

## **NO-DRIBBLE TOURNAMENT**

### **RULES:**

1. Ball must be advanced by way of the pass only.
2. Any dribble or fumbled catch becomes a turnover.
3. Teams may press full court man only.
4. 2 five minute stop time halves.
5. One time out per half.

### **ENCOURAGE YOUR PLAYERS TO:**

1. Pass and cut hard (time your cuts).
2. Screen weak side.
3. Accelerate fast break. Run the floor.
4. Catch it first (preferably, jump stop).
5. Allow plays to develop (don't play too fast).

### **DESIRABLE OUTCOMES:**

1. Increased court awareness.
2. Improved purposeful movement, spacing, communication.
3. Total team game.
4. Intelligent, clean, selfless, gorgeous, basketball.