

Two Sided Break Course Notes



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Keys:

1. Win First Three Steps
2. Sprint-Hug nearest sideline
3. Fill Corners, delay the 45
 - a. SPACING-Advantage-Quality Shot
4. Up the ball- Early and Opposite or Same Side
5. Paint to Great
6. Have the ball touch both sides

Alignment:

1. Position less can be run as 4 our 5 out (generally 5 out)
2. Corner (Double side/single side)
3. 45/Two Slots
4. Top of the Key “Spacing before advantage, advantage before shot”

Progressions:

1. Up the Ball-Same Side (Single side)
2. Up the Ball-Same Side (Double side)
3. Early and Opposite (Double side)
4. Early and Opposite (Single Side)
5. Dribble Ahead (Single Side)

45 Spacing Rules:

1. Delay but stay ahead of the ball
2. 45 should look to stretch the space between corner and 45
3. Look for one more pass to corner or paint touch

2 Side Closeout Reminders:

1. 1 defender can't guard 2
2. 1 defender can't help and close out
3. Create 2 separate closeouts