

5. PUMP FAKE DRILLS

6 Drills 2 Slides

DRILLS

1. Pass in group of 2's pump fake the ball and pass for 10 minutes.
2. Pump fake and advance the ball and pass.
3. Pump fake lap swims for 2-3 laps.
4. 2-on-1 slough drill.
5. Half-court scrimmage with sloughers.

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DRILLS

6. 2-on-1 Drill

Slougher stays on 2-meter player forcing the shot or attacks forcing the pass into the 2-meter player. Uses 3 players in a line: 2 passers and one guard in the middle.

5. THE PUMP FAKE

SUMMARY

1. The whole body fakes the ball.
2. The left hand and right hip swing the right arm.
3. The pump fake has a backswing and a fore swing.
4. Fake once or thrice but never twice.
5. Left hand sweeps left—backswing.
6. Left hand sweeps right—fore swing.

5. THE PUMP FAKE

SUMMARY

6. A shooter must use a long stroke pump fake to advance the ball.
7. Women use a horizontal advancing the ball technique.
8. When the slougher stays guarding the 2-meter player the player shoots the ball.
9. If the guard attacks, ball is passed into 2-m.