

# Playbook

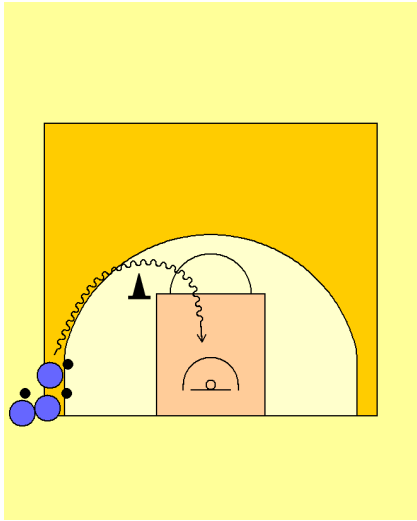
## Contents

### CAS

Breakdwon - Guards

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**Breakdwn - Guards**

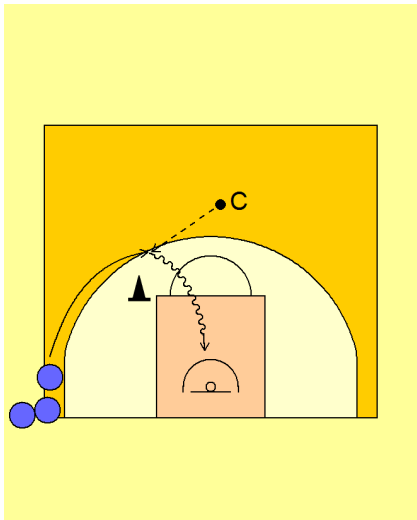


These are a series of Curl Cuts to the rim with several variations

Start off with players in the corner (if under 12's then look to run these a few feet inside the 3 point arc)

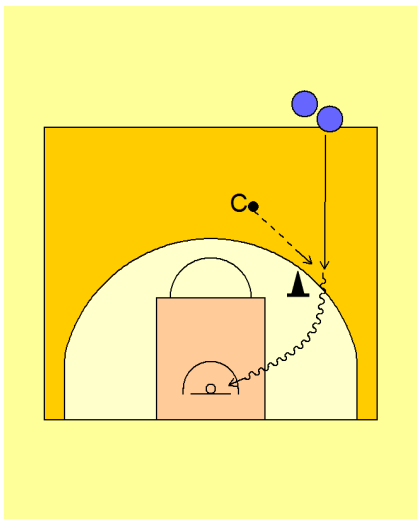
Place a chair / witches hat around the elbow

Start off with players dribbling and curling around the Elbow off a screen to the rim and finish with a layup.



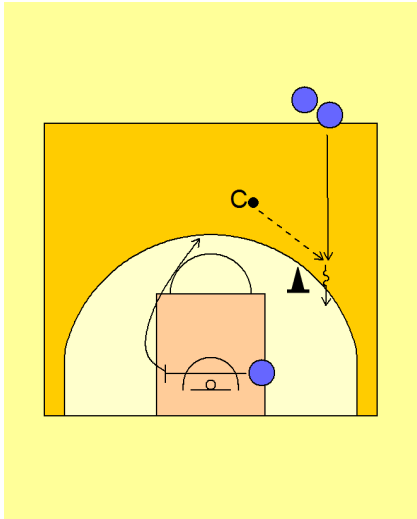
Coach passes the ball to the player on a curl cut. Iterate through the following:

- Catch and Shoot
- Catch, take a couple of dribbles then shoot
- One dribble jump shot
- One dribble step back then jump shot
- Floater
- No dribble, get to the rim of two long steps

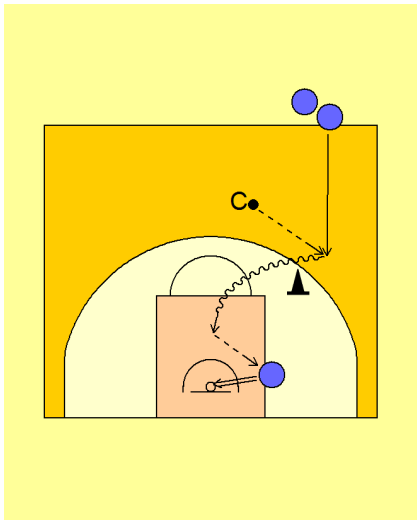


The guard comes down the outside lane in offensive transition.

The coach feeds them the ball, the guard rips the ball and drives baseline to the rim.



Exactly as per the previous drill, but add the guard to the Post, as the ball is fed to the wingman the strong side Post screens away on the low Post then pops out to the Point. This reinforces the elements of the motion offense.



In this iteration we want to drive middle and dump the ball to the Post who finishes from the block.