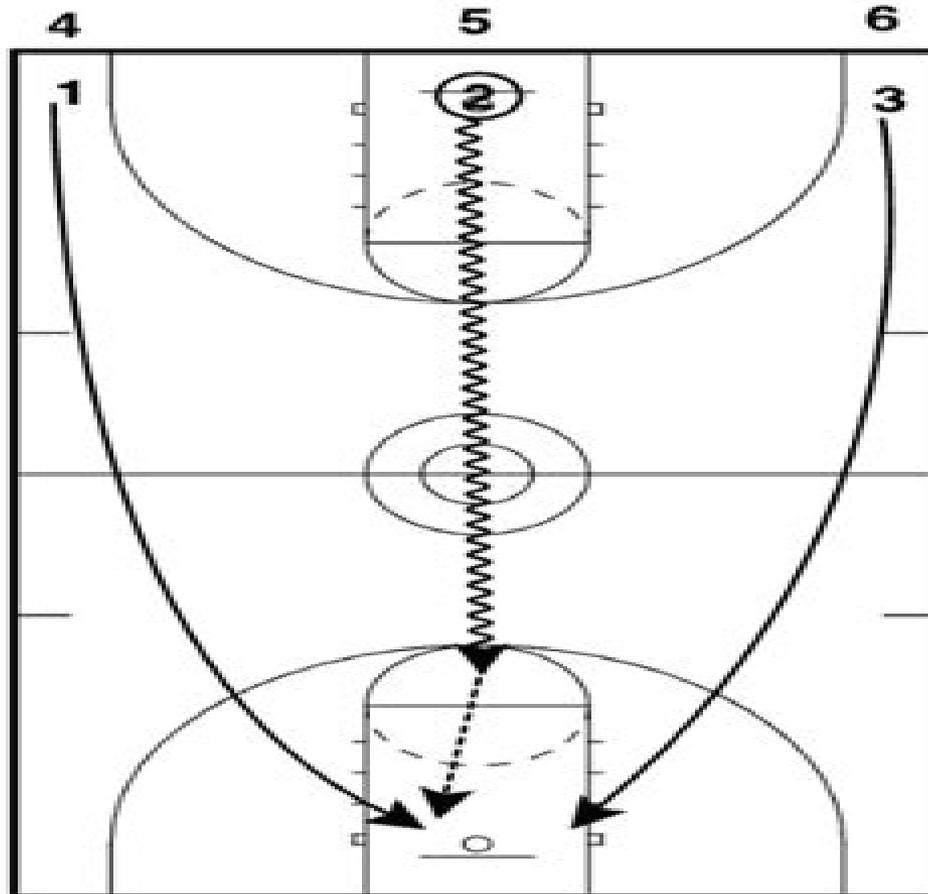


3 Man Fast Break Drills Transition Drills



1. Speed Dribble - Kick

Middle man will speed dribble down, jump stop at free throw line, and hit lay up man.

All groups will come down and players will rotate roles. All 3 players will do all roles and then move to next step.

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S Marginson



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