

TIME OUT™

A MONTHLY BASKETBALL CLINIC

PRESENTS

**THE BEST
OF**

TIME OUT™

**BOOK TWO
DRILLS, INBOUND PLAYS,
MAN DEFENSE, AND
SPECIAL SITUATIONS**

BY

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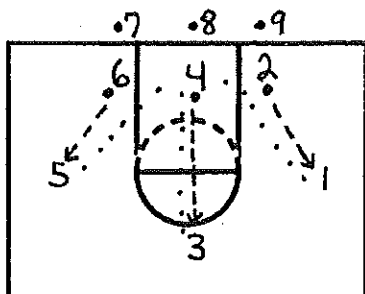
SPECIAL SITUATIONS

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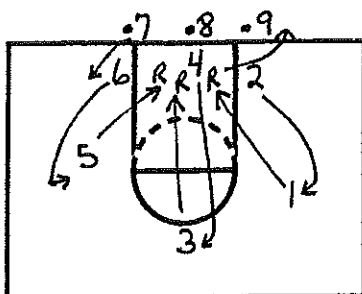
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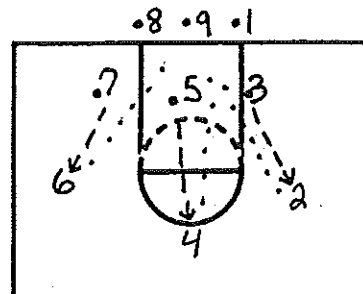
Diagrammed below is a good shooting which provides a lot of continuous shooting.



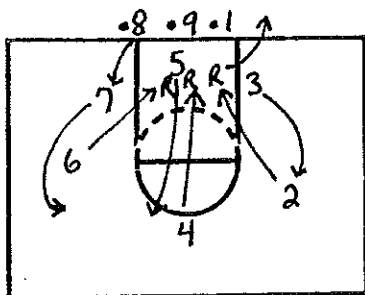
#5, #3, and #1 are on the perimeter. #6 passes to #5, #4 passes to #3, and #2 passes to #1. #5, #3 and #1 take shot and follow.



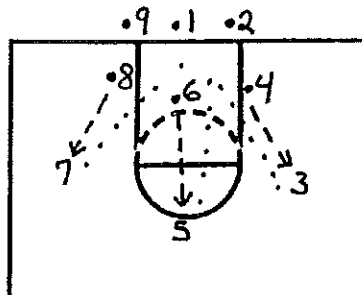
#5, #3 and #1 rebound shot. #6 replaces #5, #4 replaces #3, and #2 replaces #1. #7 steps on to the court with ball and #1 goes to end of the line.



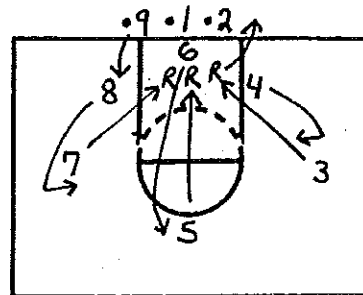
#7 passes to #6, #5 passes to #4, and #3 passes to #2. #6, #4 and #2 take shot and follow.



#6, #4, and #2 rebound shot. #7 replaces #6, #5 replaces #4, and #3 replaces #2. #8 steps on to the court with ball and #2 goes to the end of the line.



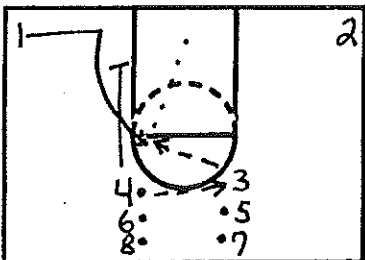
#8 passes to #7, #6 passes to #5, and #4 passes to #2. #7, #5 and #3 take shot and follow.



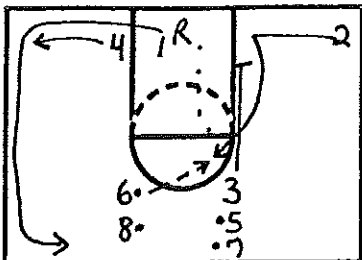
#7, #5, and #3 rebound shot. #8 replaces #7, #6 replaces #5, and #1 takes #3. #9 steps onto the court with ball and #3 goes to the end of the line.

CONTINUOUS SHOOTING DRILL - I

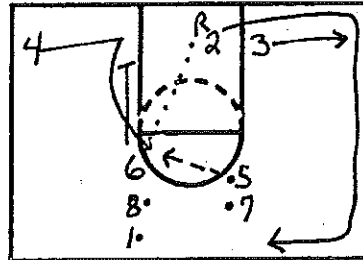
The shooting drill below provides continuous shooting with an organized pattern. A lot of shots can be taken in a short time. Passing, screening, and rebounding are also included. A shot fake and dribble may be added for the shooter.



#4 passes to #3 and screens down for #1. #1 comes to the screen, breaks to the elbow and receives #3's pass. #1 shoots jump shot.



#3 screens down after passing to #1. #2 breaks off screen and receives #6's pass. #2 shoots jump shot. #4 pops to corner. #1 rebounds own shot and sprints to back of line.



#6 screens down after passing to #2. #4 breaks off screen and receives #5's pass. #4 shoots jump shot. #3 pops to corner. #2 rebounds own shot and sprints to back of line. The drill continues.