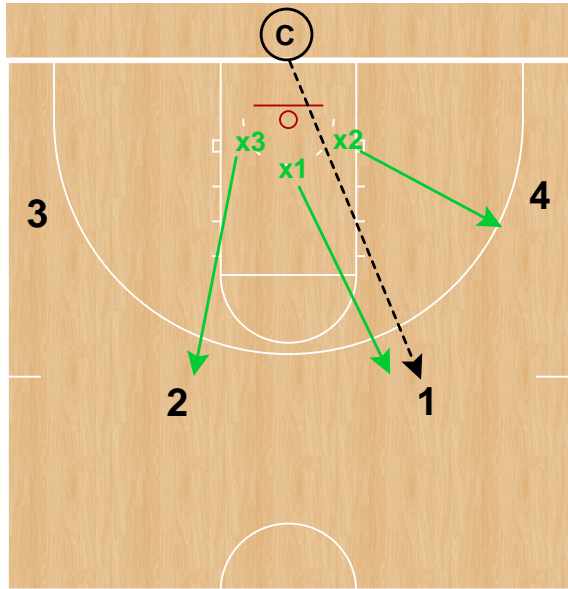


Four-Player Drills

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4v3 Scramble



Setup:

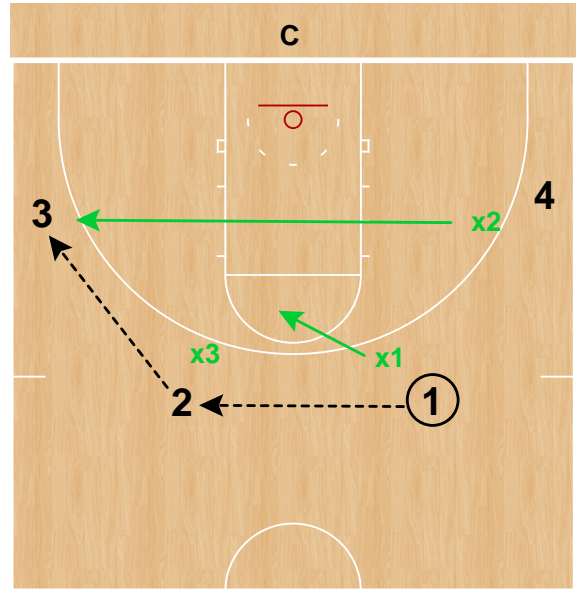
Four offensive players around the perimeter and three defensive players in the lane. Coach will pass the ball to one of the perimeter players and the defensive players have to sprint to a player and match up.

"Take the ball and the two nearest threats"

Skips are allowed

Restriction:

Offense cannot move nor dribble and must take a Big Advantage three



1 passes to 2
2 passes to 3

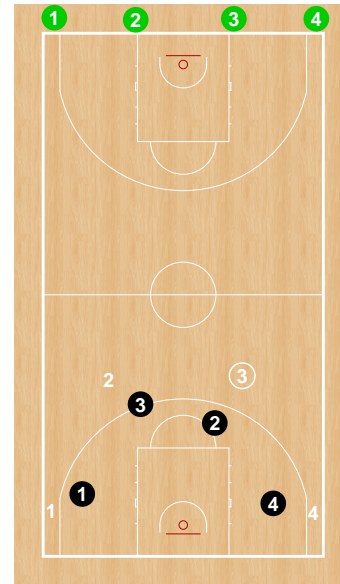
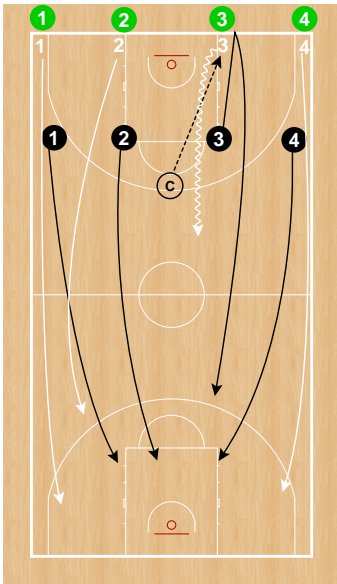
DEFENSIVE RESTRICTION:

The same defensive player can not guard two passes in a row. As the offense circulates the ball the defense must follow this rule.

Advance the drill:

Allow the offense to drive and pass only and they can only take Big Advantage three or layup

4v4 Get Back

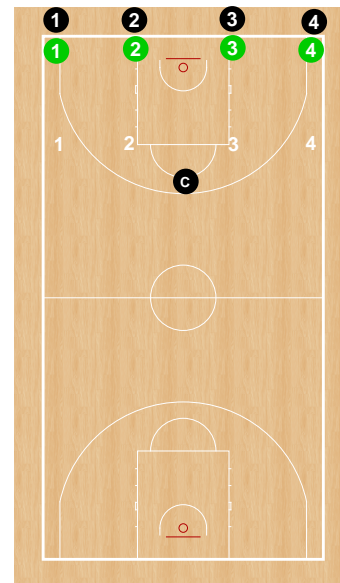
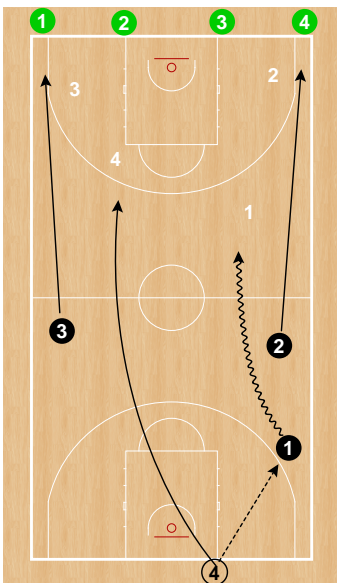


Defense - Black team lined up across FTLE
 Offense - White team lined up across baseline
 Next - Green team line up behind the baseline off the court

White looks to score with the advantage. Follow FUC rules in half court offense and play out the possession.

Coach has the ball and triggers the drill with a pass to any of the four players (white) across the baseline. The defensive player directly in front of the player receiving the pass must touch the baseline. The other defenders "get back" and stop ball and protect paint.

Offense looks to score with the advantage before Player 3 sprints back into the play.

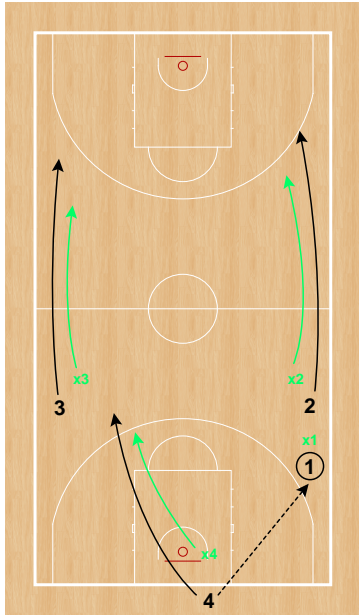


After the shot/score black becomes offense and rebounds/inbounds and transitions to the other end.

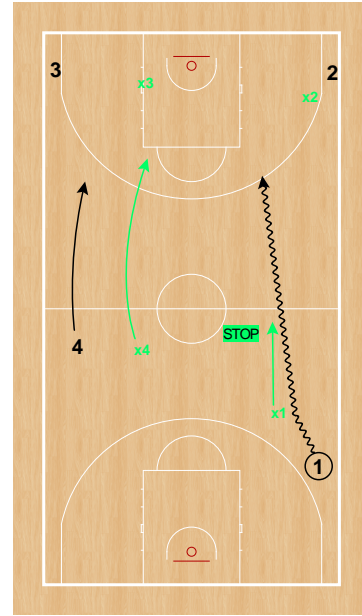
Rotate
 After that possession rotate the drill.
 Defense (black) off. Offense (white) becomes defense and Green rotates in on offense.

White becomes defense. Look for transition opportunities and follow FUC rules in Halfcourt offense.

4v4 Snow Bird

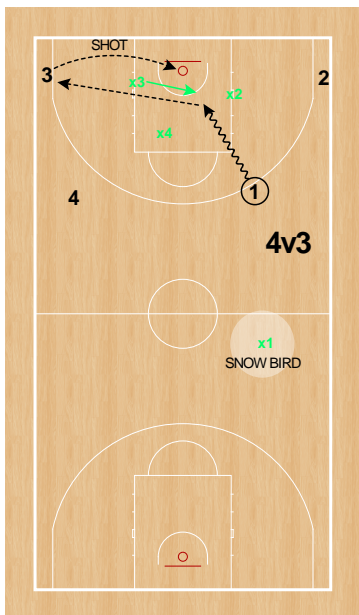


4v4 Snow Bird is run with here-there-back flow. Coach makes a layup (here) and 4 inbounds, the black team transitions to offense versus full court man-to-man



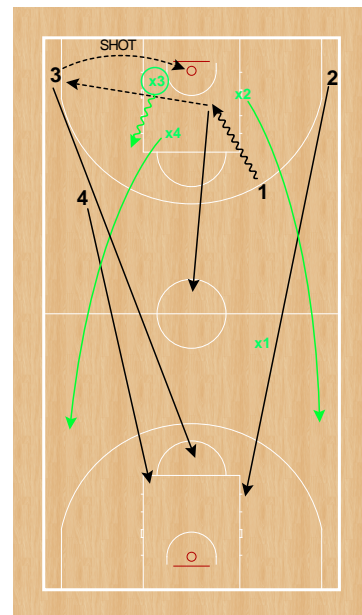
The player guarding the ball when it crosses the halfcourt line stops at the halfcourt line.

Black team continues to transition to offense with a 4v3 advantage.



With a 4v3 advantage the offense settles for nothing other than an open three or layup. (there)

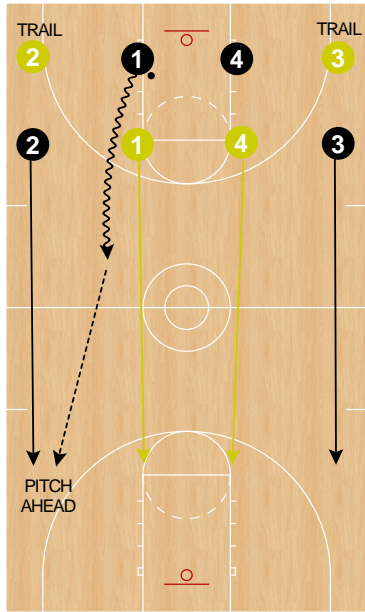
X1 remains in backcourt as the snow bird.



When green team secures rebound or inbounds, look long to the snow bird.

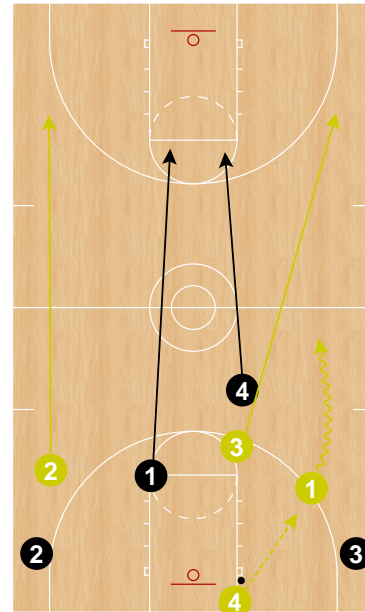
For the black team, they must transition to defense quickly so as not give up the long pass to the snow bird, get three back and leave a half back to slow the dribble. Play out the the return possession 4v4 (back)

BC 4v4



4 v 2 Advantage Start:

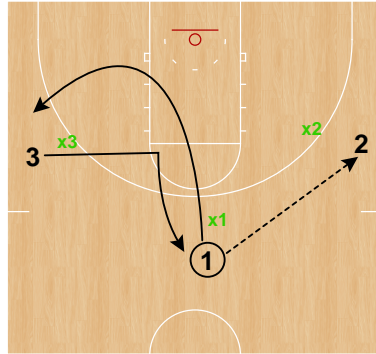
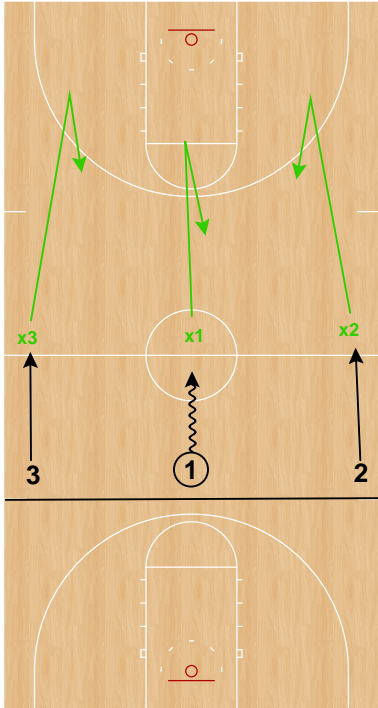
1. Black Team Attacks Looking to Pitch Ahead
2. Yellow Retreats to Defend the Rim
3. Trailers Fill in Appropriately.



4 v 4 Run it Back:

1. On a Make 4 Inbounds 1 is Outlet
2. On a Miss either Make an Outlet or Be Your Own Outlet
2. Run it Back 4 v 4

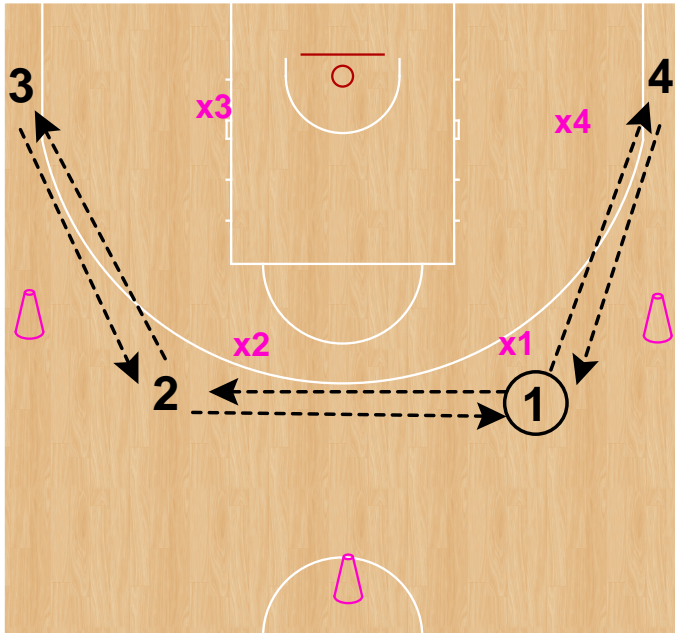
Competitive Shell 3v3 & 4v4



Once the ball is crossed over half court the offense runs the guided shell action of ...

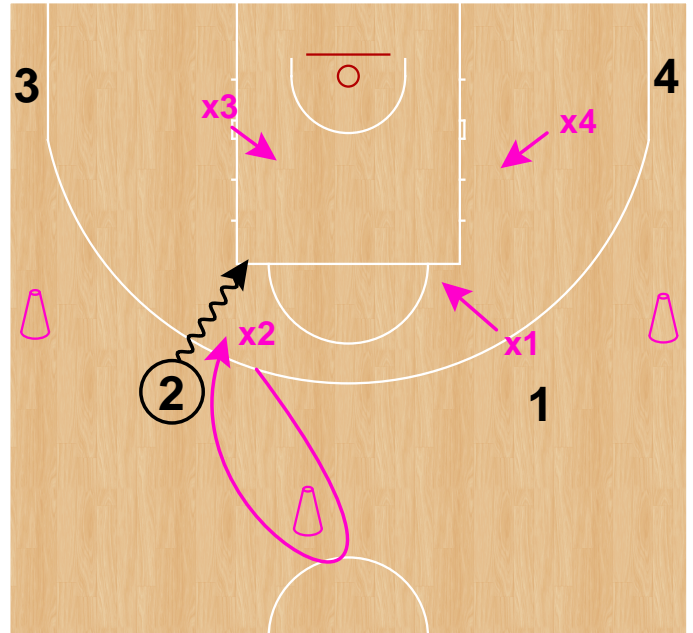
Setup: drill begins with three offensive players competing against three defensive players at the three quarter court level.

Navy Drill (4v4)



Place three cones as depicted above.

Drill begins like a shell drill with offensive players passing the ball around the perimeter and the defense adjusting their position accordingly.



On the whistle, the on-ball defender must sprint around a cone. The defense must adjust and defend 3v4 (disadvantage).

Offense looks to score with the 4v3 advantage.