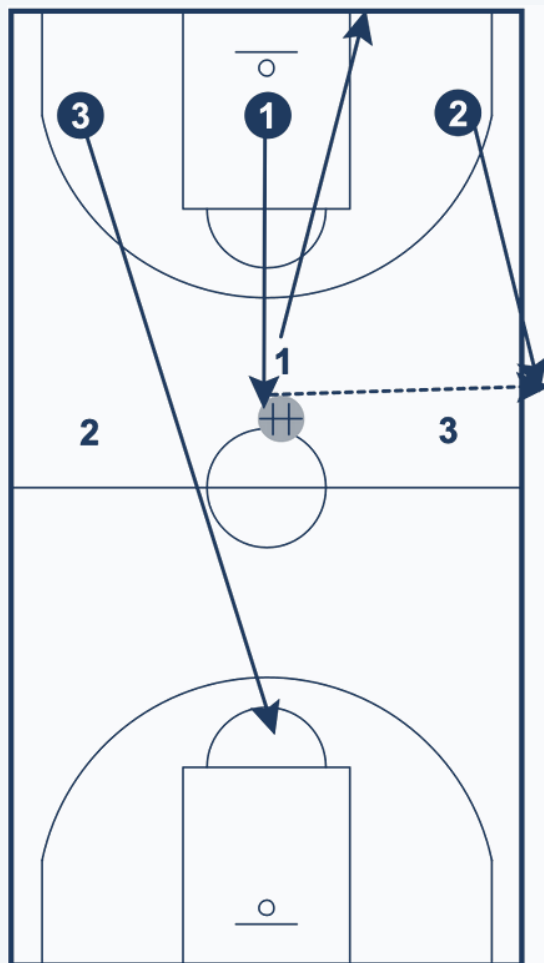
HOW TO RUN IT

Play Touchdown with one more constraint: a two-hand defensive touch forces the ballhandler to leave the ball and switch to defense. The new attack breaks immediately.

03 3v3 anti-FIBA

FAST BREAK

COURT DIAGRAM



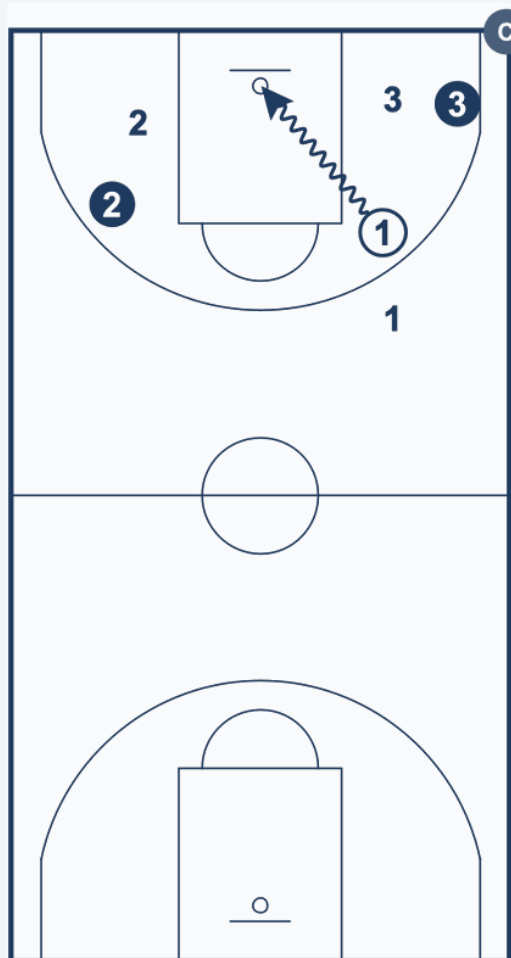
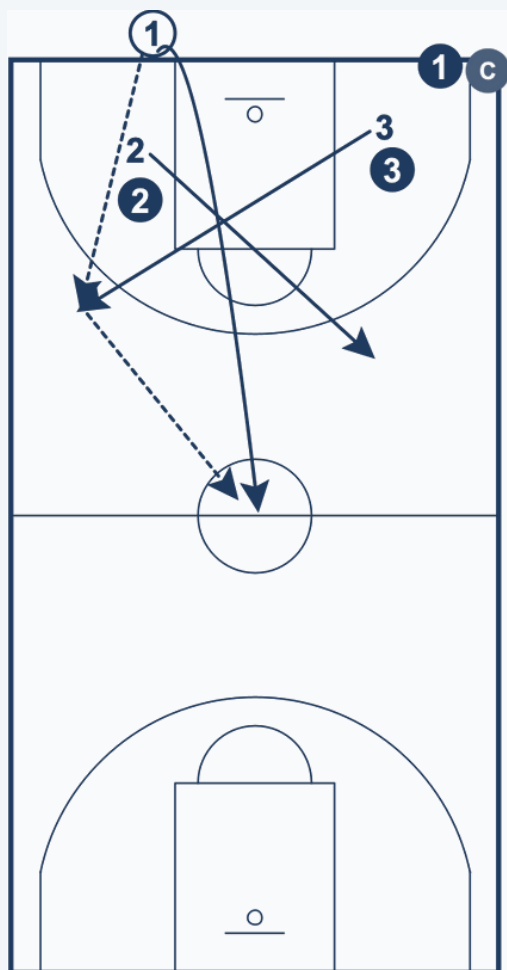
HOW TO RUN IT

Play continuous 3v3 without waiting for the official to return the ball after a score. Restart quickly from the baseline and attack before defense sets.

04 3v2 plus one from the baseline

FAST BREAK

COURT DIAGRAM



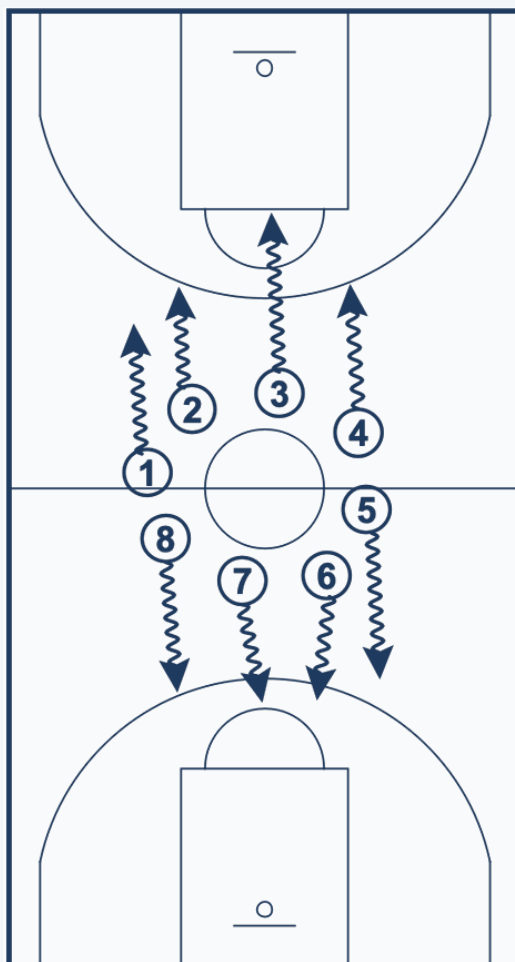
HOW TO RUN IT

Start the break from a baseline inbound. Pass and move into a 3v2 advantage while the third defender chases back into the play.

05 The countdown

FAST BREAK

COURT DIAGRAM



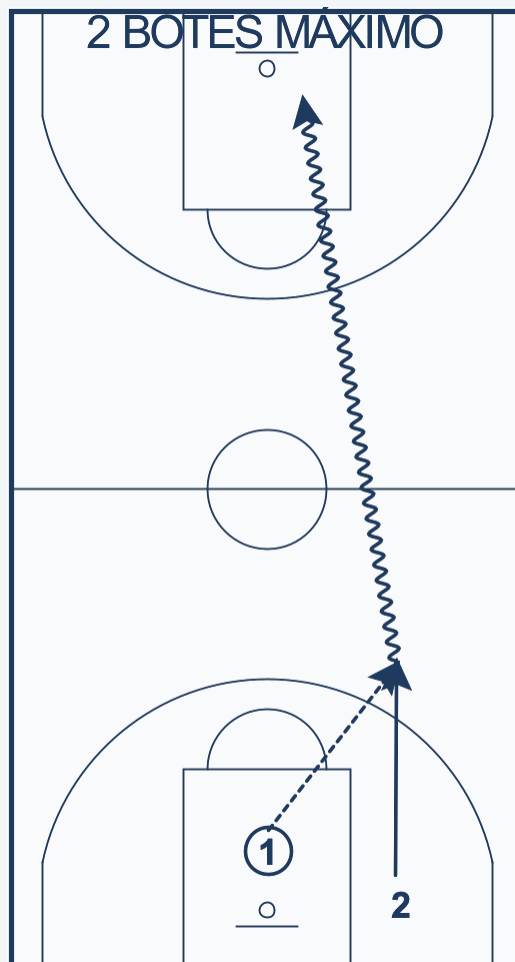
HOW TO RUN IT

Set a team scoring target and short time limit. Players run, dribble and finish quickly; once they score, they move to the designated waiting area.

06 Outlet pass and first step

SKILLS

COURT DIAGRAM



HOW TO RUN IT

Pass to a runner moving toward the ball, receive with a zero step and accelerate into the open lane. Emphasise timing and body orientation.

07 Outlet pass and separated finish

SKILLS

COURT DIAGRAM



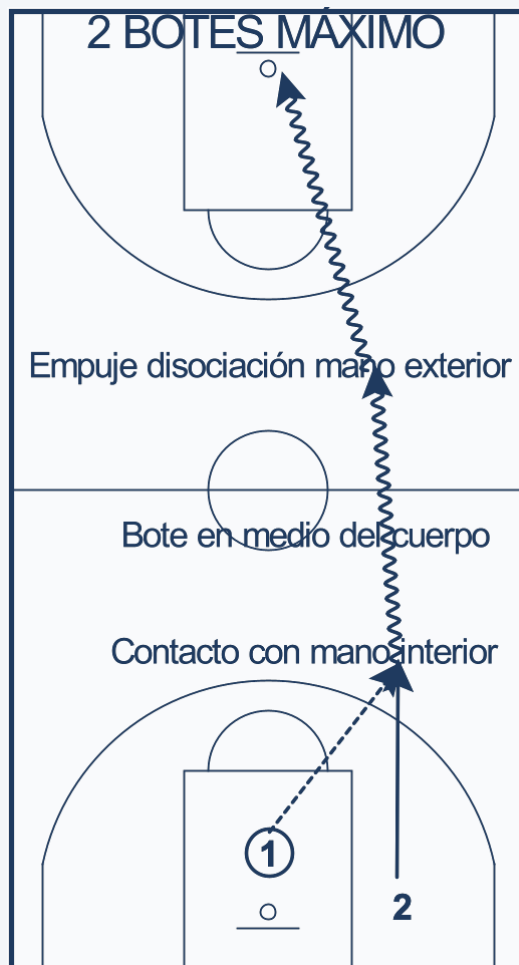
HOW TO RUN IT

After receiving in stride, push the ball ahead with a long dribble near the arc. Regain it in rhythm and coordinate the final steps toward the basket.

08 One-hand ball control

SKILLS

COURT DIAGRAM



HOW TO RUN IT

Receive a transition pass with one hand while turning the upper body toward the ball. Cushion the catch without slowing the running line.

09 Cross court with one dribble

SKILLS

COURT DIAGRAM



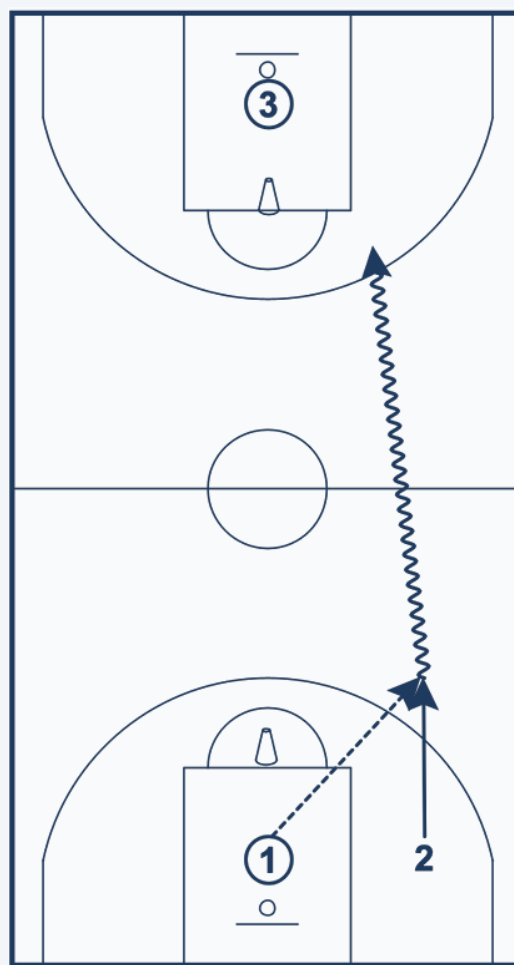
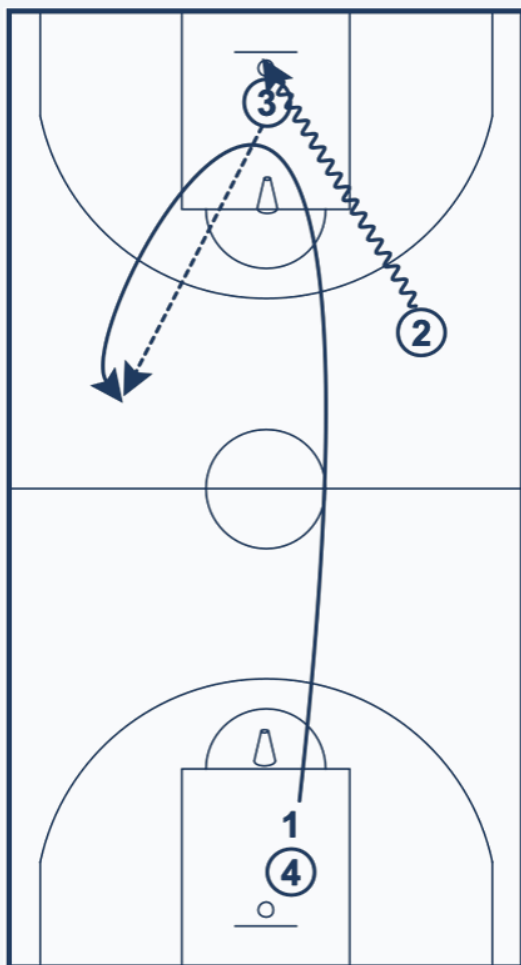
HOW TO RUN IT

Begin at the baseline with a running start. Cover as much ground as possible with one controlled dribble before the finish.

10 Zero-step layup line

SKILLS

COURT DIAGRAM



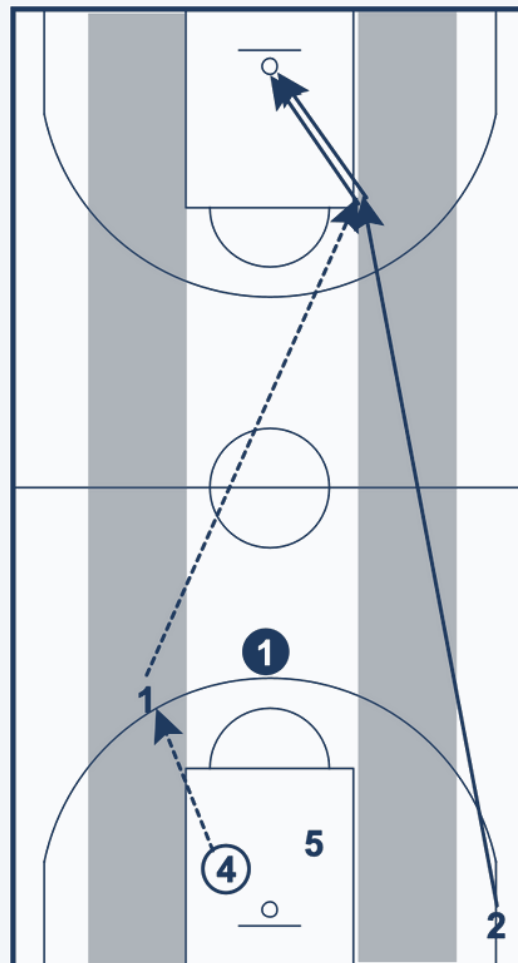
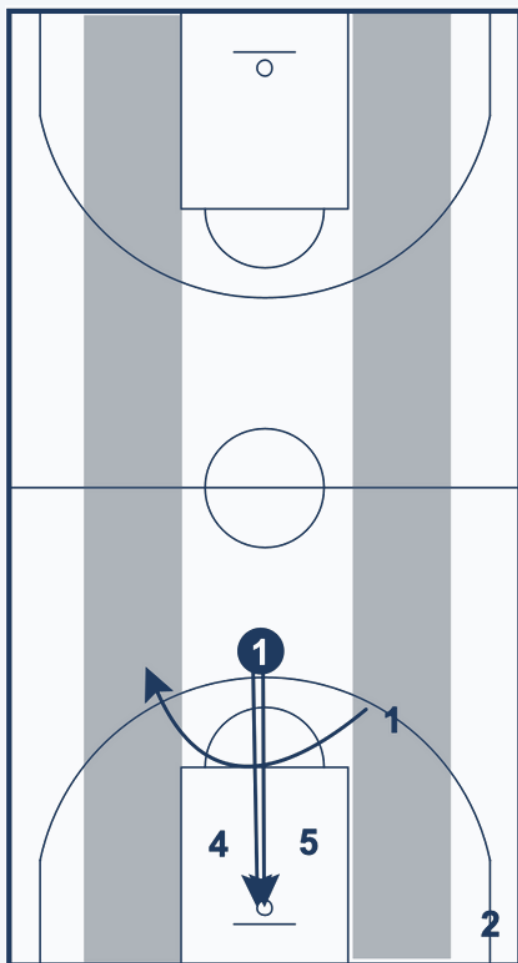
HOW TO RUN IT

Use a moving layup line to receive at pace and organise the zero step before the final approach. Rotate passer, finisher and rebounder.

11 Inside transition lane

FAST BREAK

COURT DIAGRAM



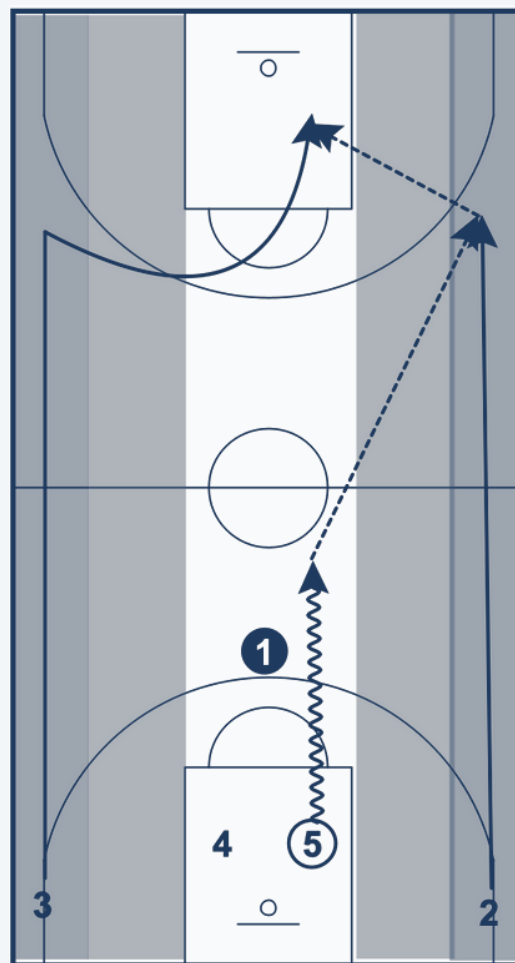
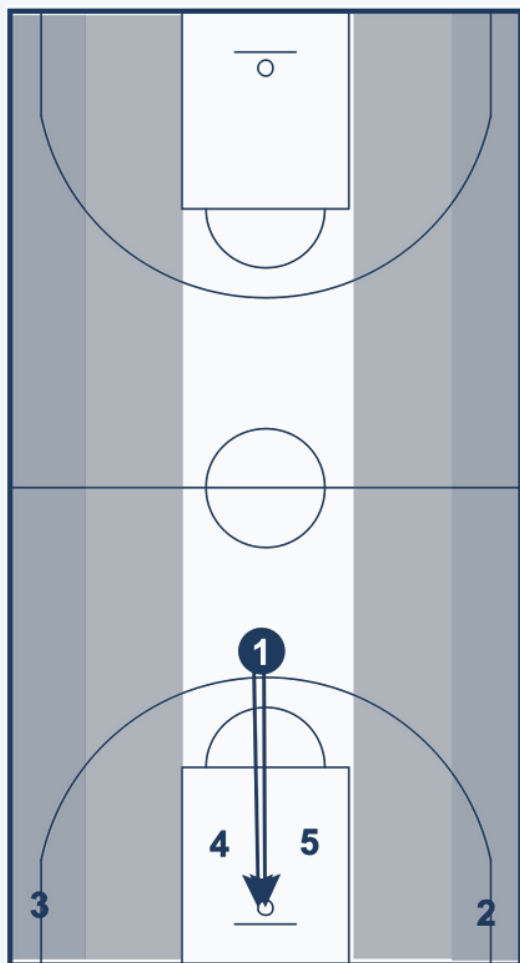
HOW TO RUN IT

Give the point guard an inside lane for the first outlet. Recover the rebound, advance centrally and find runners in the wide lanes.

12 Wide transition lanes

FAST BREAK

COURT DIAGRAM



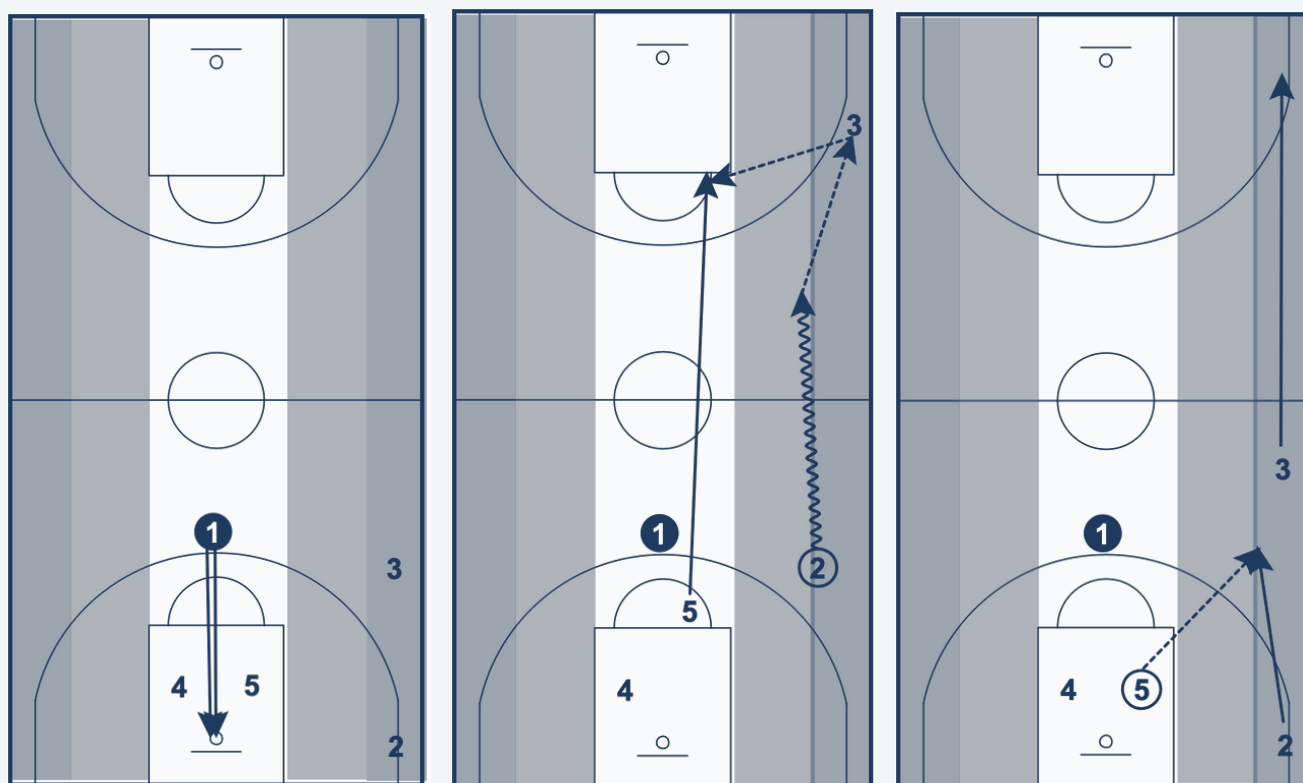
HOW TO RUN IT

Wings sprint close to the sidelines to stretch the floor. Keep the centre available for the ball and trailing players, then cut on the pass.

13 Two wings in one lane

FAST BREAK

COURT DIAGRAM



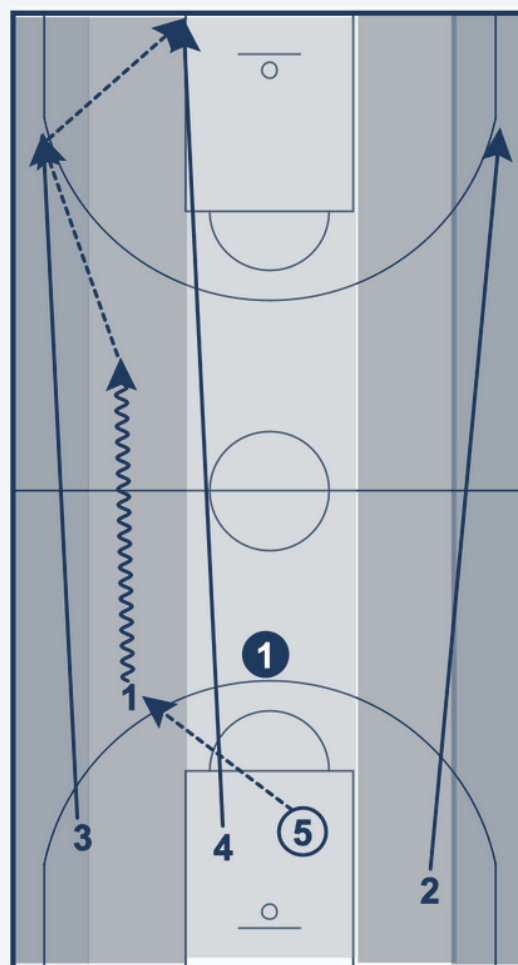
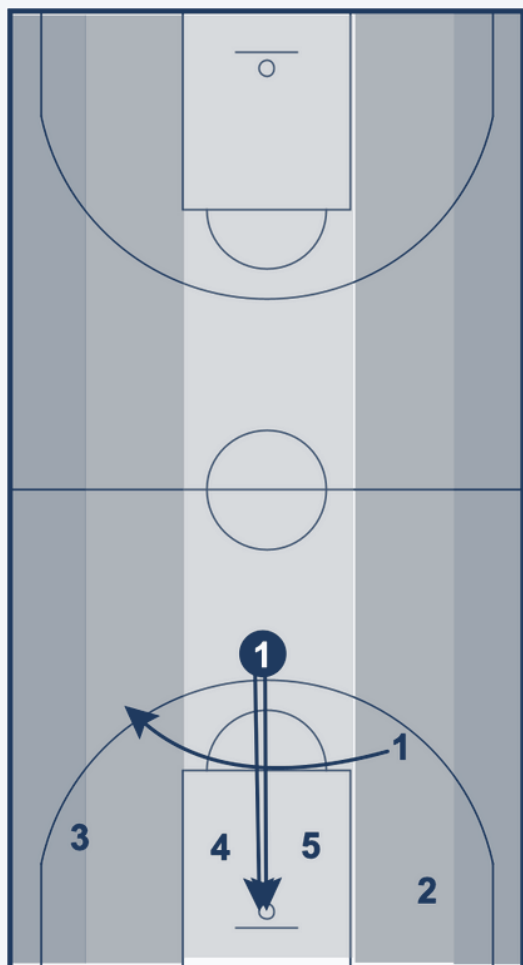
HOW TO RUN IT

Start with both wings on one side. Use a sideline pass and staggered runs to create passing space for the players arriving behind.

14 Manage the central lane

FAST BREAK

COURT DIAGRAM



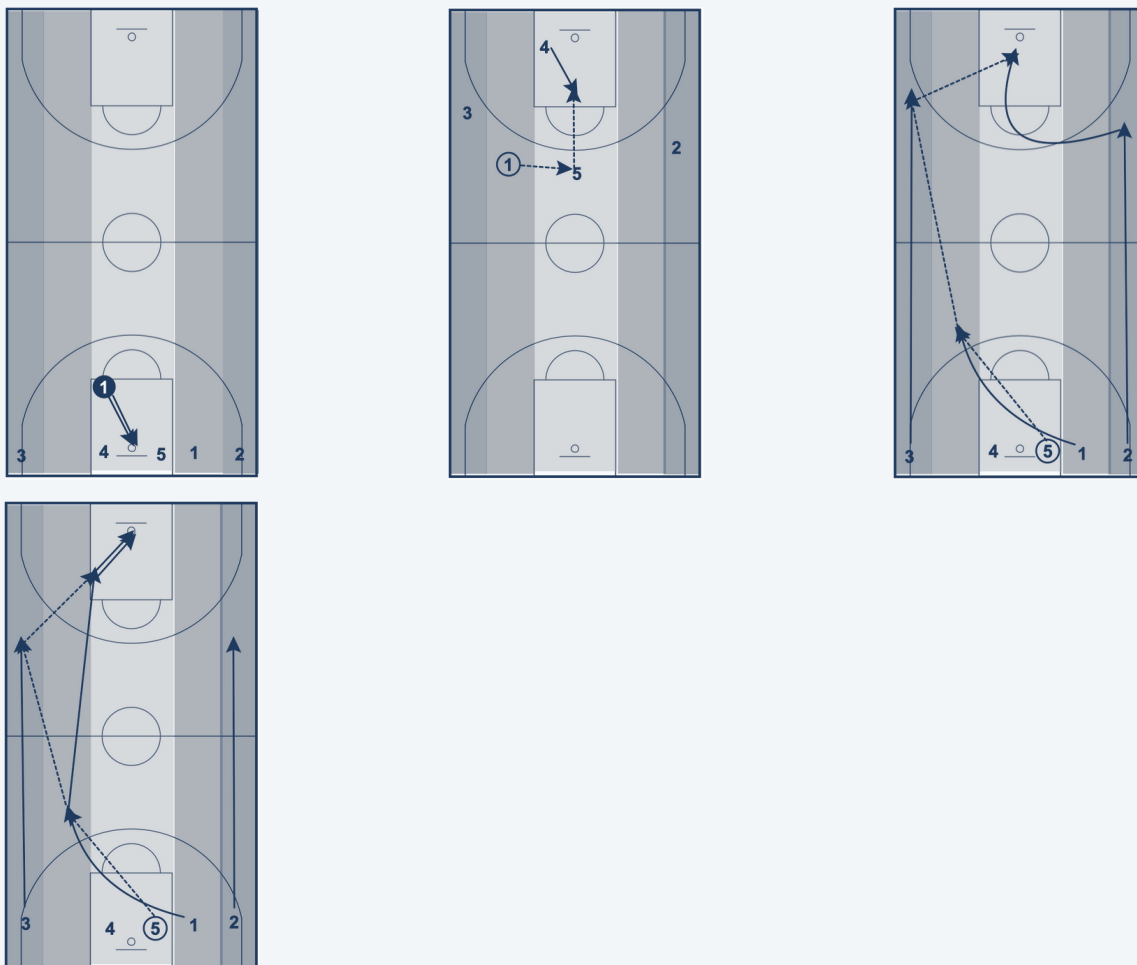
HOW TO RUN IT

Five players run the break: the ball takes an inside lane, wings widen and the two bigs fill the central and trailing spaces. Read rebounder and runner roles.

15 1-2-3-4-5 finishes

FAST BREAK

COURT DIAGRAM



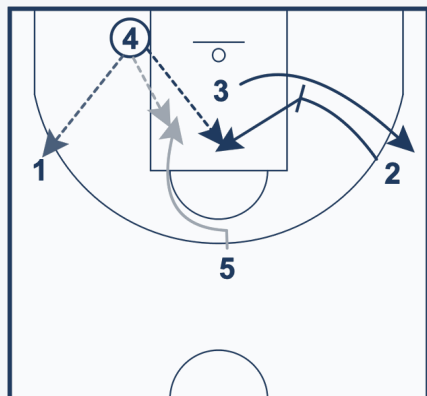
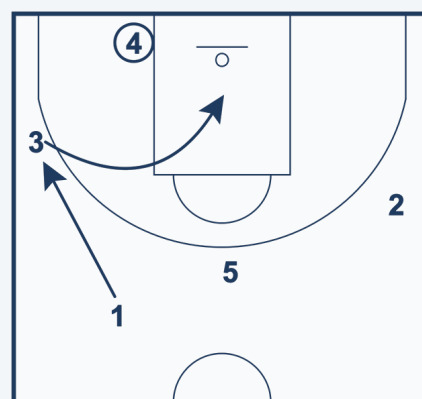
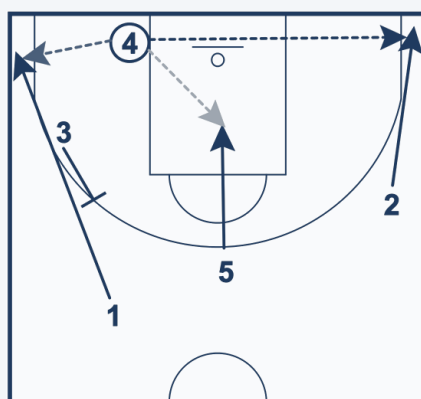
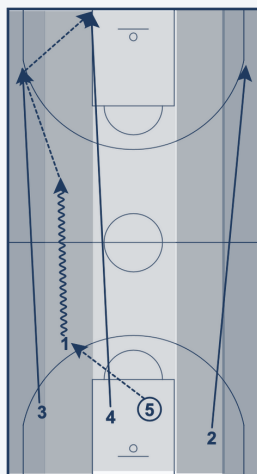
HOW TO RUN IT

Run five consecutive transition attacks, rotating the finisher so every player scores once. Preserve lane spacing and pass timing on each repetition.

16 Find the dunker spot

FAST BREAK

COURT DIAGRAM



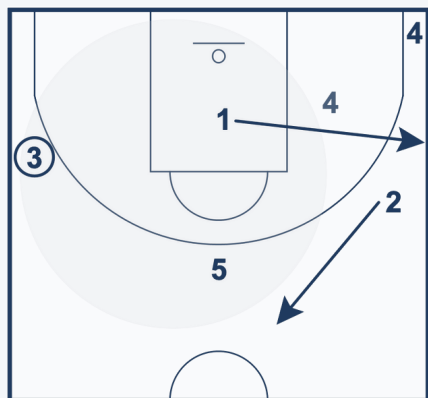
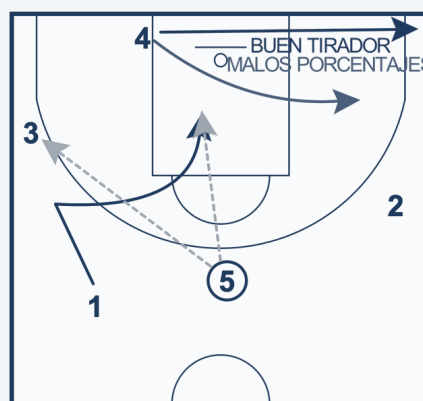
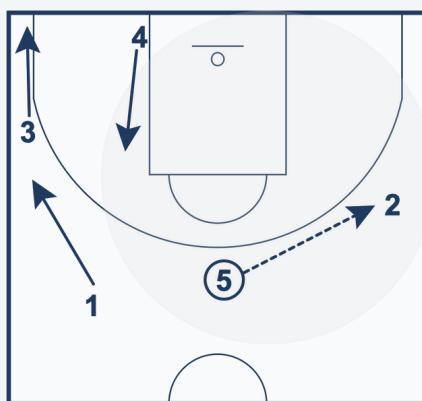
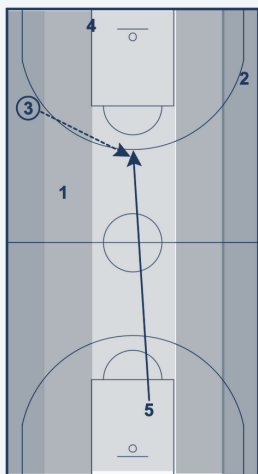
HOW TO RUN IT

The non-rebounding big runs to the dunker spot. Feed the post early and connect a shuffle cut or split action as the ball arrives.

17 Find the big at eight metres

FAST BREAK

COURT DIAGRAM



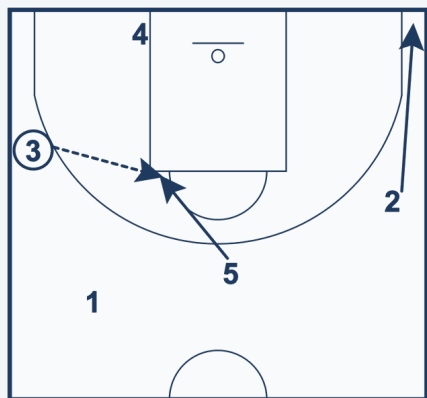
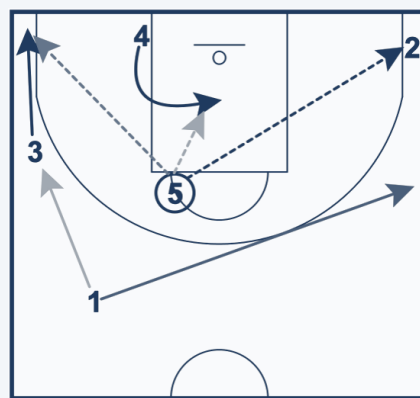
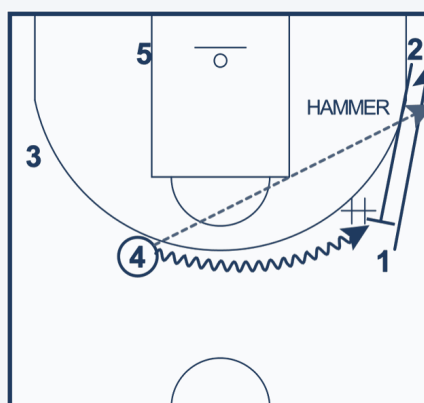
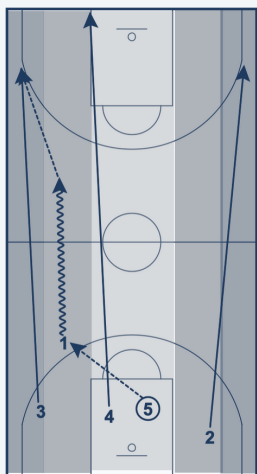
HOW TO RUN IT

The big sprints down the middle and receives around eight metres. Read the open three, drive or quick reversal to the weak side.

18 Wing pass to the high-post hub

FAST BREAK

COURT DIAGRAM



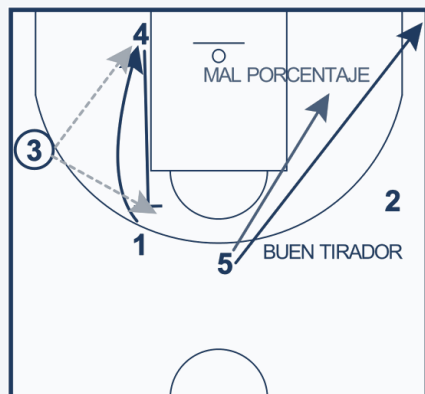
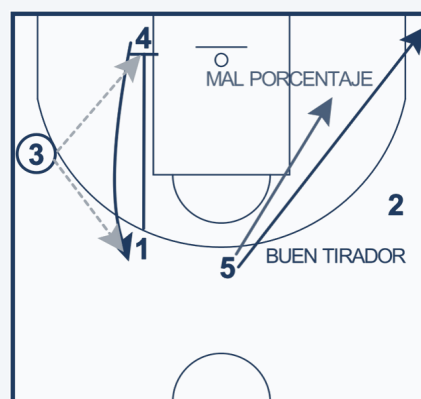
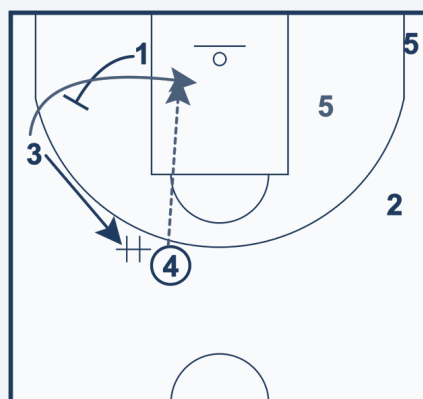
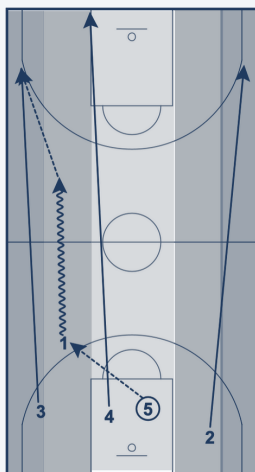
HOW TO RUN IT

Move the ball from the wing to a passing big at the high post. Cut and space around that hub for a high-low or backdoor option.

19 Reverse from the dunker spot

FAST BREAK

COURT DIAGRAM



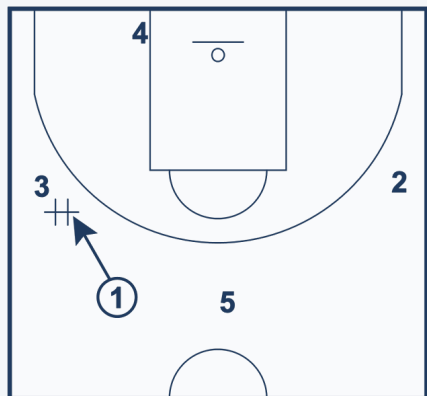
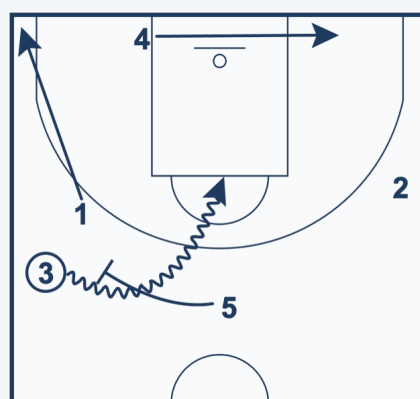
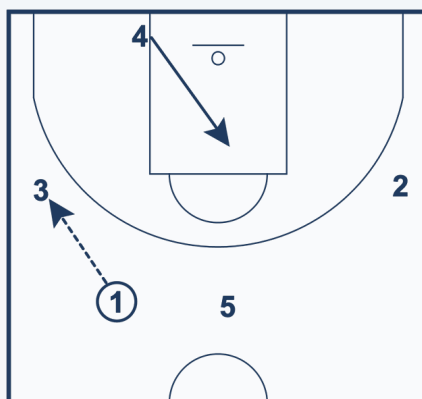
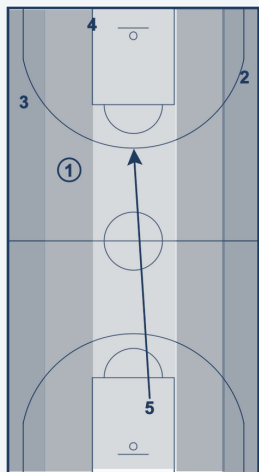
HOW TO RUN IT

Use the interior arrival to shift the ball across the floor. Set a vertical off-ball screen to clear the low post and attack the new side.

20 21 entry on arrival

FAST BREAK

COURT DIAGRAM



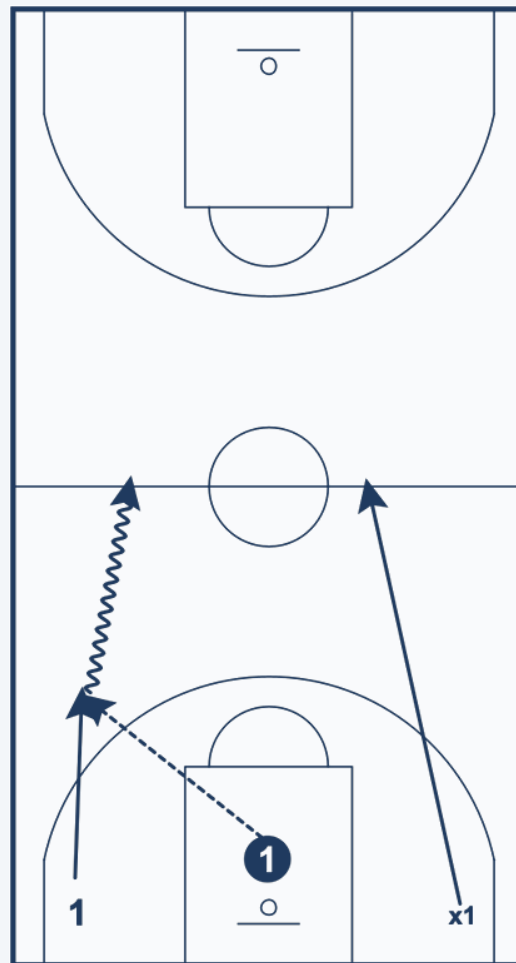
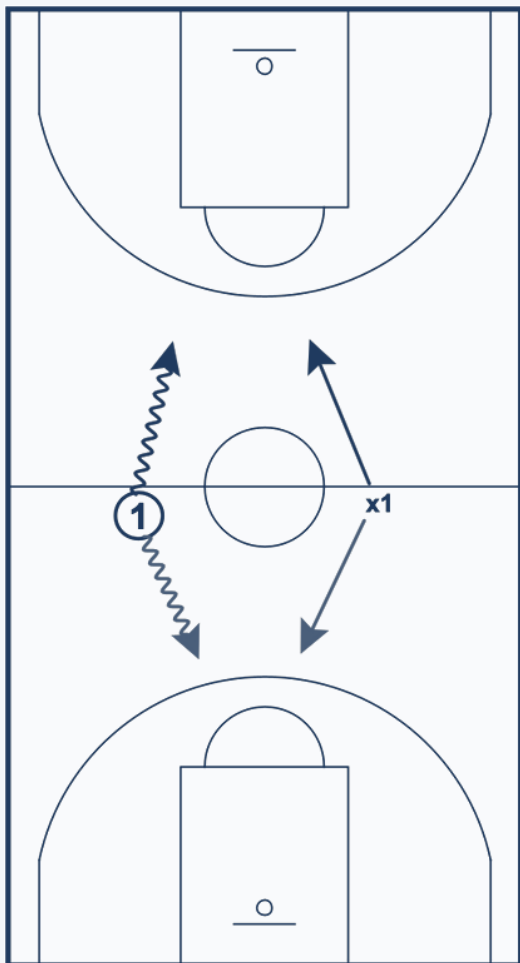
HOW TO RUN IT

Use an early guard-to-wing handoff as the break flows into half court. The ballhandler clears toward the corner and the receiver attacks the available gap.

21 Choose the finishing side in 1v1

FINISHING

COURT DIAGRAM



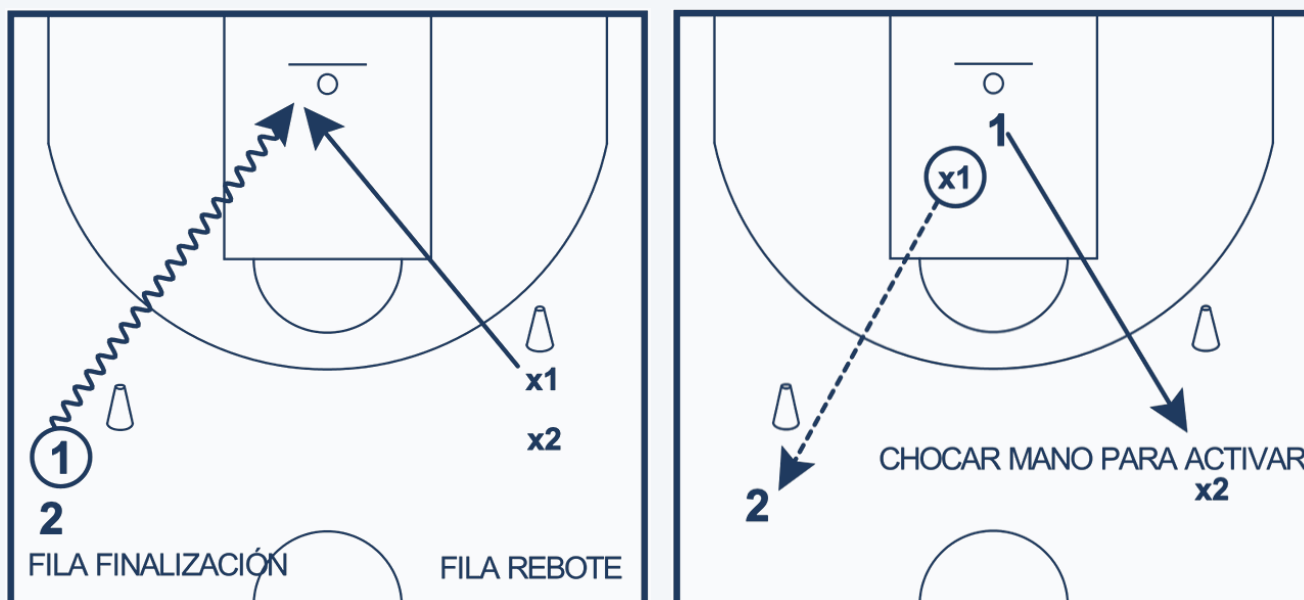
HOW TO RUN IT

Receive a central outlet and sprint toward the basket while a defender leaves the opposite corner. Read the defender's recovery and choose the better finishing lane.

22 Activated layup line

FINISHING

COURT DIAGRAM



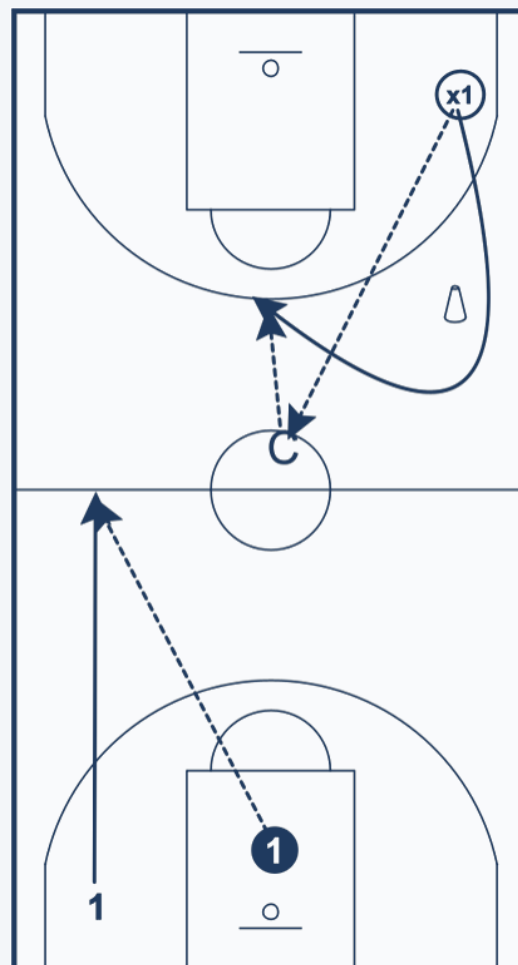
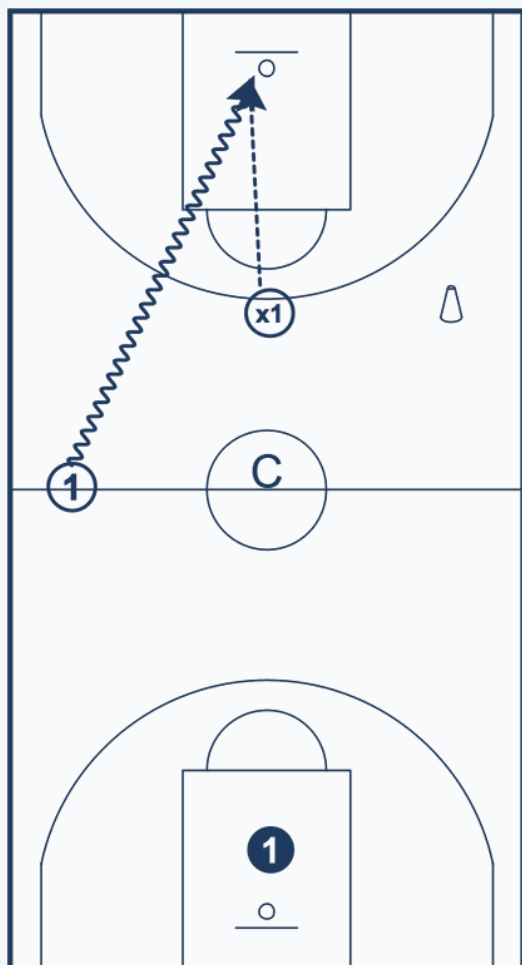
HOW TO RUN IT

Turn a standard layup line into a live transition finish. The rebounder or defender activates near the arc, forcing the runner to make a game-speed choice.

23 Adjusted finish under pressure

FINISHING

COURT DIAGRAM



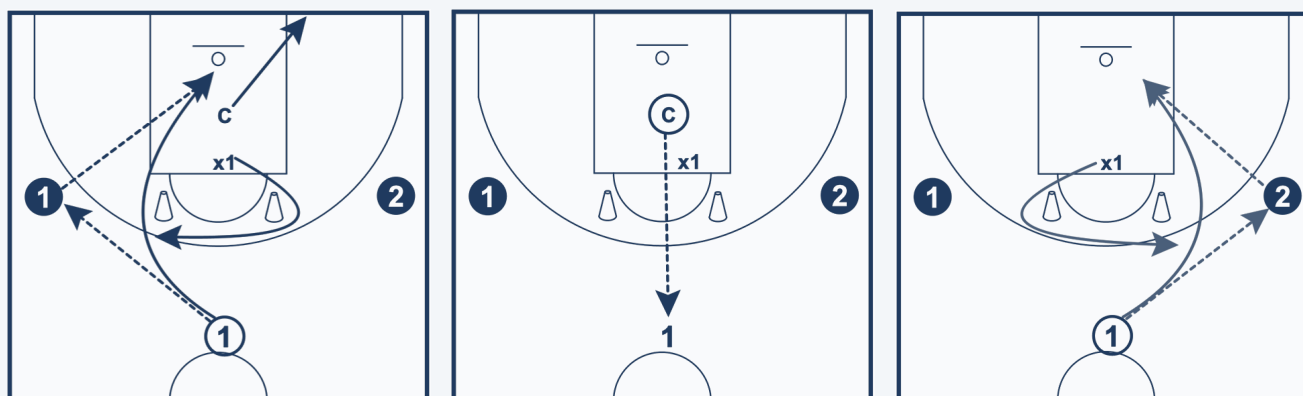
HOW TO RUN IT

A runner receives from a passer and finishes while the coach introduces a second ball near the rim. Adapt body position and finish through disruption.

24 Pass and cut with a decision

FINISHING

COURT DIAGRAM



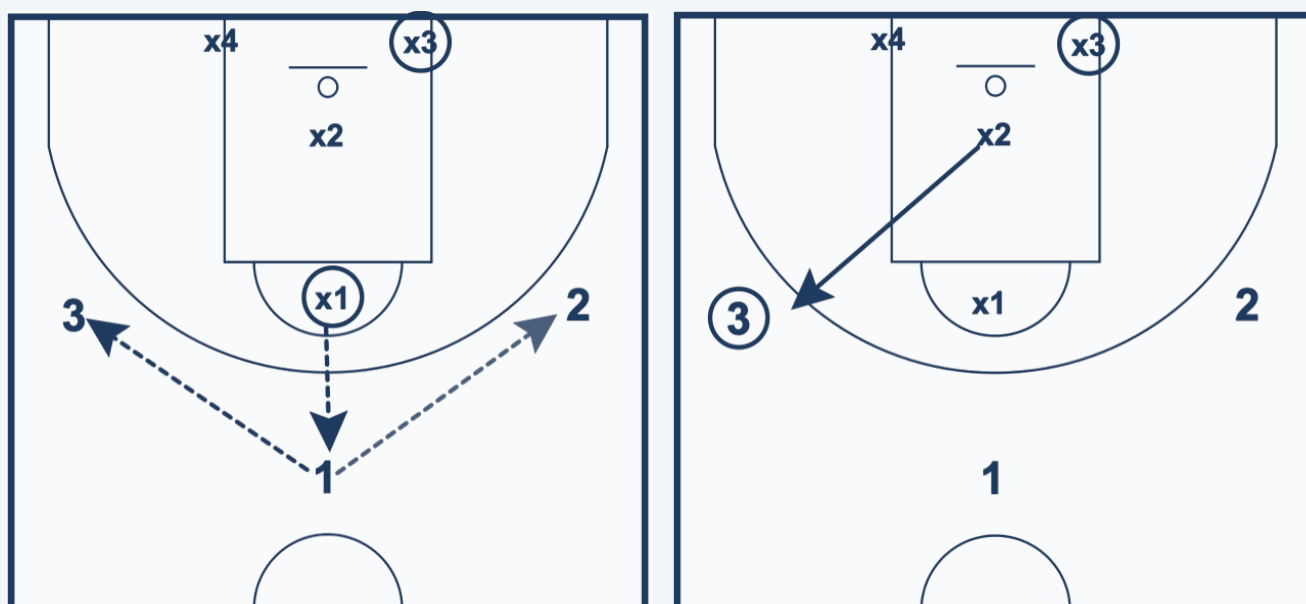
HOW TO RUN IT

The coach passes from the middle of the paint. The receiver chooses a side and cuts around the defender to receive again and finish.

25 Four-second 3v2

FINISHING

COURT DIAGRAM



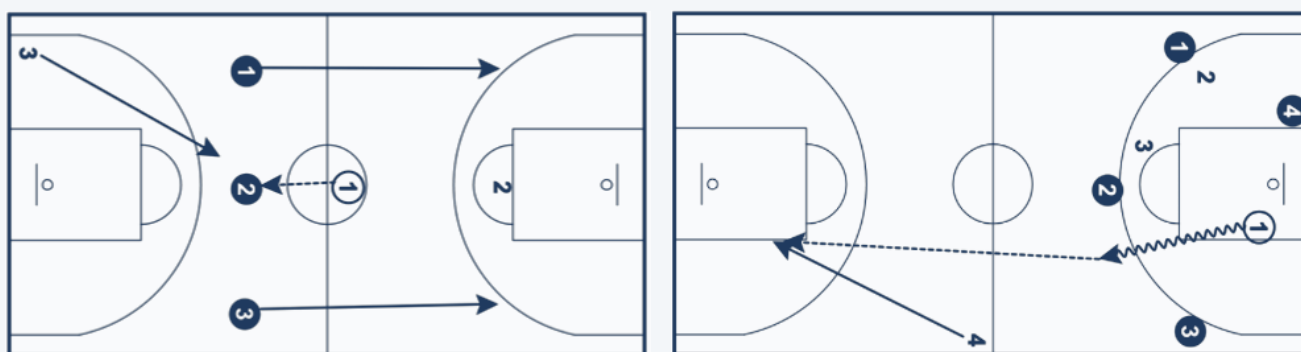
HOW TO RUN IT

Start a 3v2 advantage. From the first pass, the attack has only four seconds to shoot; move without the ball and limit extra passes.

26 Foosball numbers advantage

FAST BREAK

COURT DIAGRAM



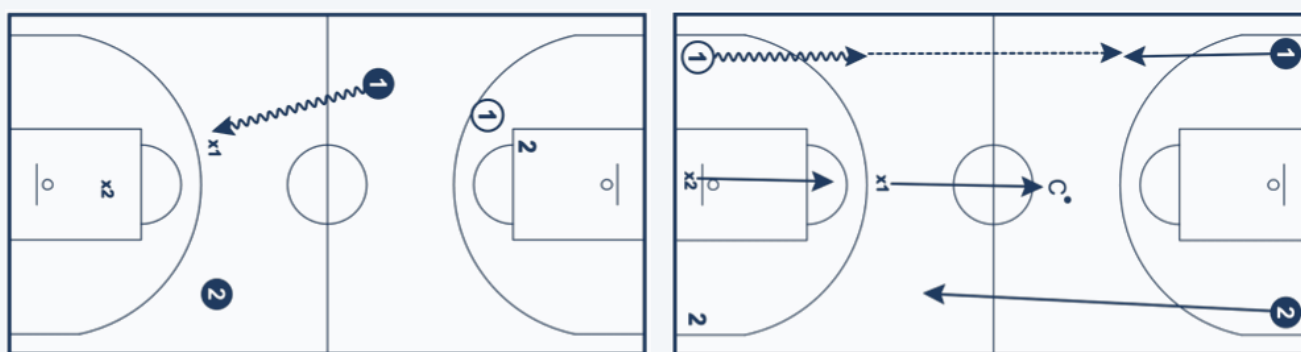
HOW TO RUN IT

Three attackers line up like a foosball bar. A defender passes to one to start the break; read the 3v2 and finish before the trailing defender returns.

27 Launched outlet

FAST BREAK

COURT DIAGRAM



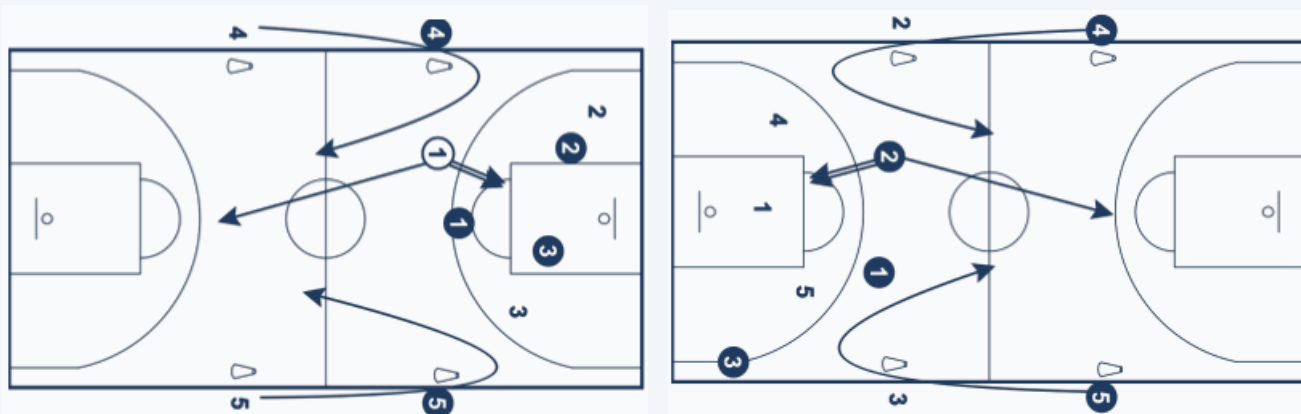
HOW TO RUN IT

Pass the ball ahead to a runner as teammates and defenders release together. Sprint into wide lanes and make the first decision at speed.

28 Continuous 3v3 activation

FAST BREAK

COURT DIAGRAM



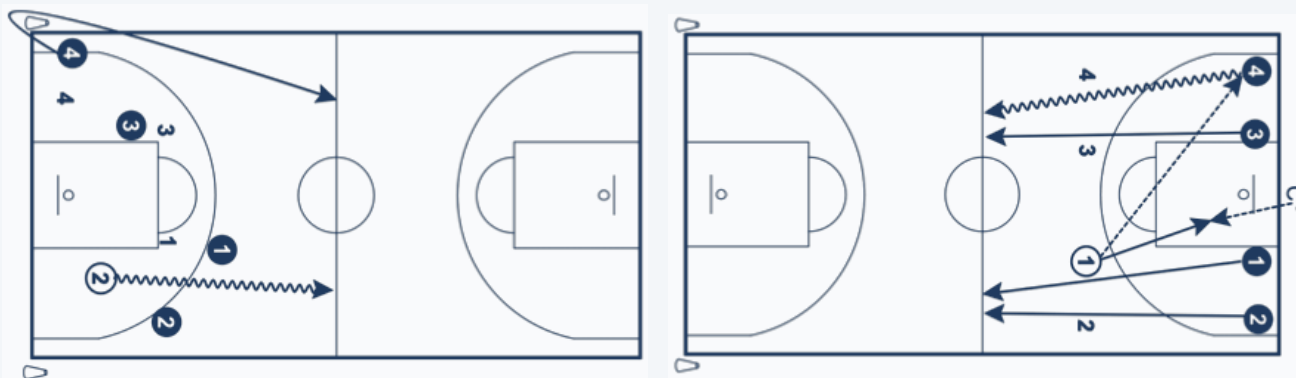
HOW TO RUN IT

Teams cycle through 3v3 with a new running pass after each possession. Fresh defenders enter late, creating an early transition window.

29 4v3 plus activation

FAST BREAK

COURT DIAGRAM



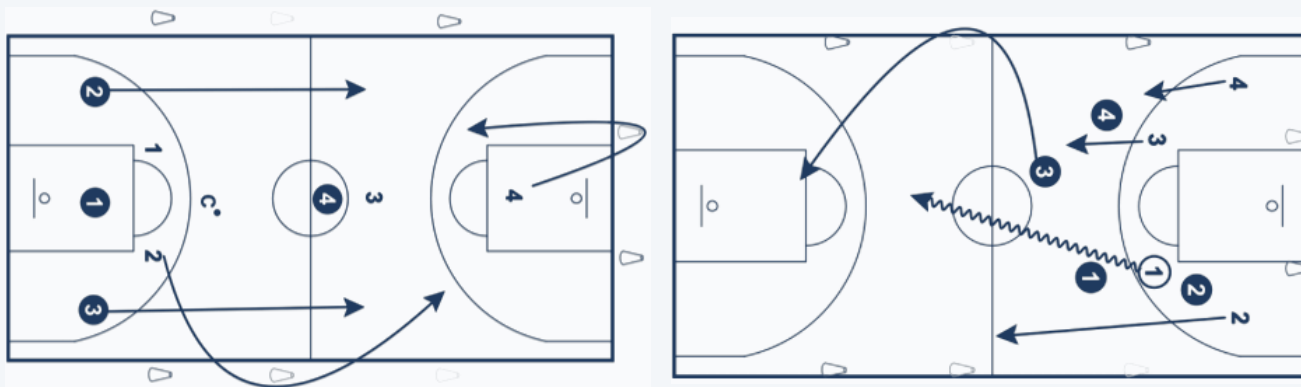
HOW TO RUN IT

Four attackers run against three defenders. A fourth defender enters after a scoring or passing trigger, so the attack must exploit the early advantage.

30 4v4 with colours

FAST BREAK

COURT DIAGRAM



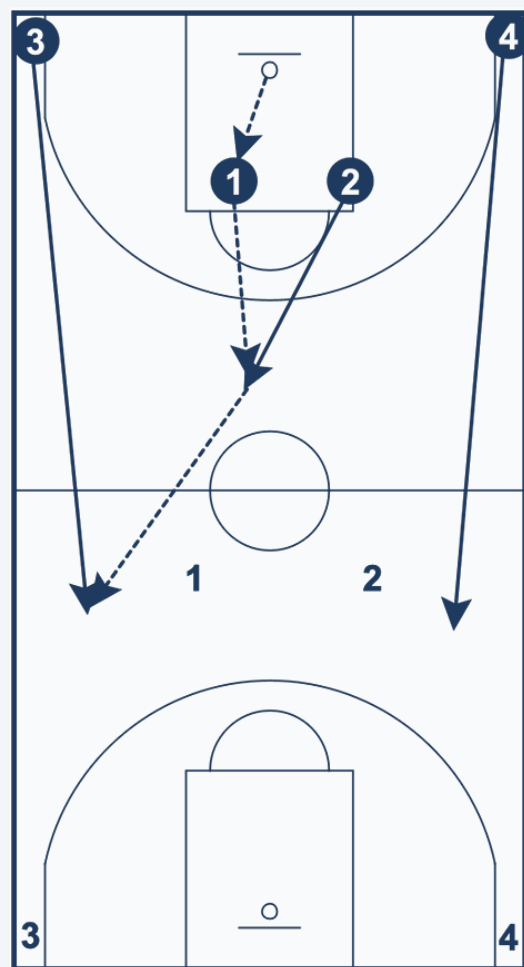
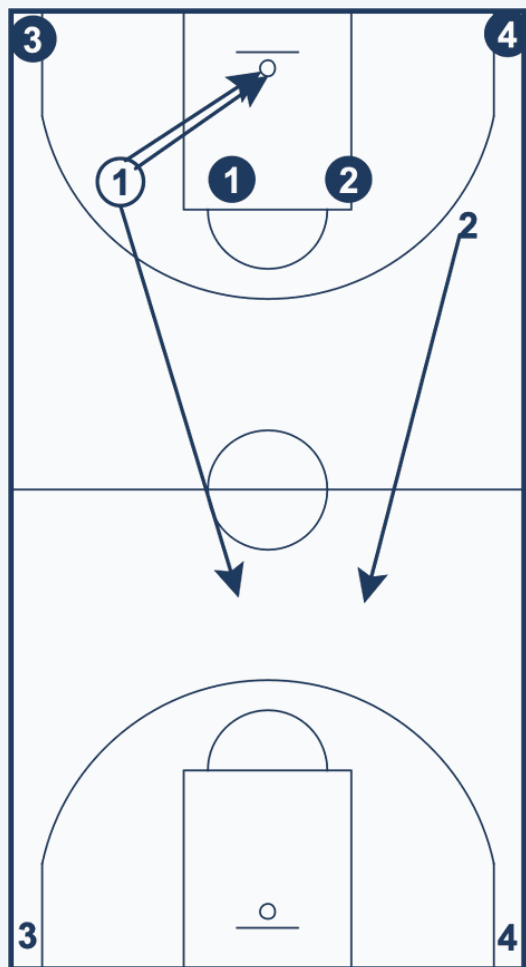
HOW TO RUN IT

On the coach's shot, call a coloured cone. Two defenders detour around that colour before recovering, while four attackers push the break.

31 Eight-player Pistons

FAST BREAK

COURT DIAGRAM



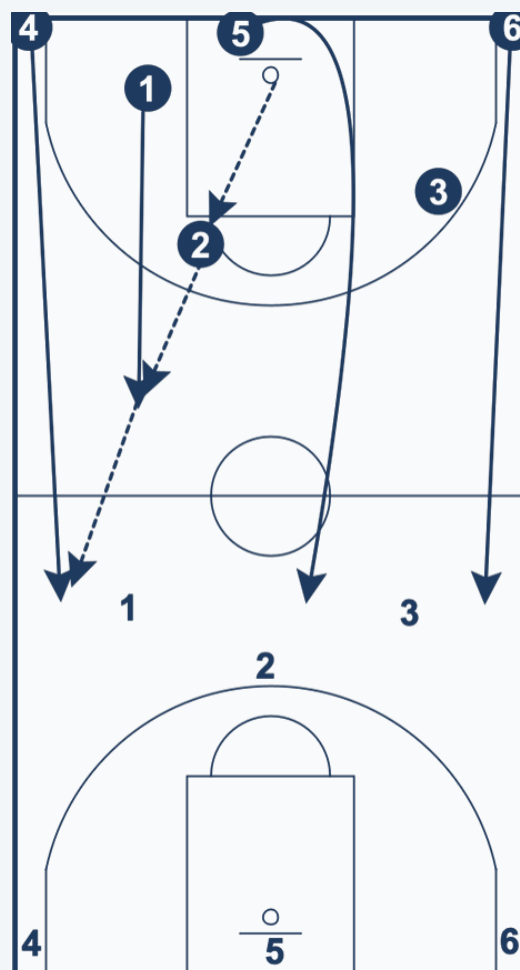
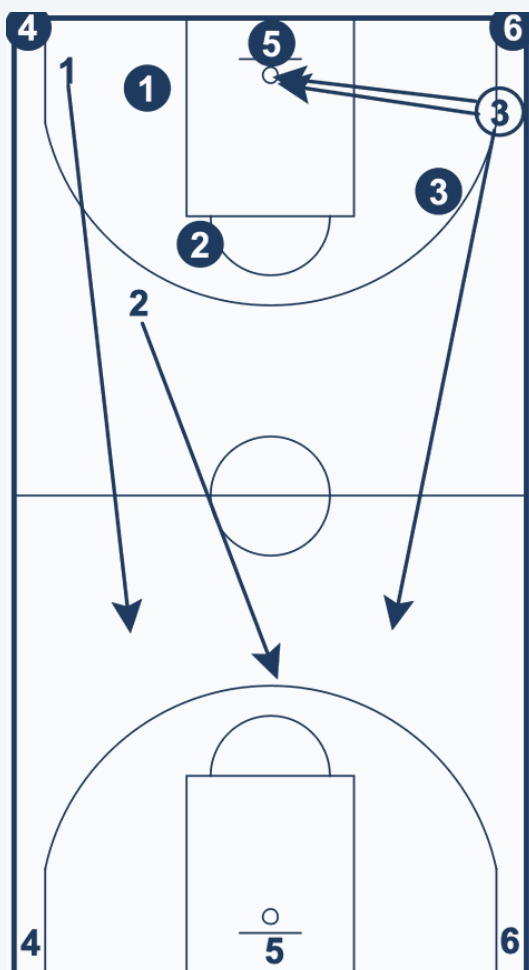
HOW TO RUN IT

Two teams begin with a 2v2 at mid court and corner runners at each end. Continue through successive attacks, adding the waiting players as the ball changes direction.

32 Twelve-player Pistons

FAST BREAK

COURT DIAGRAM



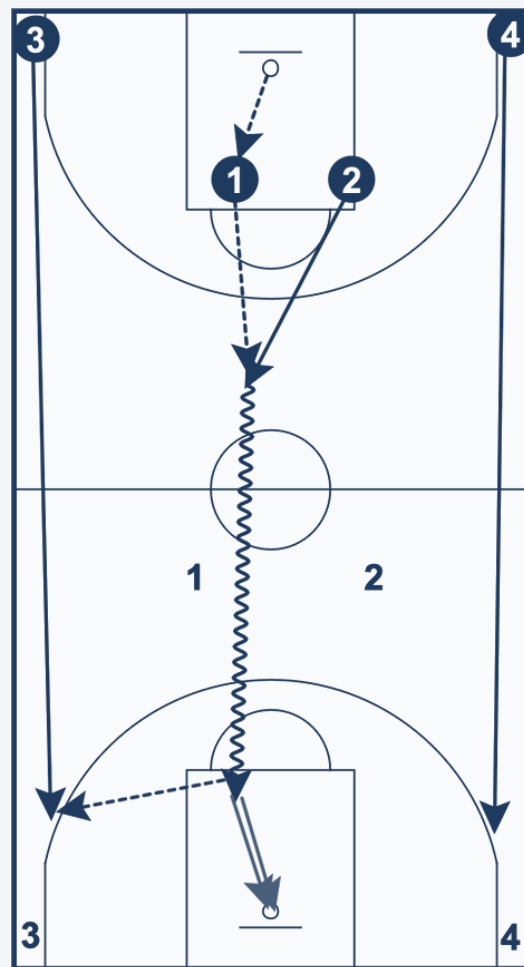
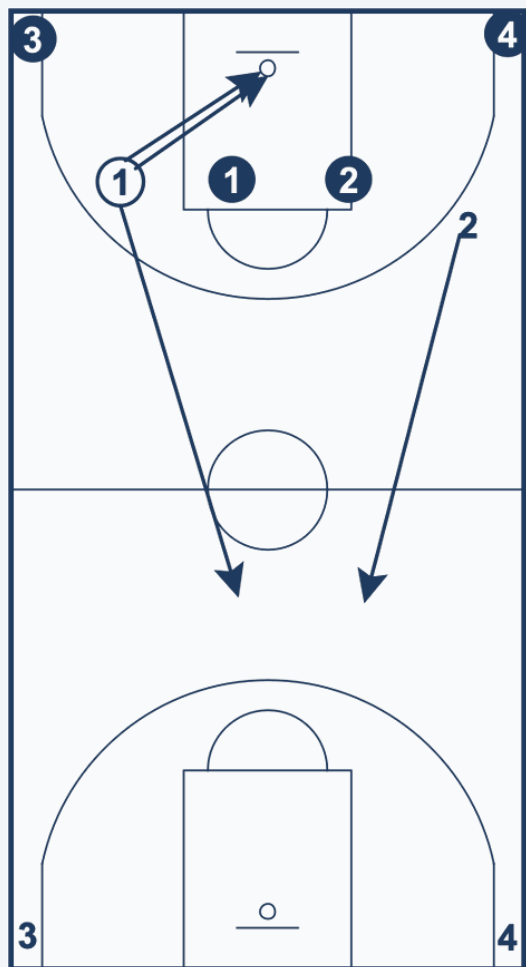
HOW TO RUN IT

Expand the Pistons rotation to twelve players. Keep the same full-court flow but add more passing and defensive recovery decisions.

33 Pistons with running entry

FAST BREAK

COURT DIAGRAM



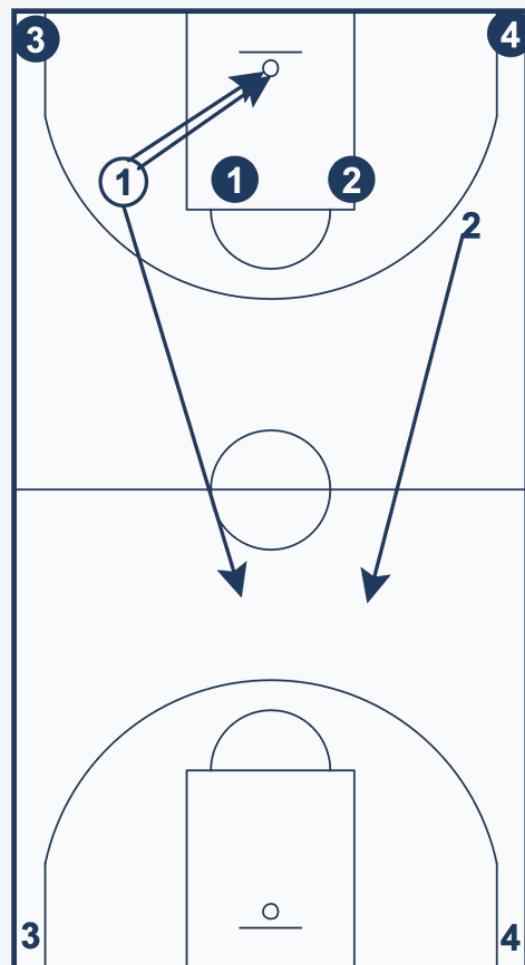
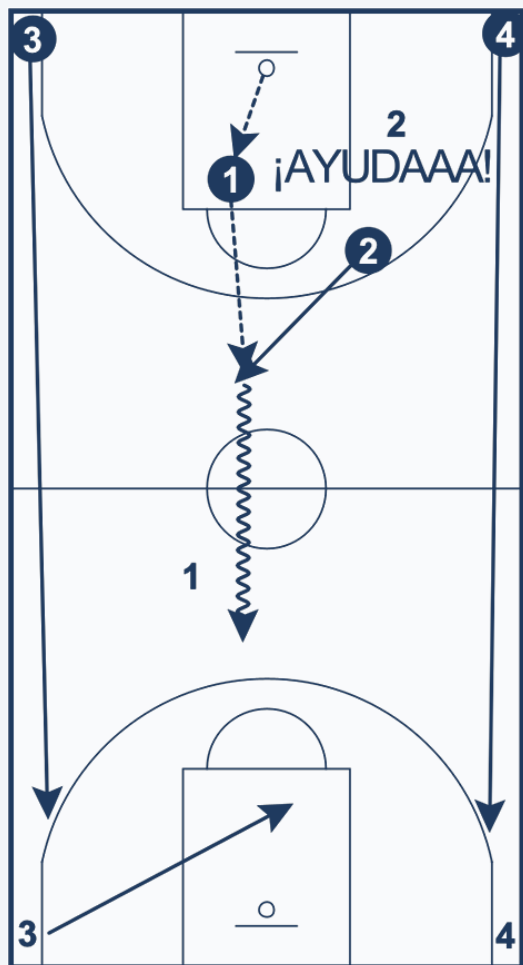
HOW TO RUN IT

Start the Pistons sequence with a player receiving on the run. Preserve the continuous attack-defense change while entering at full speed.

34 Pistons SOS

FAST BREAK

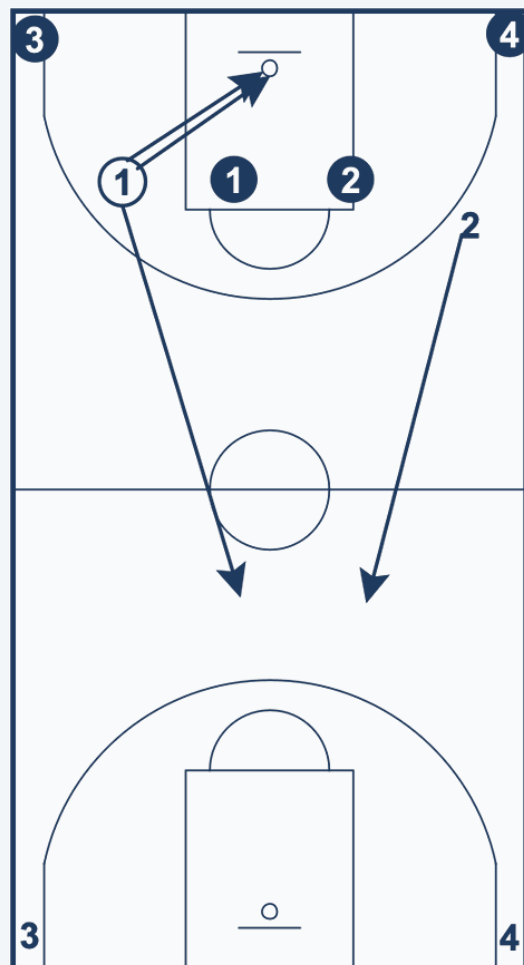
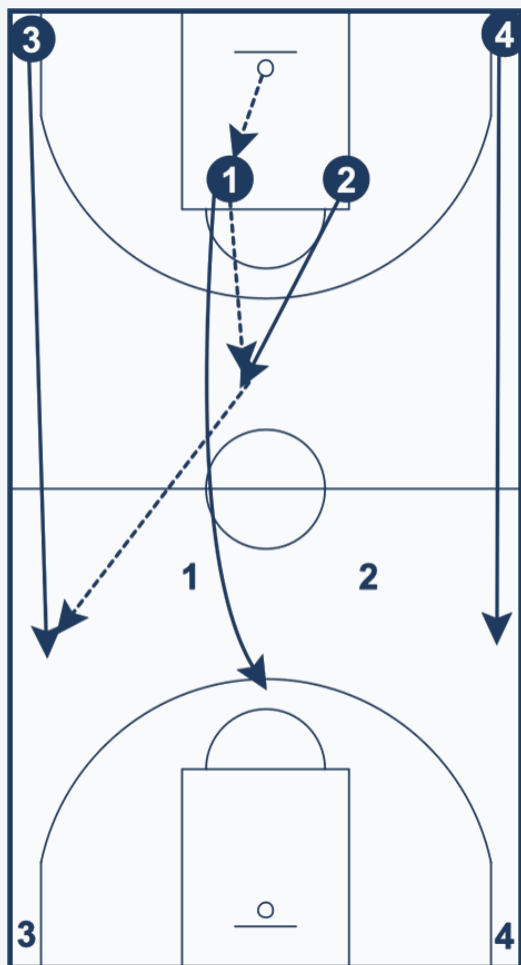
COURT DIAGRAM



HOW TO RUN IT

Add an emergency recovery constraint to the full-court Pistons pattern. Players identify the most dangerous runner and protect the rim first.

COURT DIAGRAM

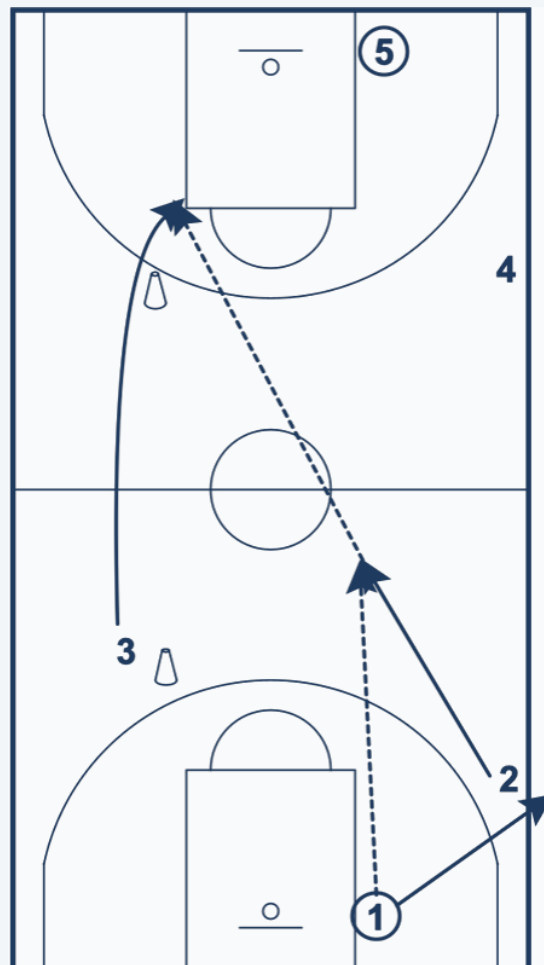
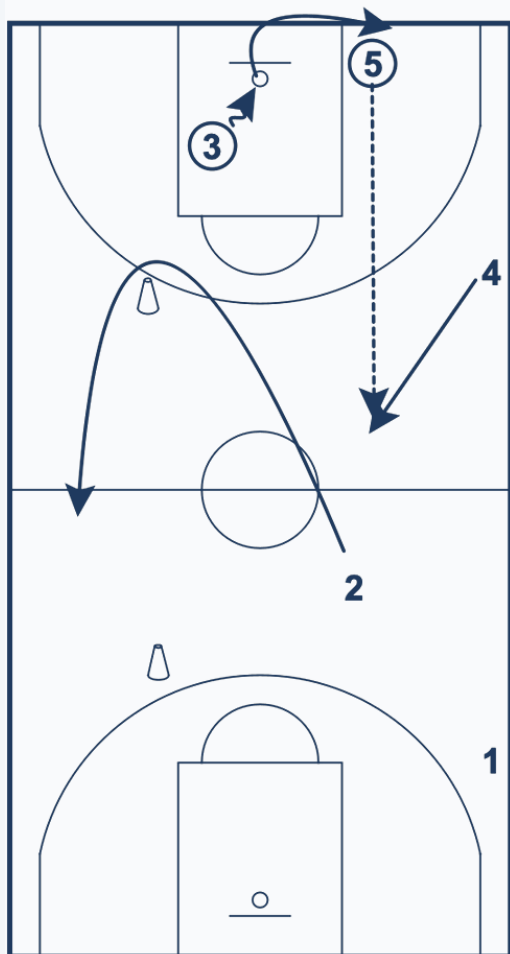


Use the late-arriving trailer as an option in the Pistons flow. Read whether to finish early or reverse to the player arriving behind the ball.

36 Endless diagonals

FAST BREAK

COURT DIAGRAM



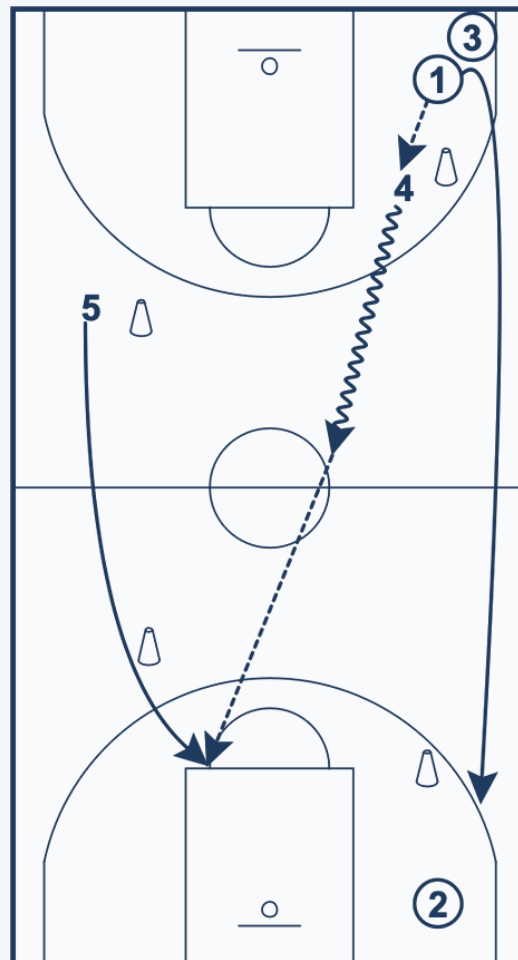
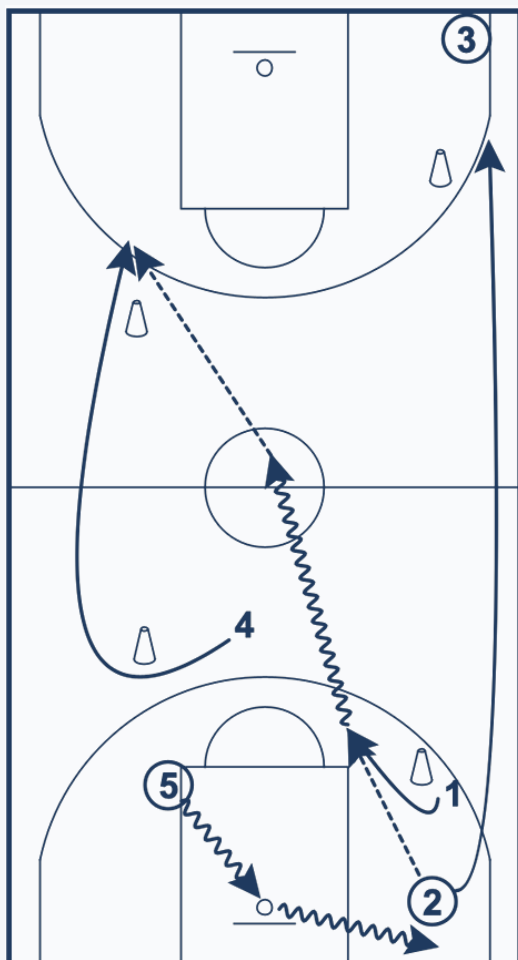
HOW TO RUN IT

Players run repeated diagonal transition routes across the full court. Pass ahead, finish and join the next wave without stopping.

37 Three courts

FAST BREAK

COURT DIAGRAM



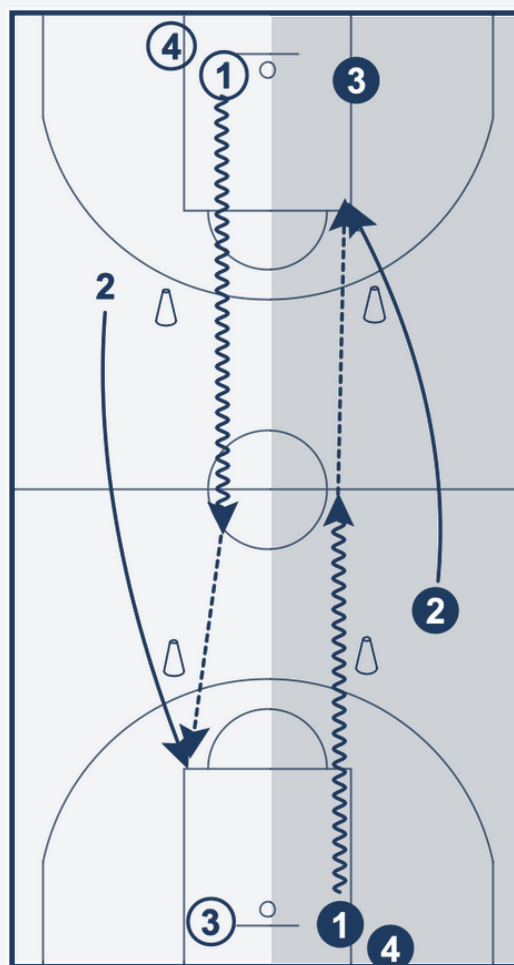
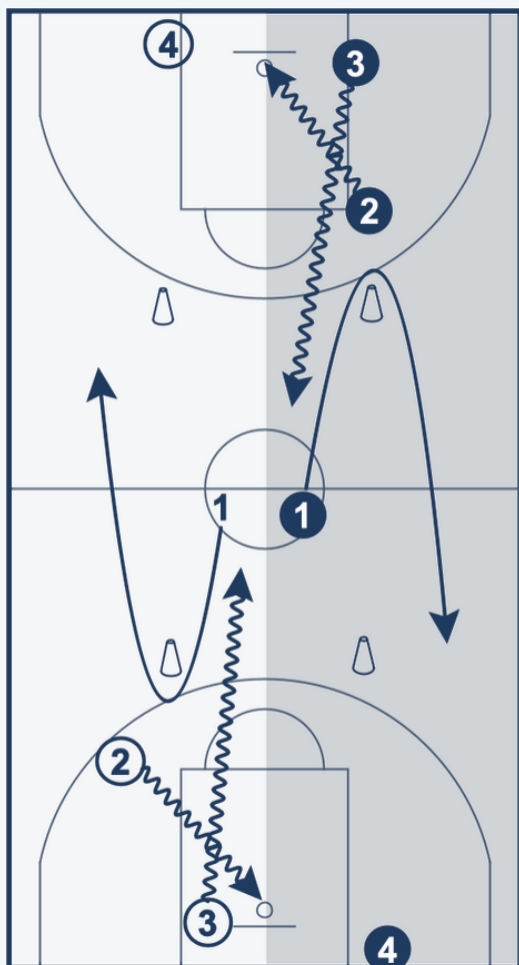
HOW TO RUN IT

Divide the group across three playing lanes or courts. Teams transition rapidly between them, maintaining spacing and recognising the next scoring target.

38 Competitive 2v0

FAST BREAK

COURT DIAGRAM



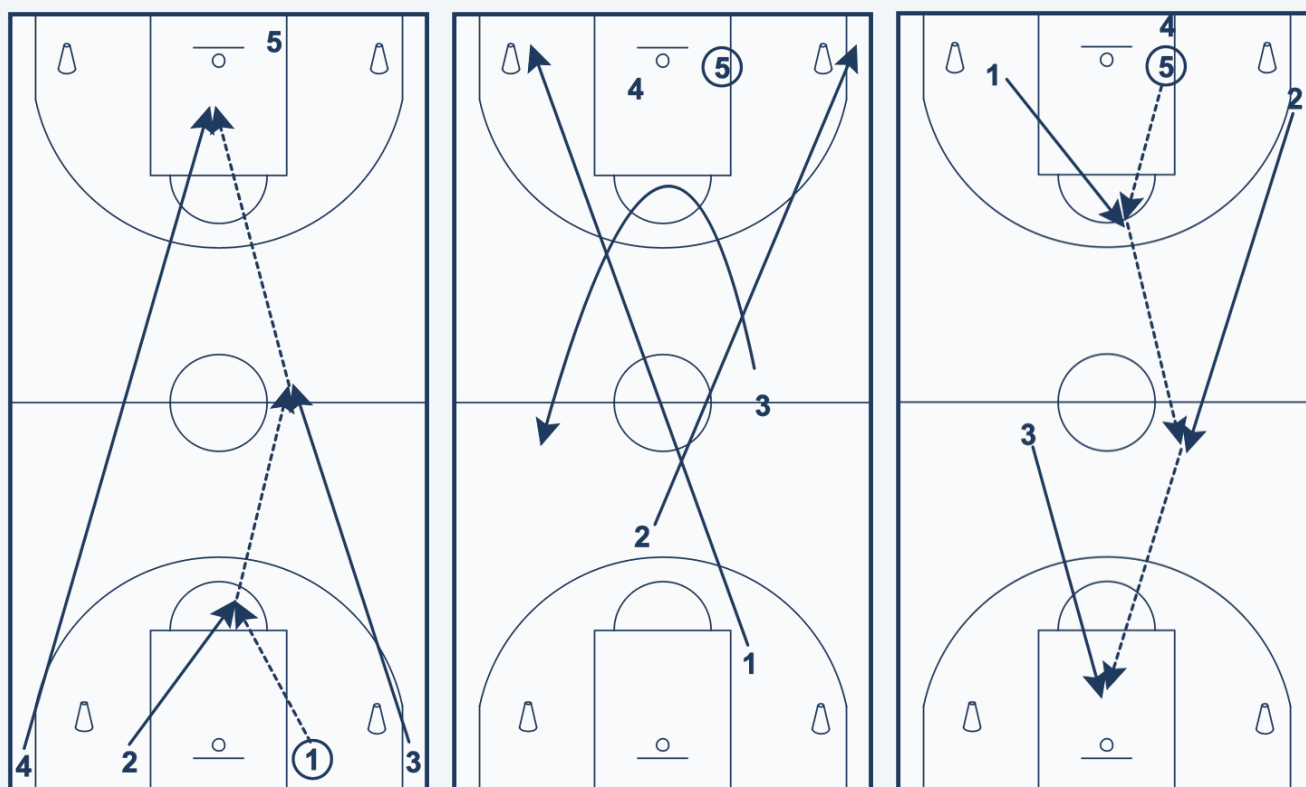
HOW TO RUN IT

Pairs race in 2v0 transition with a scoring or time target. Share the ball, fill separate lanes and finish efficiently.

39 Four courts for four

FAST BREAK

COURT DIAGRAM



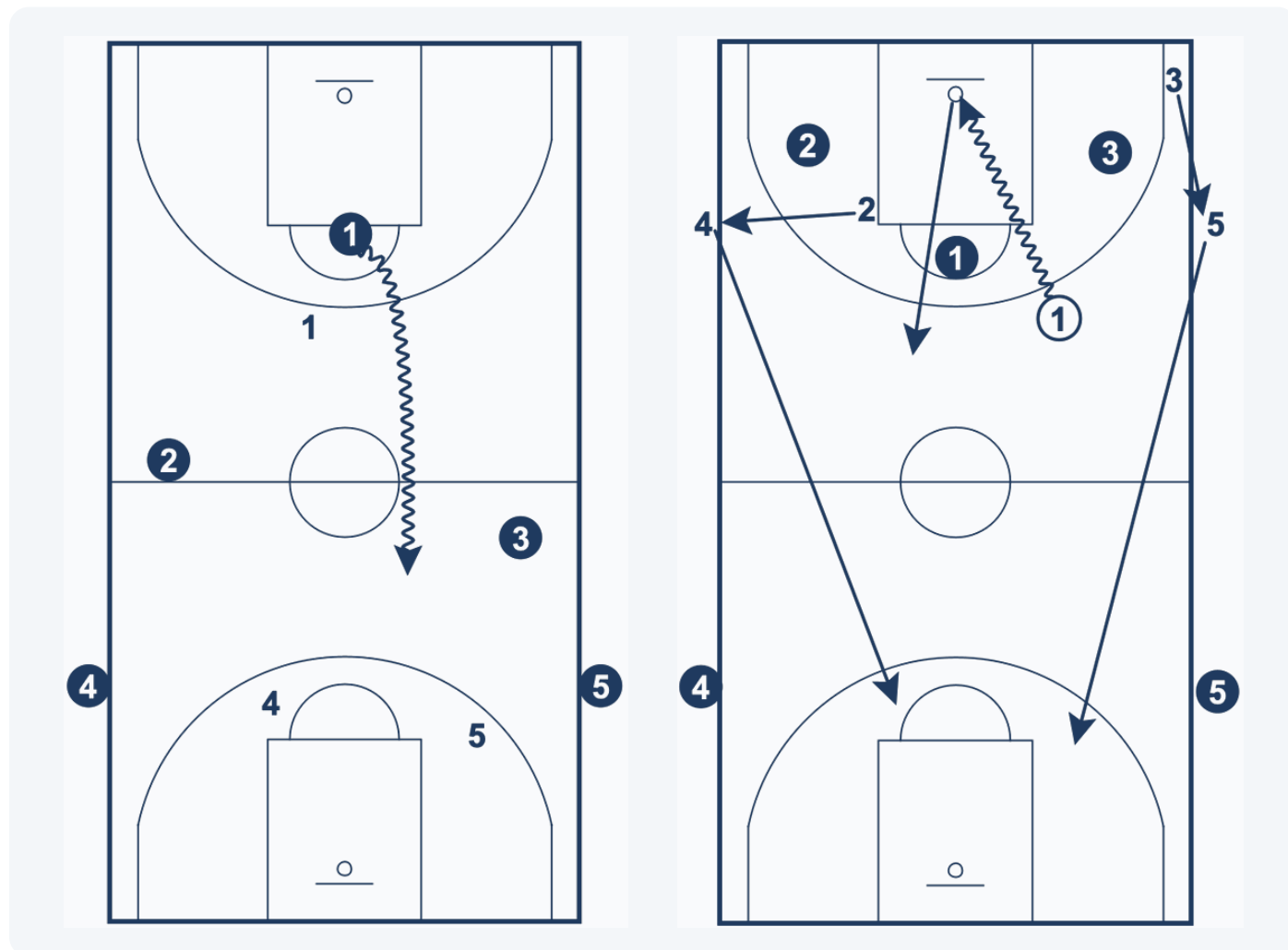
HOW TO RUN IT

Organise four simultaneous transition stations. Players rotate after a finish, keeping the pace high and the next group ready.

40 3v3 turning into defense

FAST BREAK

COURT DIAGRAM



HOW TO RUN IT

Play continuous 3v3. A finish or turnover activates the next wave, and the attacking group must react immediately as defenders.