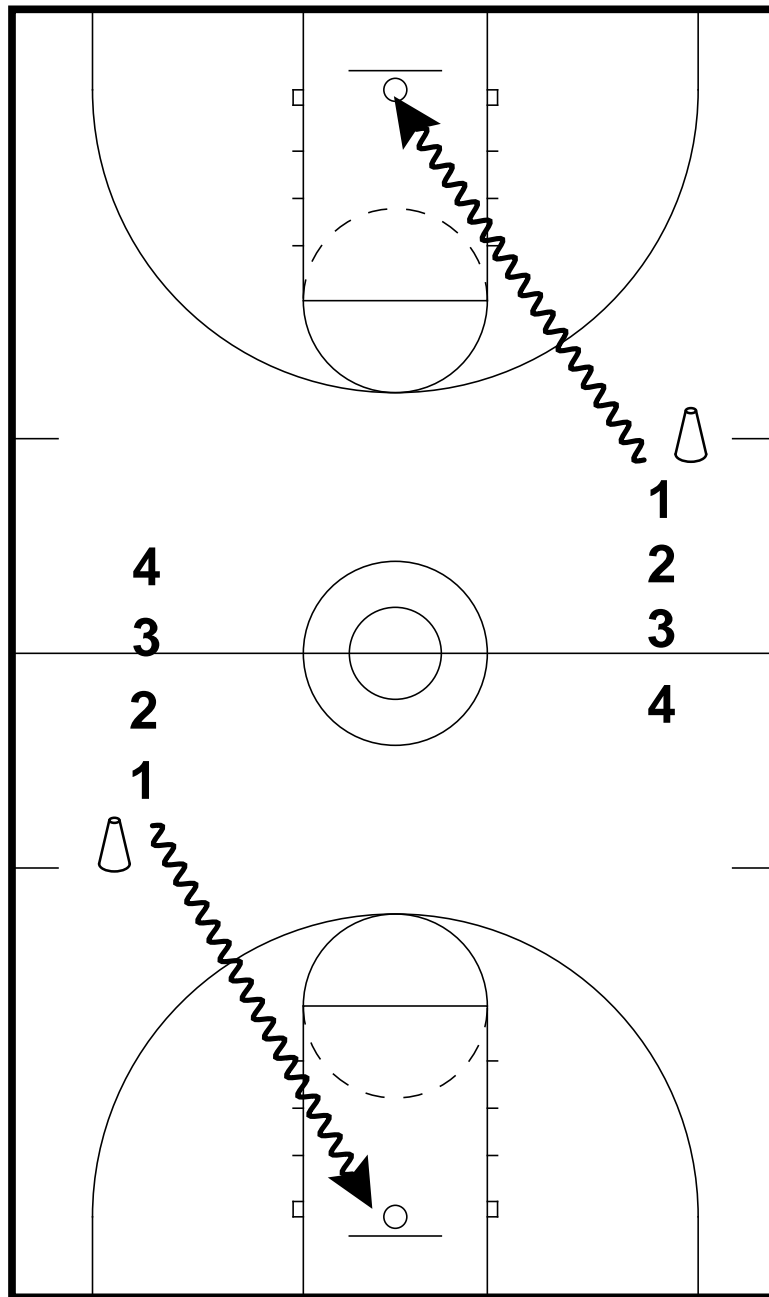


Full Court Fundamentals



- A. All players with balls
- B. All moves should start in triple threat.
- C. After you shoot, get your own rebound and go to the other line.
- D. Go through the sequence on the right side then the left side.
- E. When they are waiting in line, players should not stop dribbling.
- F. Sequence
 - 1. Lay-up
 - 2. Pull Up Jump Shot from block
 - 3. Cross Over - Dribble forward 3-4 dribbles, cross over and shoot a pull up jump shot just in front of the basket.
 - 4. Double Cross Over - Dribble forward 2-3 dribbles, cross over. dribble to elbow and cross over. Shoot a block jump shot.