



SECTION ONE



THE ART OF THE FAST BREAK

In the game of basketball the fast break is the true art form of the sport. It is what the double play is to baseball and the 100 yd. kickoff return is to football. Great execution with devastating results.

Coach Todd



CHAPTER 1

Is it an Art?

For most people beauty and art go together. Then again, beauty is in the eye of the beholder. Is your team's fast break a thing of beauty, or does it look like everybody else's—a selfish scramble down the court with all the players hoping they get the ball so they can score?

A properly run fast break is the most beautiful team effort that occurs on the basketball court. You notice I said team effort. The player leaving early and receiving a long pass for a lay up or a slam dunk is not the fast break. Of course, I would take one of those when the opportunity presents itself, it just isn't the fast break.

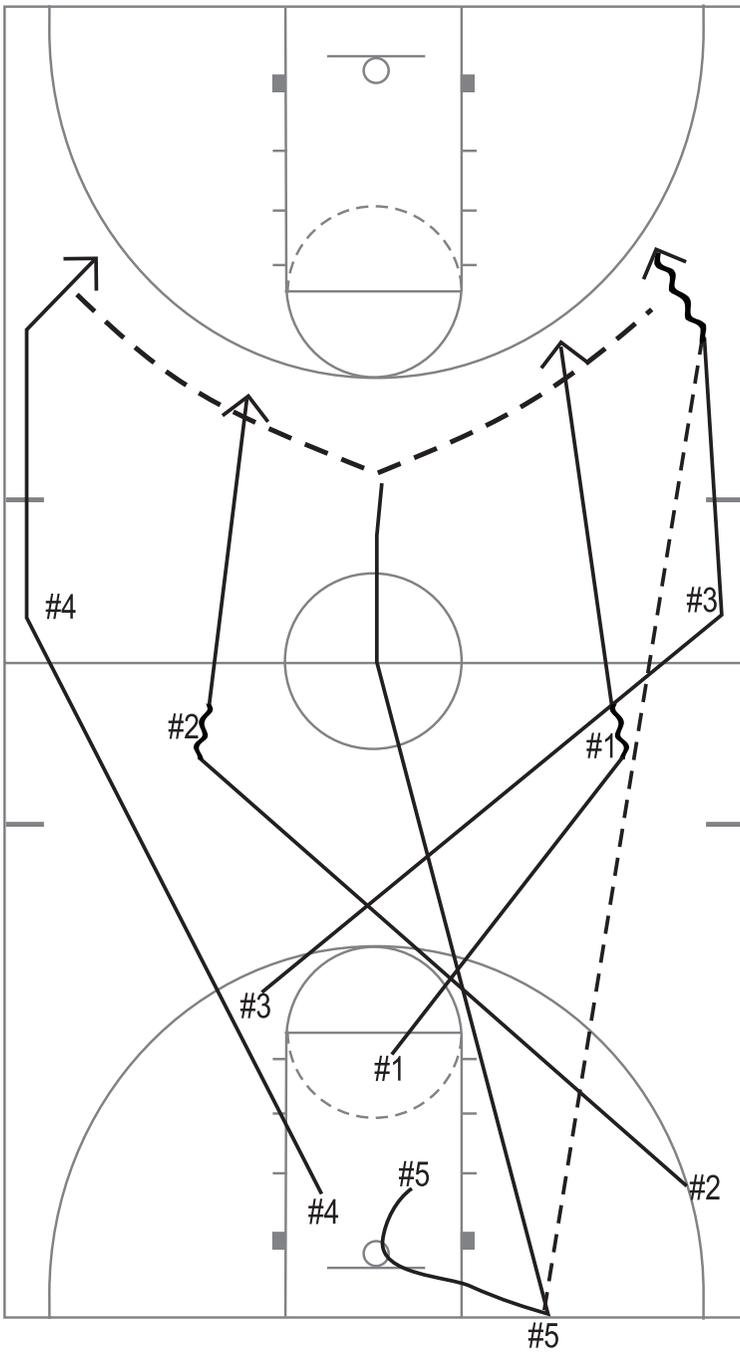
The Ultimate Fast Break is one of the few functions (it might be the only one) that includes all five players fulfilling their roles at the highest level and pace. Any failure by anyone to execute, and we become ordinary. The percentage of successes is in direct proportion to the consistency of execution. You could say that about most things that happen on the court, but not at the level of impact faulty execution has on the fast break.

When properly executed the fast break is a model of speed and precision. There is also a certain ease and flow to it even though performed at a rapid pace—a maximum outcome for the energy expended.

I think there is a big misconception that art occurs “when the mood strikes” the artist. The creative people I have talked to, writers, painters, musicians, song writers, all say the same things: Write everyday. Paint everyday. Have a schedule. Be clear about who you are in the matter of your art. Have a vision for the outcomes you want to produce.

Coach, I am talking to you. There is power, speed and precision in the Ultimate Fast Break. As my mother used to say, “You can't just give it a lick and a promise” and expect it to turn out to be anything.

DIAGRAM 6 MADE BASKET



KEY		
Dribble		Pass
		Run