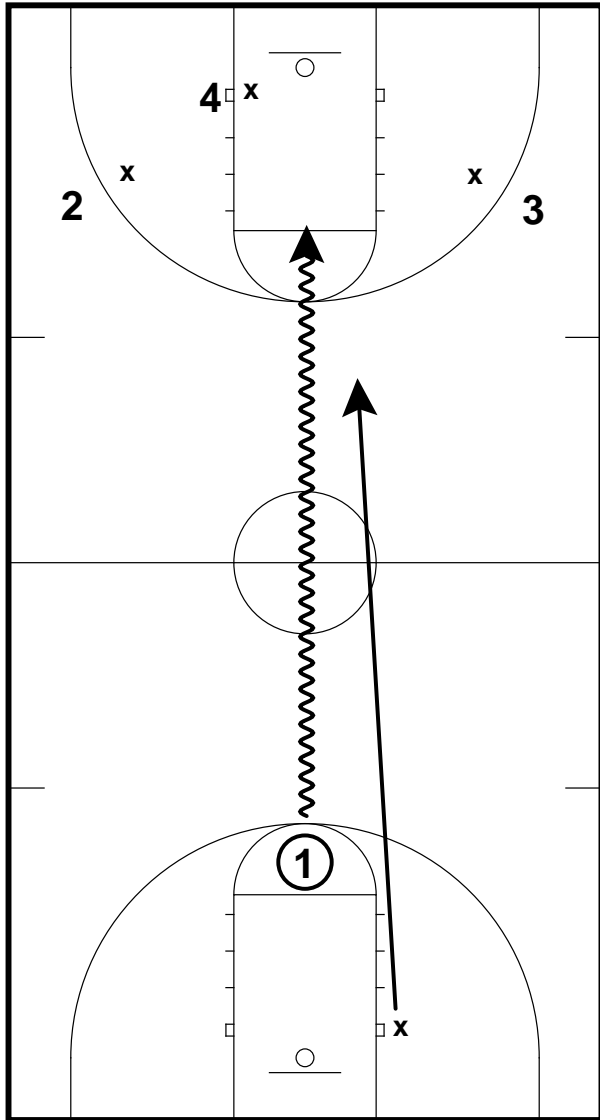


FSU Practice Drills

Chase Drill

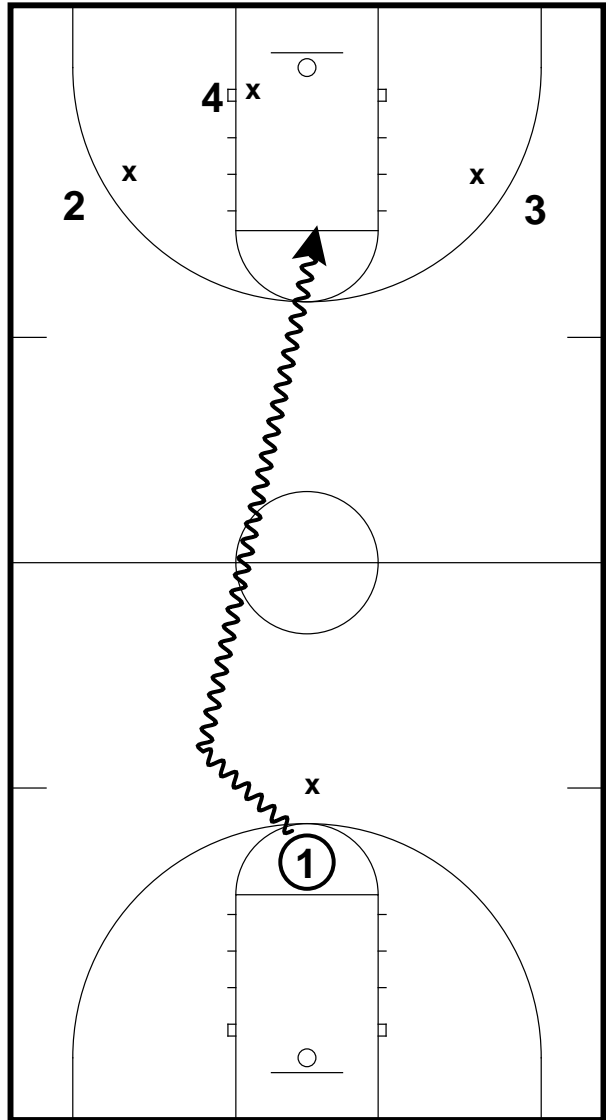
Frame 1



First Series: last defender starts behind the play so we work on attacking 4-on-3.

Chase Drill

Frame 2

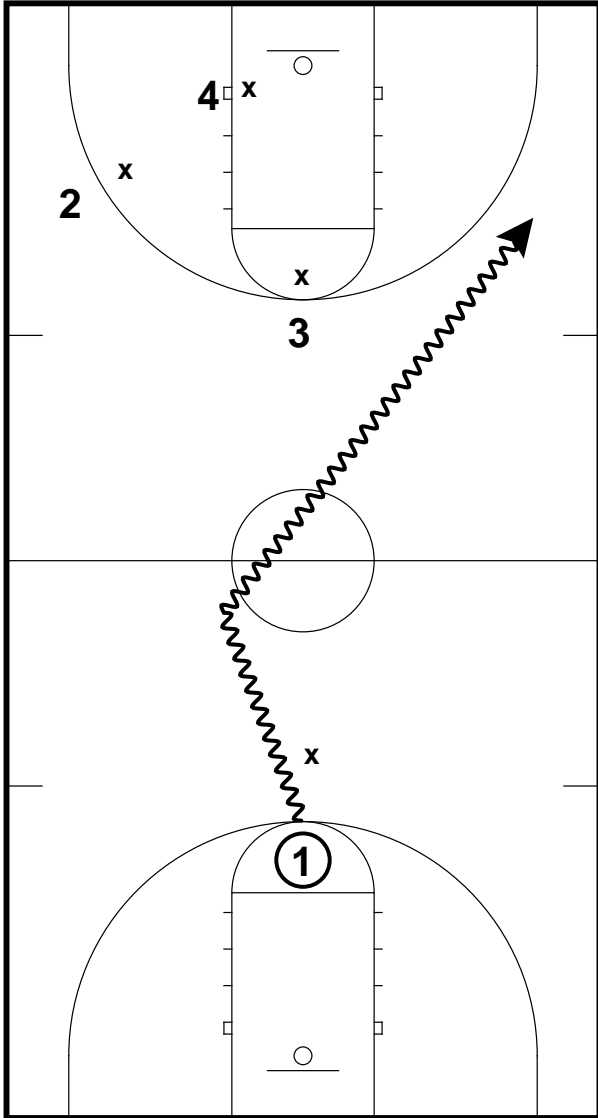


Second Series: ball-handler must get past defender and attack the center of the floor. It is very important that the other offensive players move to give the 1 an easy pass and keep the defenders out of the passing lanes.

FSU Practice Drills

Chase Drill

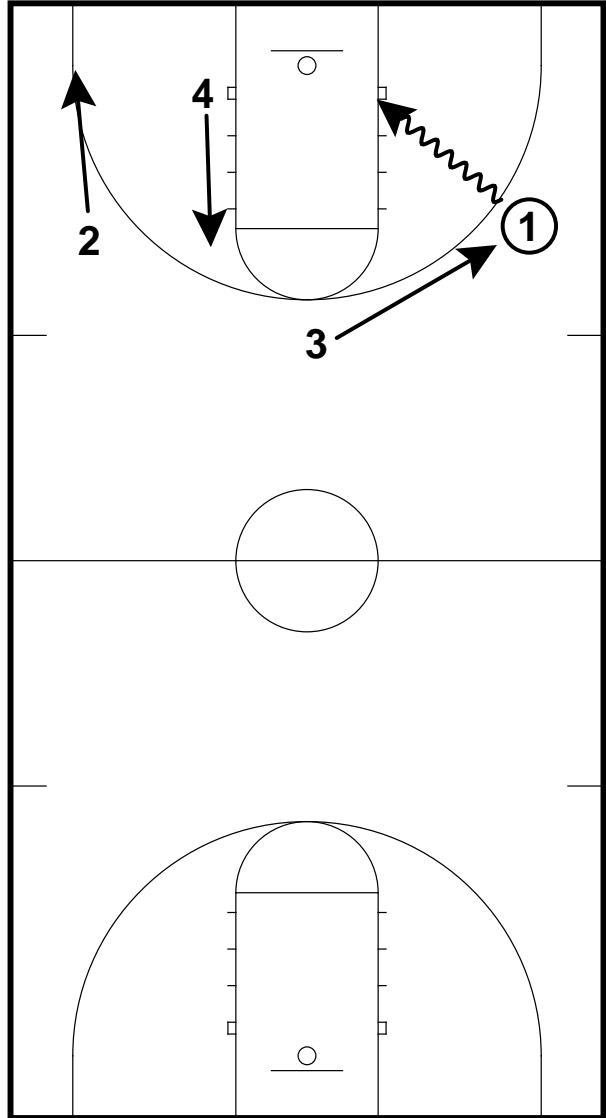
Frame 3



Third Series: ball-handler must get past the defender and into the operational area (FT line extended on the wing). 4-on-4 attack from there.

Chase Drill

Frame 4



This drill teaches "make plays together." If 1 attacks the rim, 2 "floods" to the corner, 3 "fills" behind, and 4 pops up the lane line.