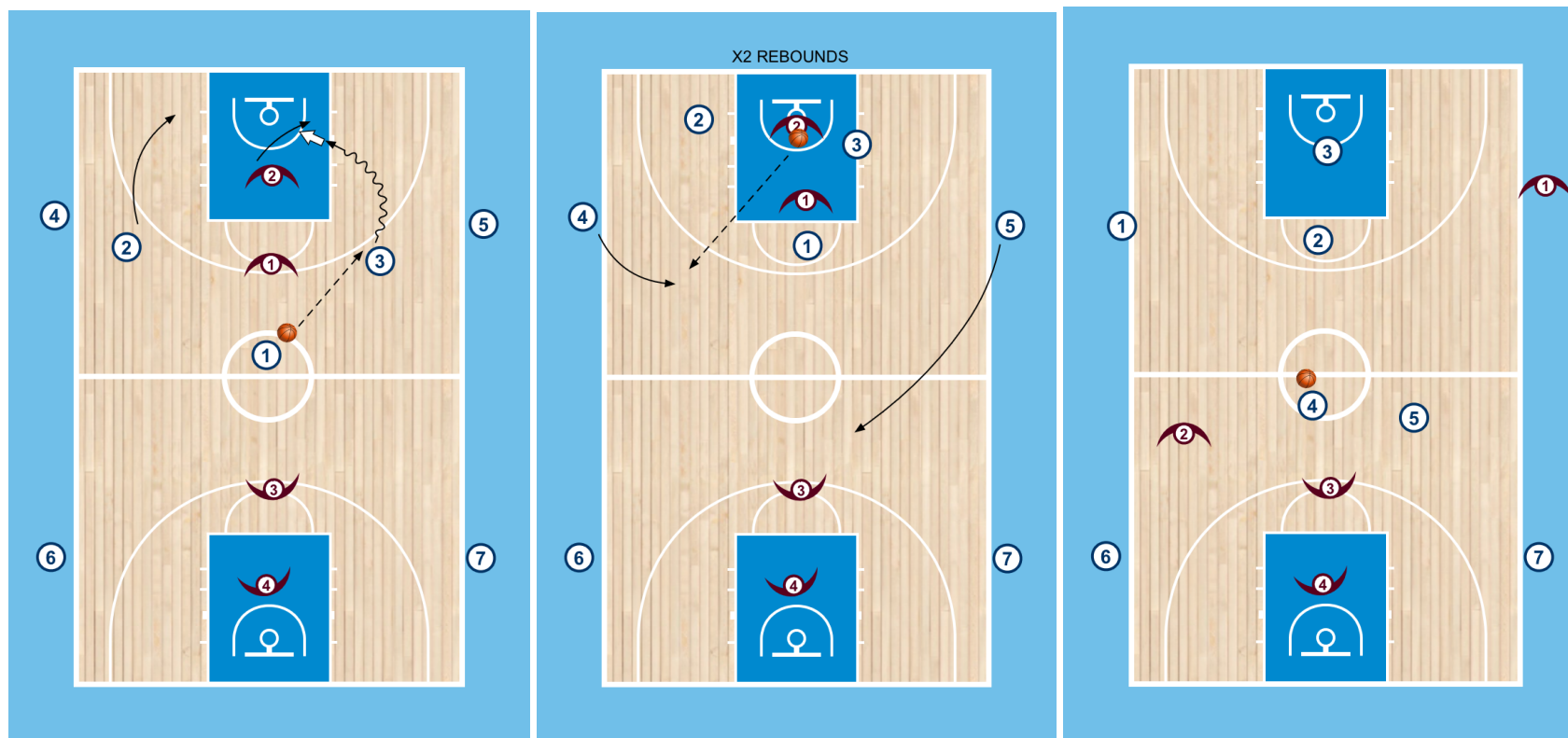


<b>DRILL</b>		<b>ELEVEN FASTBREAK</b>						
<b>AUTOR</b>		JULIAN LANDALUCE MACHUCA			<b>CONTENT</b>		FASTBREAK, DECISION MAKING, DEFENSE	
<b>STAGE OF APPLICATION</b>		>U12						
<b>PHYSICAL LOAD: <math>\Sigma</math></b>	25	<i>TASK TIME</i>	<i>DEGREE OF OPPOSITION</i>	<i>DENSITY OF THE TASK</i>	<i>NUMBER OF PLAYERS</i>	<i>COMPETITIVE LOAD</i>	<i>SPACES</i>	<i>COGNITIVE LOAD</i>
		10/20 min. (3)	3	2	9/15 (1)	3	4	1
<b>OBJECTIVES</b>	<ol style="list-style-type: none"> <li>1. To solve offensive advantages</li> <li>2. Learn the principles of fastbreak</li> <li>3. Communicate in defense</li> </ol>							

**GRAPHS**



<b>DRILL</b>		<b>ELEVEN FASTBREAK</b>						
<b>AUTOR</b>		<b>JULIAN LANDALUCE MACHUCA</b>			<b>CONTENT</b>	<b>FASTBREAK, DECISION MAKING, DEFENSE</b>		
<b>STAGE OF APPLICATION</b>		<b>&gt;U12</b>						
<b>PHYSICAL LOAD:Σ</b>	<b>25</b>	<i>TASK TIME</i>	<i>DEGREE OF OPPOSITION</i>	<i>DENSITY OF THE TASK</i>	<i>NUMBER OF PLAYERS</i>	<i>COMPETITIVE LOAD</i>	<i>SPACES</i>	<i>COGNITIVE LOAD</i>
		<b>10/20 min. (3)</b>	<b>3</b>	<b>2</b>	<b>9/15 (1)</b>	<b>3</b>	<b>4</b>	<b>1</b>
<b>OBJECTIVES</b>	<ol style="list-style-type: none"> <li>1. To solve offensive advantages</li> <li>2. Learn the principles of fastbreak</li> <li>3. Communicate in defense</li> </ol>							
<b>DRILL DESCRIPTION</b>	<p>3c2 continuos. If the defensive player gets the ball (steal or rebound) he attacks opposite with both players in the sideline. If an offensive player scores, he attacks opposite with both players in the sideline.</p> <p>If we only have 9 players we move the sideline lines and we will only have two lines at the half court.</p>							
<b>PROBABLE MISTAKES</b>	Defense too flat, offense making bad shots, players bad positioned.							
<b>CORRECTIONS</b>	<p>We play tandem defense, the ball has to be defended all time.</p> <p>Offense must respect fastbreak three lines. Force the drive to drag a defender in so we create a 2c1 situation.</p>							