

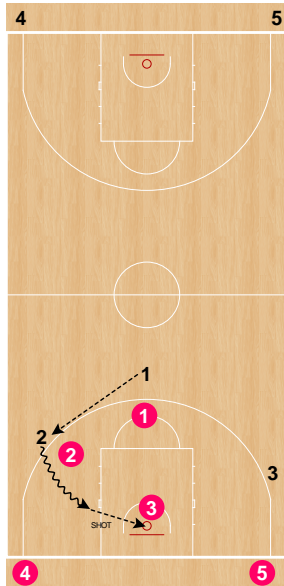
Three-Player Drills

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3v3 Full Court

3v3 Full Court Flow

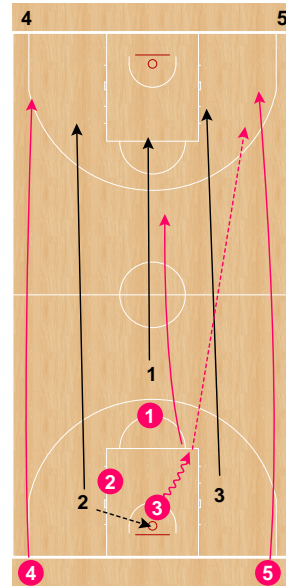


Drill begins with 3v3 live on half court. Black team on offense, Pink on defense. Black follows FUC rules looking to score.

On miss, rebounding Pink player takes two hard dribbles and looks to pitch ahead to either player 4 or player 5

On made, nearest pink player gets ball out of net and takes two hard dribbles and leads the break looking to pitch ahead to either player 4 or player 5.

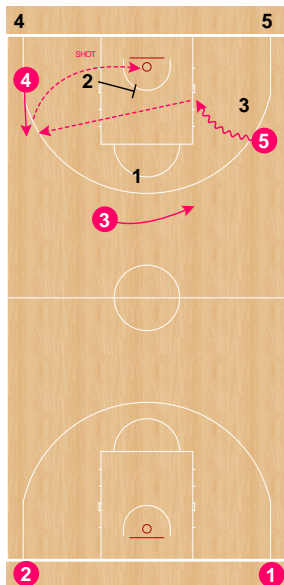
Black must convert to defense



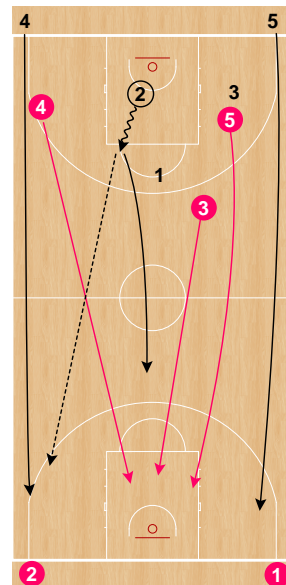
Pink 3 rebounds/gets ball out of net takes two hard dribbles if needed and pitches ahead to player 5. Pink players 1 and 2 step off the court and fill corners

Black team transitions to defense

Pink team looks to score with advantage in transition or by following FUC rules in halfcourt



Pink finds a shot using FUC rules



Black 2 gets rebound, takes two hard dribbles if needed and pitches ahead to player 4

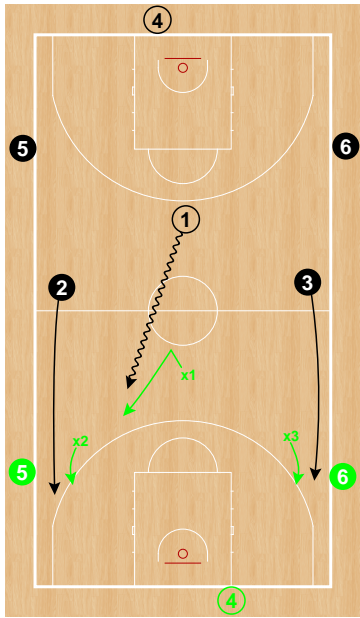
Pink team transitions to defense

Black players 1 and 3 rotate out of drill to corners

Black team looks to score with advantage then follow FUC rules in halfcourt.

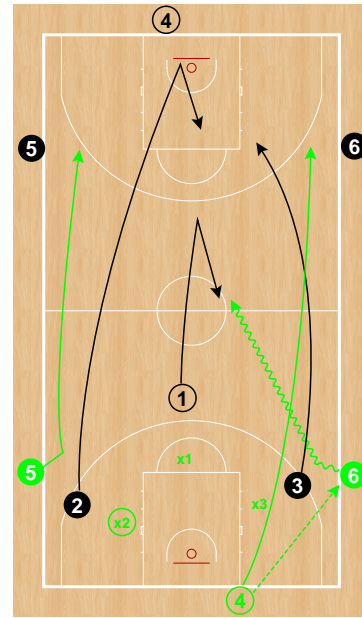
Drill can be played on a time limit or to a score limit (i.e. first team to 20 points wins)

3v3 Continuous Transition Defense



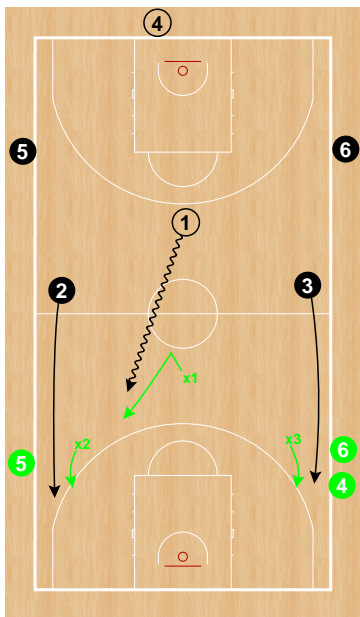
Setup 1
3v3 with Black attacking Green

Players out of the drill are setup as above with one player from each team on the baseline with a basketball.



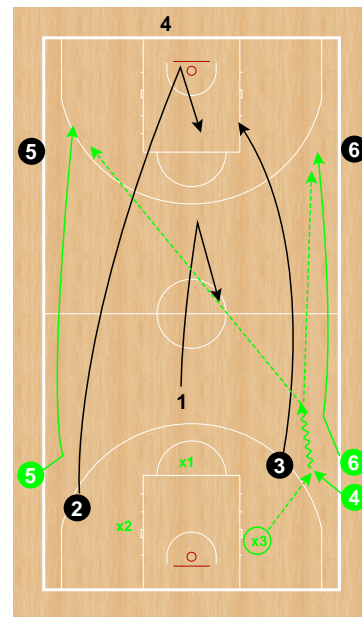
When a defender gains possession of the ball off a TO, FGM or DREB the player on the baseline with ball makes inbound pass to either teammate (Player 6 as shown)

Above X2 has rebounded and his/her team would step off. The offensive players (black) must quickly go from offense to defense. 3v3 play continues on far end, drill rotates just the same.



Setup 2
3v3 with Black attacking Green

Players out of the drill are setup as above

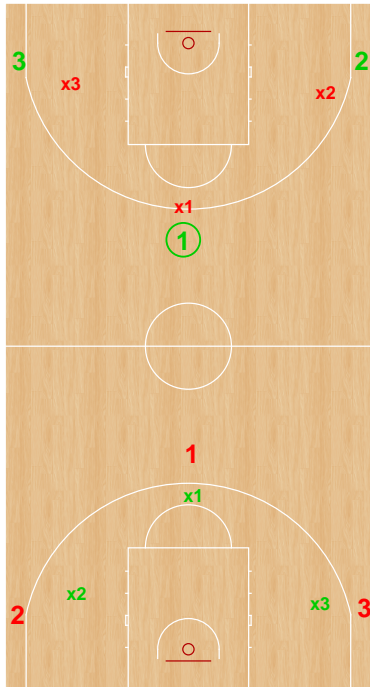


When a defender gains possession of the ball off a TO, FGM or DREB the player on the baseline with ball makes inbound pass to either teammate (Player 6 as shown)

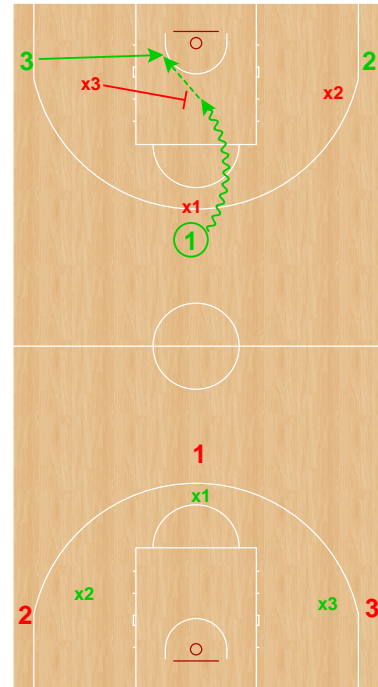
Above X3 has rebounded and makes an outlet. Then his/her team would step off. The setup allows for the pitch ahead to further challenge the transition defense.

The offensive players (black) must quickly go from offense to defense. 3v3 play continues on far end, drill rotates just the same.

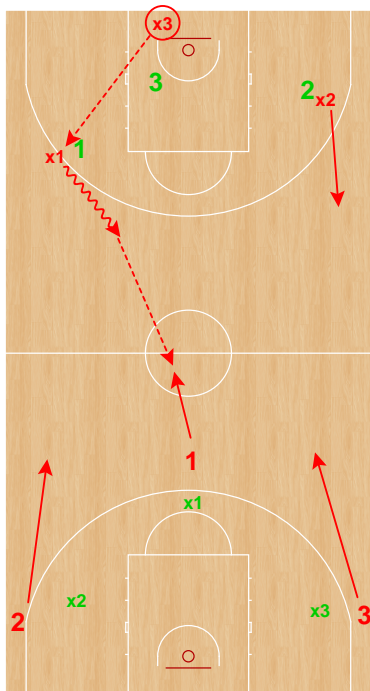
3v3 Halves



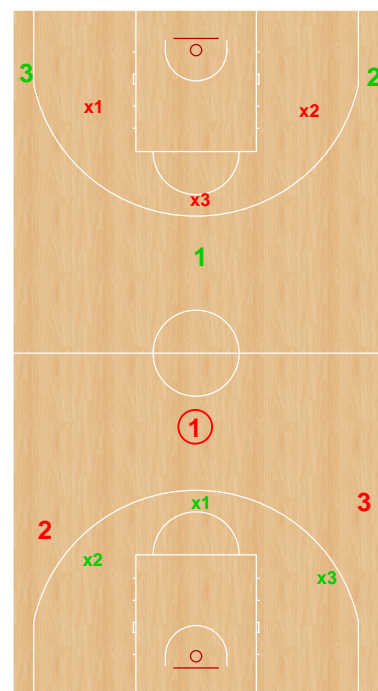
There are two teams (red and green). In one half of the court the Red team is offense only and in the other red is on defense only and the same for Green.



Green team plays out the possession following FUC rules, three player molecules or whatever offensive concepts you choose.



On inbound/rebound, Red must now get the ball to the Red offensive team on the other end. Green may pressure Red on both ends but players are restricted to their half of the court



Now, the Red group on this end is on offense. Upon gaining possession, the Green team will have to advance ball and get it to Green offense on other end

3v3 Halves

Scoring Options

1. Play for a set amount of time, eight minutes for example, and switch at the four minute mark. The Red defenders who had been playing only defense, now play only offense and vice versa. Same for Green.

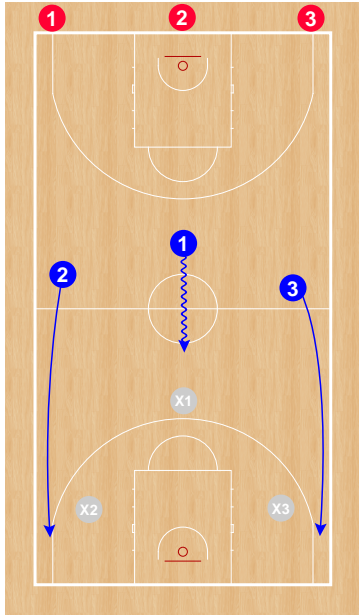
Keep total points during the 8:00 session

2. "Tennis" Scoring - The session begins at "deuce" like in tennis. If the Green offense scores, we're at ADV Green. The ball goes to other end and the Red offense scores, we're back to deuce.

If the Green offense scores and the green offense scores and the red offense doesn't, Point Green. Flip offense and defense and play by same rules.

Track points for a set amount of time.

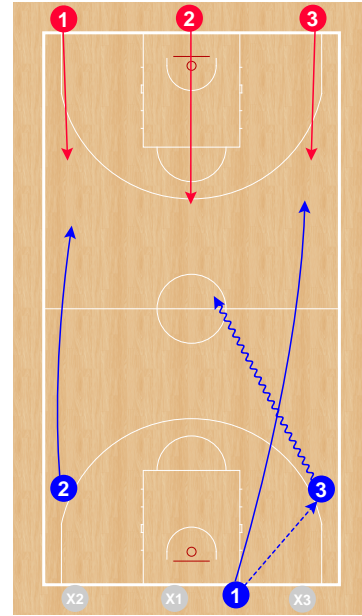
3v3 Ping Pong



Three teams (Blue, Grey, Red) of three.
 (Note: Drill may also be performed as 2v2, 3v3, 4v4 or 5v5)

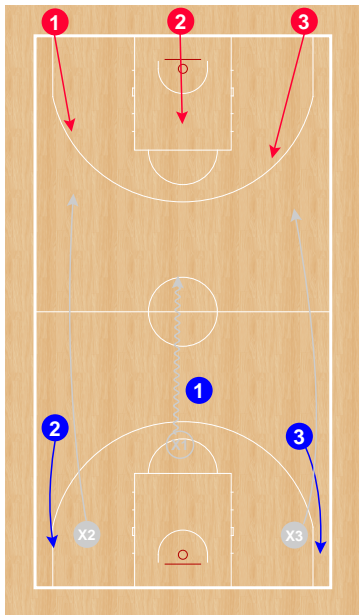
Setup: Blue begins with ball attacking Grey, Red awaits on opposite baseline.

Blue plays an offensive possession vs. Grey.

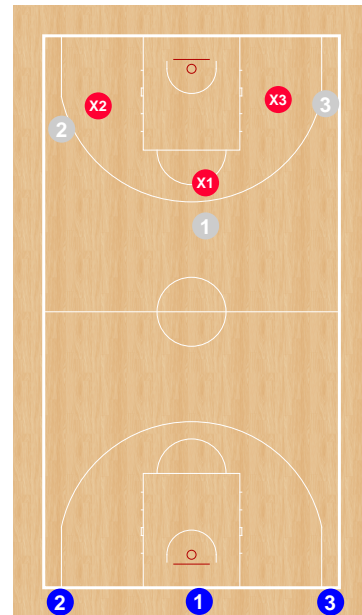


If Blue scores, they retain possession and must inbound the ball. Blue would then transition and attack Red on the far end. Grey steps off. Red steps on to defend.

NOTE: As a drill variation, coaches may allow Grey to "press" Blue up to the halfcourt line



If Grey gets a stop, they transition and attack Red on the far end. Blue steps off. Red steps on to defend.

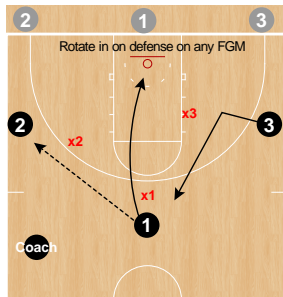


Grey attack Red and game continues as such. Red stops, they transition to far end vs. Blue. Grey scores, they inbound and attack Blue. (Optional: Red may press to halfcourt)

The action goes back and forth for a predetermined amount of time. Team with most points is winner.

If you have more players, create more trios or allow each team to have a sub(s) that rotates in whenever their team rotates out of drill.

3v3 Change



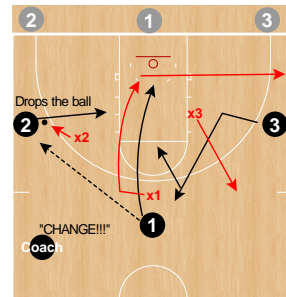
Halfcourt Variation

The contest begins with the BLACK team on offense against the RED team. GREY team is on the baseline ready to quickly rotate in on a score.

BLACK is playing 3v3 following motion offense principles looking to score. RED is on defense following man-to-man principles.

If BLACK scores, they stay and earn the opportunity to acquire more points.

NOTE: at any point during the offensive possession, an offensive player can pass to coach and get into screener/cutter action



Halfcourt Variation

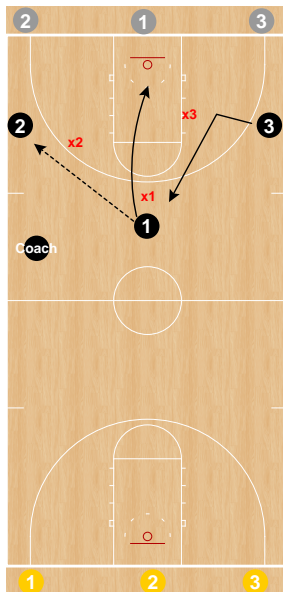
At any point during the offensive possession, COACH can shout "CHANGE!"

The offense must immediately drop the ball and convert to defense.

RULE: You cannot guard who was guarding you.

The "new" defense must talk and communicate to get the ball stopped and force the offense to work past the sudden change opportunity.

The "new" offense looks to score during the "scramble" if possible. If not, they continue to play with motion offense principles.



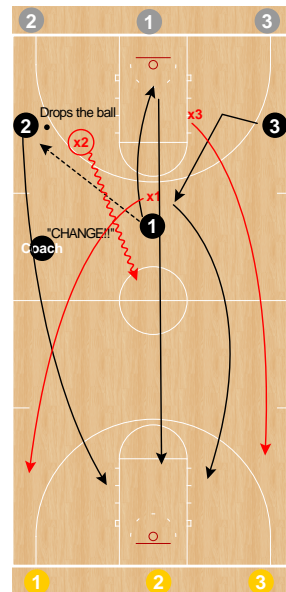
Fullcourt Variation

The contest begins with the BLACK team on offense against the RED team. GREY team is on the baseline ready to quickly rotate in on a score.

BLACK is playing 3v3 following motion offense principles looking to score. RED is on defense following man-to-man principles.

GOLD is awaiting play on the other end.

Were BLACK to score, GREY rotates in on defense. Full court action only happens on the "CHANGE!" command.



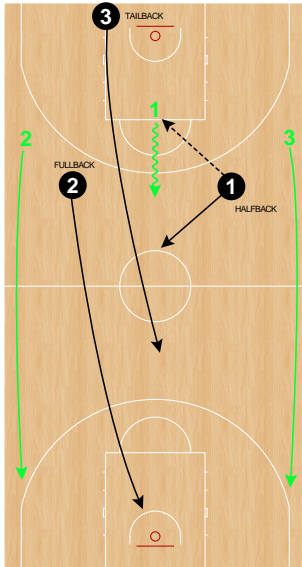
Fullcourt Variation

At any point during the offensive possession, COACH can shout "CHANGE!"

The offense must immediately drop the ball and convert to the other end for defense.

RED retrieves the ball and fills lanes attempting to convert during the scramble seeking to advance the ball into a possible numbers advantage.

3v3 Fullback Halfback Tailback



BLACK1 starts with ball in slot, BLACK2 in other slot with BLACK3 on the baseline.

BLACK1 may pass to any member of the green team.

BLACK1 is halfback and slows the ball

BLACK2 is fullback and gets to paint to protect rim and take first pass

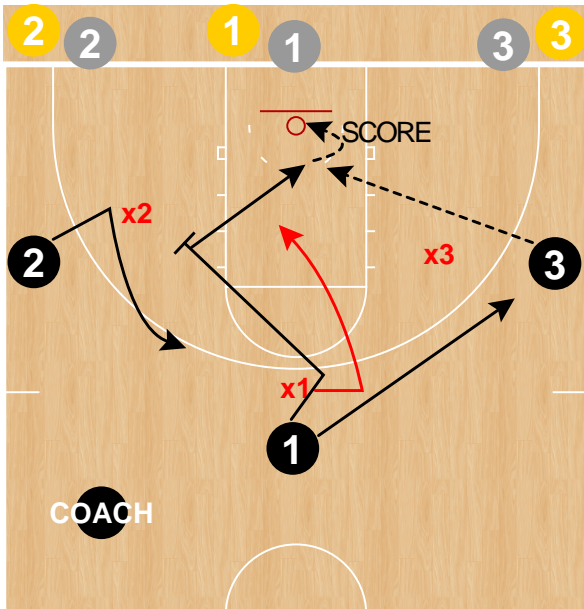
BLACK3 is tailback and must find the uncovered green player

Green may pitch ahead or attack with the dribble, but USE the 3v2 advantage while it lasts.

Play Here-There-Back with 3v3 on the return trip

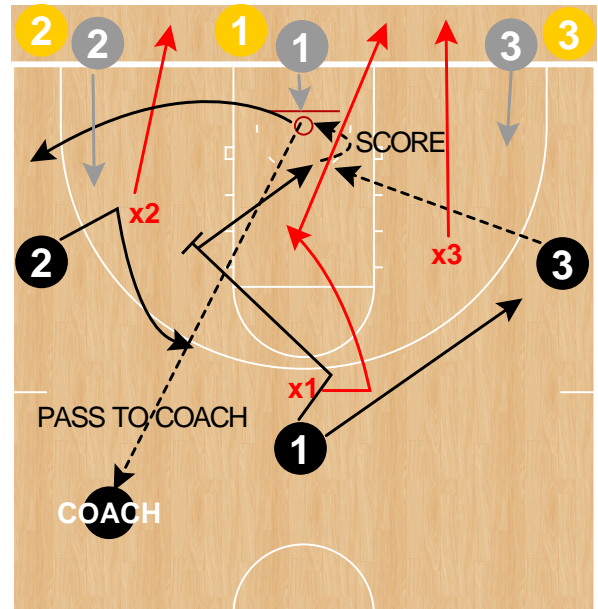
3v3 Half Court

3v3 Cut Throat



Contest begins with BLACK versus RED on the halfcourt. BLACK is playing within motion offense rules, RED playing with in man-to-man defensive rules.

If the offensive team is able to score (as shown).....

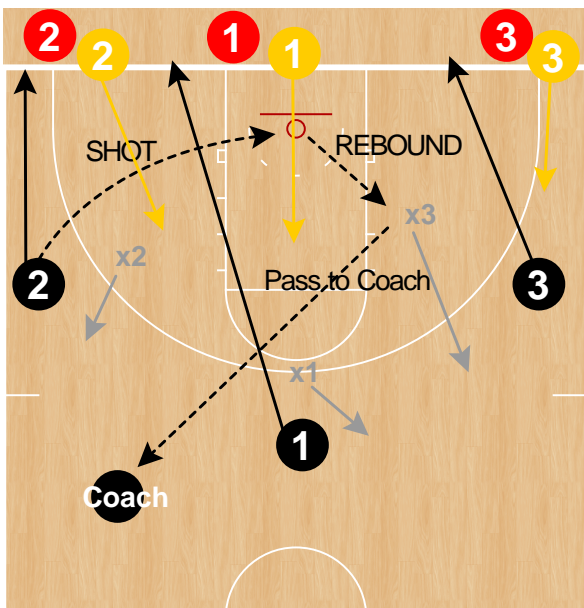


"You score, you stay."

If the offensive team is able to score (as shown).....

1. Offense clears the ball to coach and gets all three members outside the arc
2. RED rotates off behind GOLD
3. GREY rotates in on defense

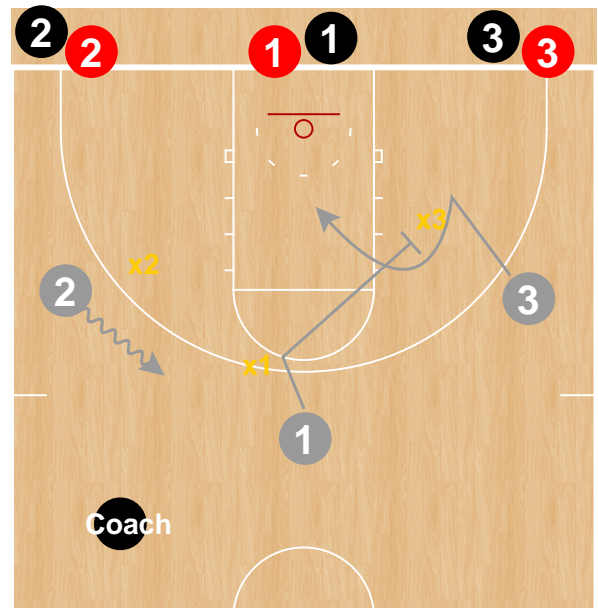
COACH can quickly passes to BLACK as soon as players clear arc and play is live.



In this frame, the offensive team (BLACK) shoots and misses. The defense (GREY) gets the rebound.

GREY must clear it to coach and quickly bust the arc. They now become offense and COACH quickly enters to them.

BLACK rotates off, GOLD rotates in on defense.



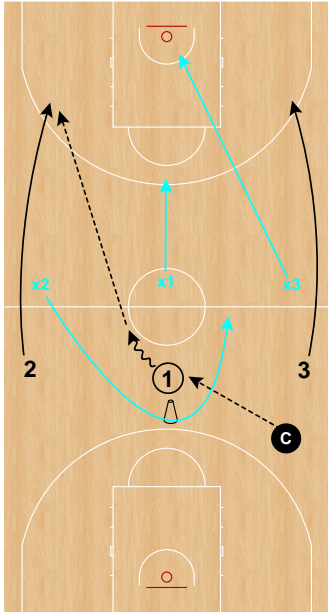
The contest continues now with GREY on offense, GOLD on defense.

Follow screening rules for motion offense and defensive principles

S-Curve all three-player teams, play for a predetermined period of time. Each team is responsible for keeping track of its point totals.

At the end of the drill, record the winning trio.

3v3 Find - Use - Create

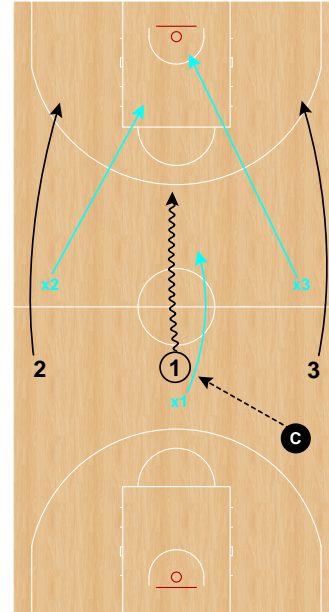


FIND

Start drill 3v3 with offensive team behind Halfcourt line and offensive team in front court

Coach passes ball to offensive player (player 1 as shown) and a designated defensive player (either X2 or X3) has to run behind the cone at half court before recovering into the play.

Objective for offense: FIND the advantage and keep it.

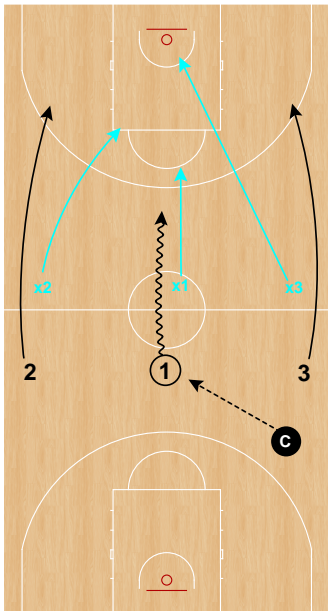


USE

Start drill 3v3 with offensive team behind Halfcourt line and offensive team in front court

In this phase, Coach passes to offensive player with defensive player behind them (player 1 as shown). X1 can recover as soon as Player 1 dribbles

Objective: USE the advantage you've been given and keep it



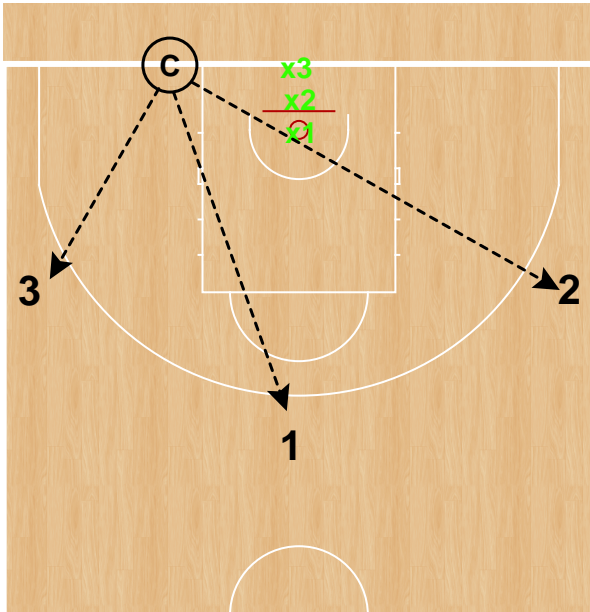
CREATE

Start drill 3v3 with offensive team behind Halfcourt line and offensive team in front court

There is no offensive advantage. Offensive team must "create" one using an element or molecule.

Go HERE THERE BACK live then reset and rotate the drill

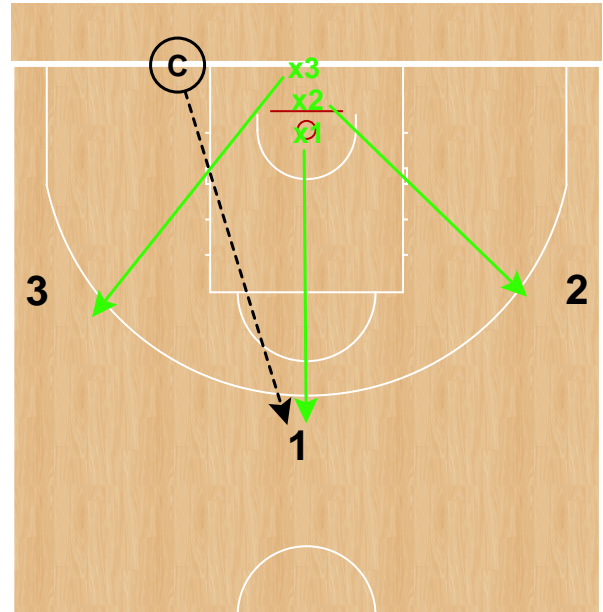
3v3 Kills



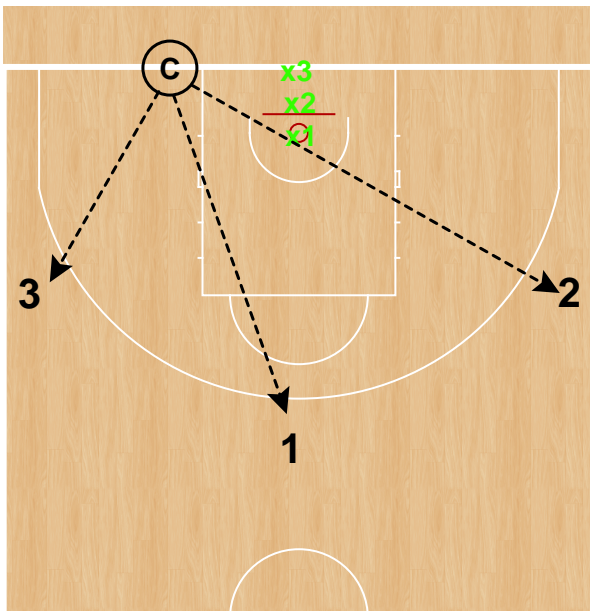
Setup: Black on Offense, Green on Defense with X1 X2 and X3 single file under hoop. Coach with ball on the baseline.

Objective: Green must get three stops in a row (kill)

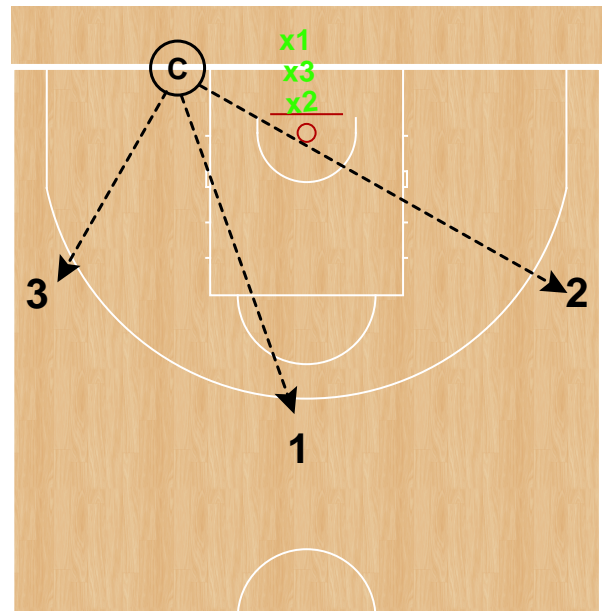
Coach begins the drill by passing to any of the three offensive players. The first player in line (X1) must closeout to the ball. X2 and X3 communicate to defend the other two players and get to gap/deny or help depending where the first pass goes.



COACH chooses to pass to 1. X1 closes out Player1. X2 and X3 sprint out to defensive positioning. Play is live on the catch.



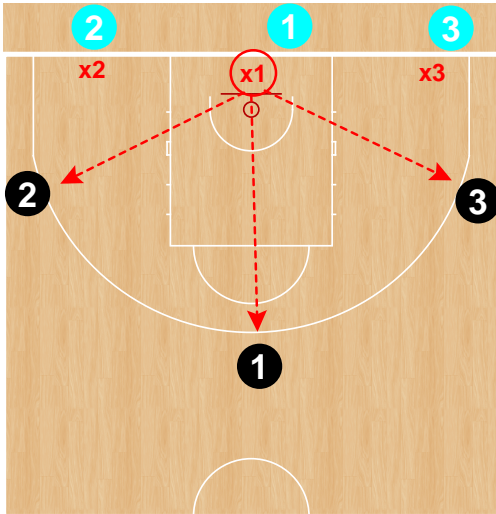
Two Scenarios:
 1) If Offense Scores - Reset the drill the exact same way. And the defense's stop count is at zero. Coach may pass to any offensive player and the drill is live on the catch. Defense must get three consecutive stops (kill)!



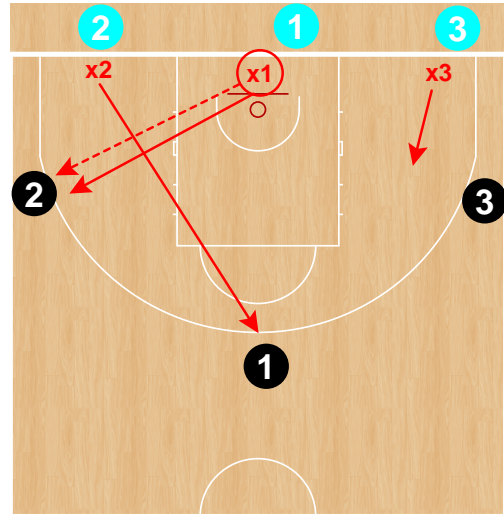
Two Scenarios:
 2) Defense gets a stop - Reset the drill but X1 rotates to back of line on defense. X2 will now closeout the pass from coach to any of the offensive players.

Continue as such until the defense gets a KILL (three stops in a row). Defense then gets to rotate to offense.

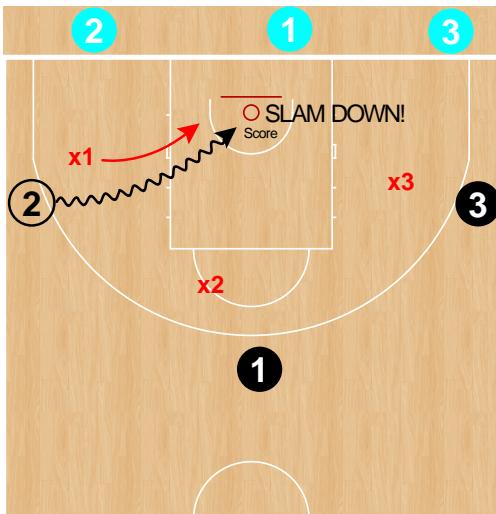
3v3 Slam Down



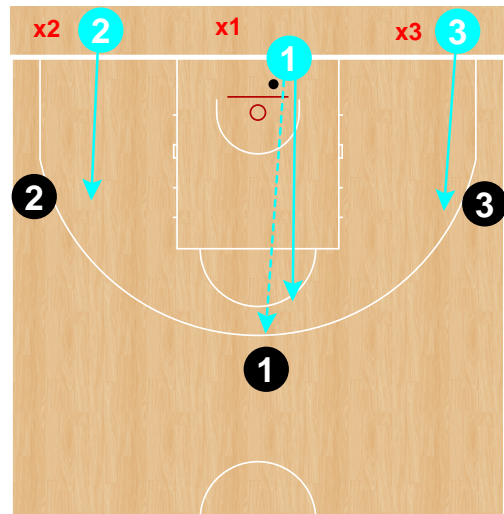
Set up:
 Create equal teams of three
 Black begins on offense, red on defense, blue on baseline
 RedX1 may pass to any member of black team.



RULE: you have to follow your pass and defend the player you pass to!
 RedX1 passes to Black2. Black team is playing with an advantage as Red is closing out. **USE** the advantage, don't hold the ball. Shot on the catch if there is space, drive or pass if there isn't.
 RedX2 and RedX3 matchup to remaining players

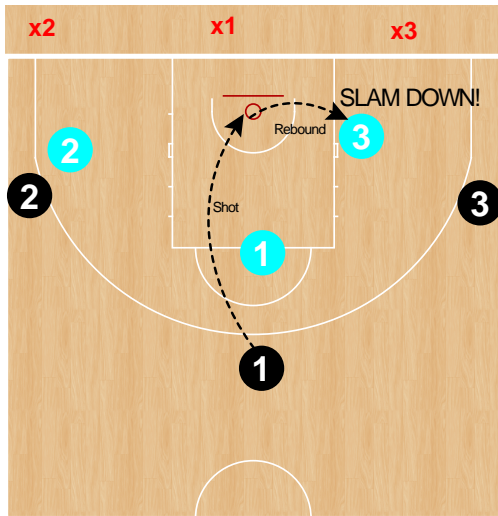


In this SSG we are counting "SLAM DOWNS"
 Your team earns a SLAM DOWN by scoring or getting a stop
 Play out the possession within offensive principles until there's a score or a stop. Offense works on keeping the advantage.
 Above, Black team scores. Any black player gets the ball out of the net and slams it down on the floor. Immediately space back out beyond the line.

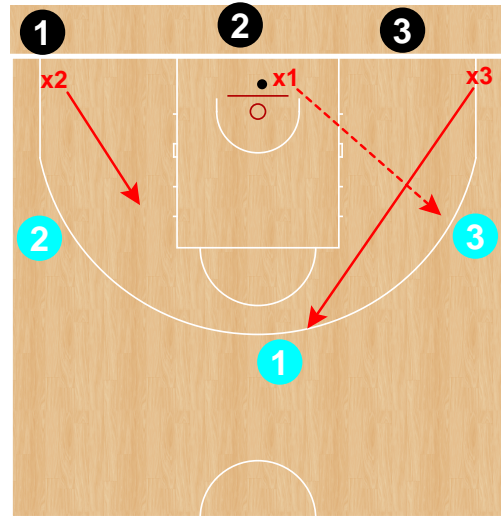


Blue picks it up off the floor and passes out to black and becomes defense.
 Remember, Blue1 may pass to any of the three black players but has to close out to the player they pass to.
 Above, Blue1 passes to Black1 and follows with closeout

3v3 Slam Down



Black shoots, misses and Blue rebounds. Blue player slams it on the floor. Each team keeps count of their own SLAM DOWNS.



Blue quickly spaces beyond the three point line
Black is off
Red picks up the ball and may pass to any Blue player

Above, RedX1 passes to Blue3 and follows with closeout

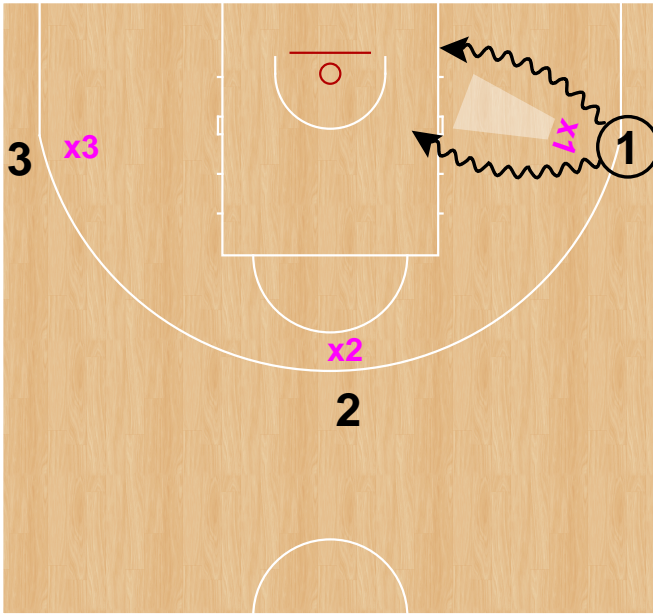
Blue uses the advantage on the catch. Play until score or stop

Scoring:

1. Play to a predetermined number of SLAM DOWNS (ex: First team to 10 SLAM DOWNS wins). Remember you earn slam downs on offense and defense

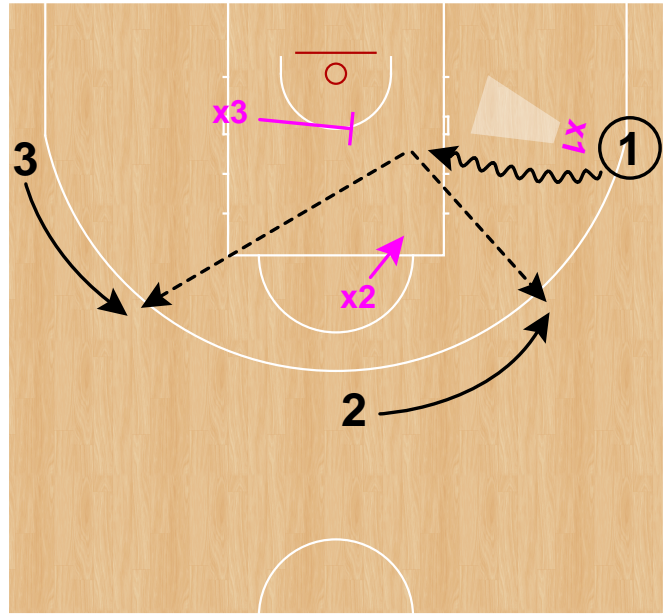
2. Play for a set amount of time. At the end of that time, team with most slam downs wins!

3v3 Handicap



3on3 starting with a handicap.
One defender starts with his/her back to the defender (X1 as shown). This creates the one-second advantage.

Notice that the other offensive players must read the penetration before they move.

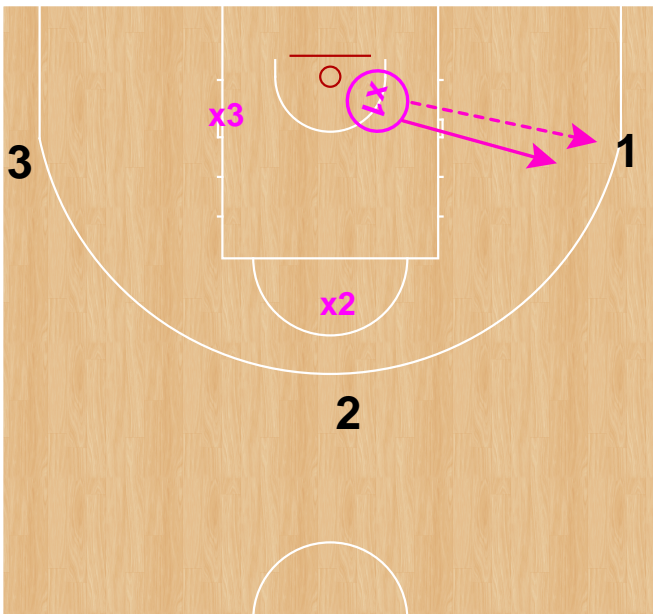


X1 has back turned

1 attacks either direction to gain a small advantage (middle as shown)

2 & 3 must make two reads: read the penetration, read your defender

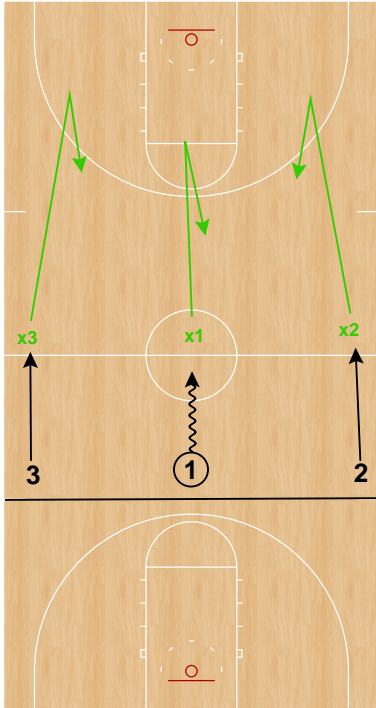
Offensive team maintains the advantage for remainder of possession following Find Use Create rules



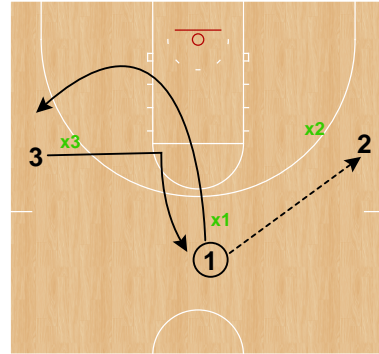
3on3 starting with a handicap.
Defender (X1 as shown) start with ball under hoop and passes out to 1. This creates the one-second advantage. Shoot or drive the closeout

Notice that the other offensive players must read the penetration before they move.

Competitive Shell 3v3 & 4v4

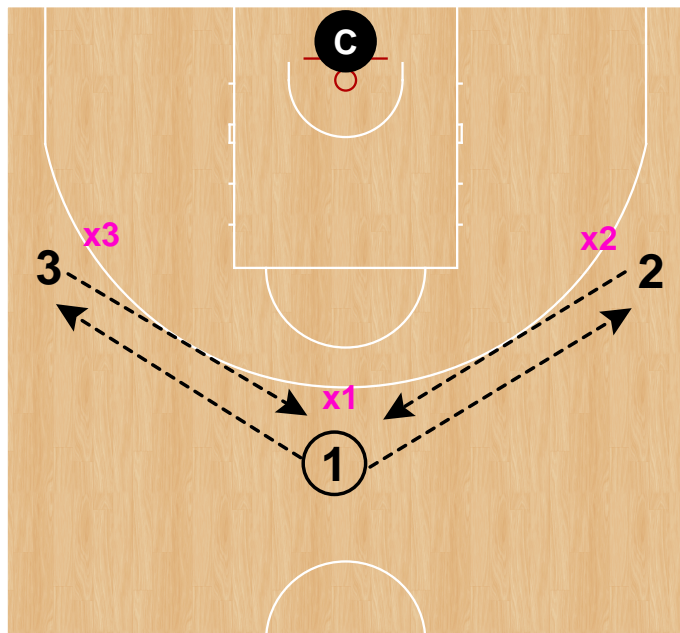


Setup: drill begins with three offensive players competing against three defensive players at the three quarter court level.

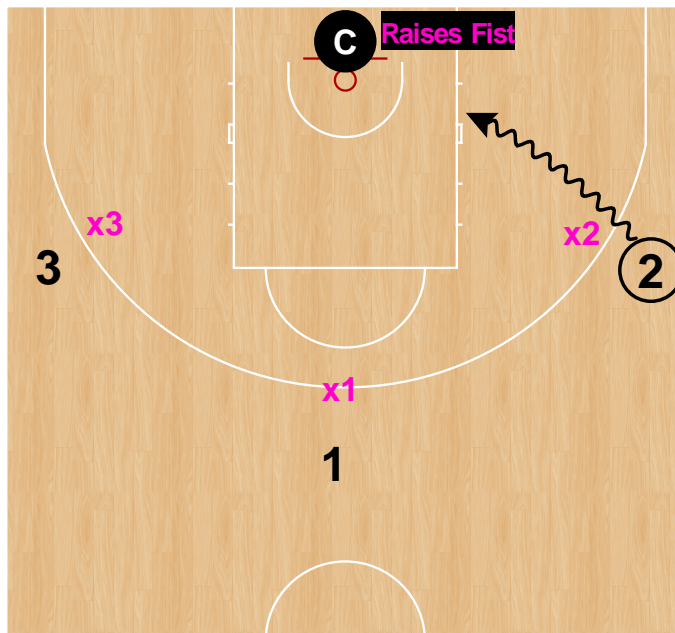


Once the ball is crossed over half court the offense runs the guided shell action of ...

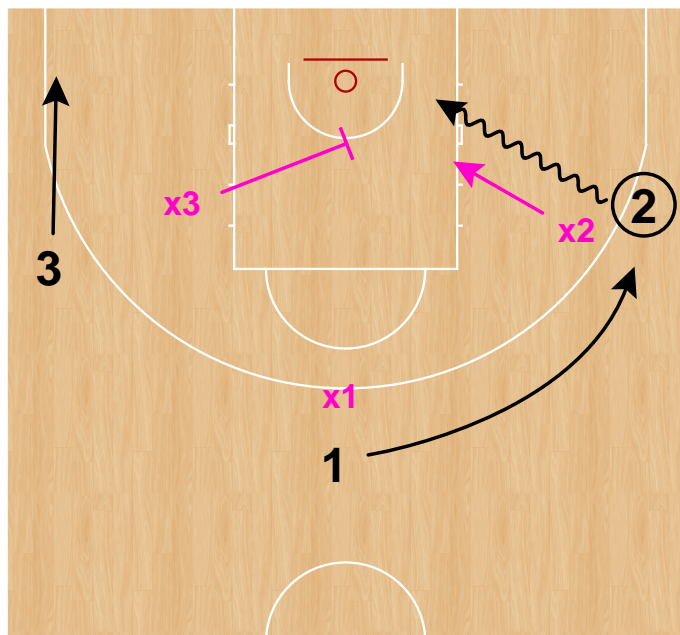
3v3 Fist



The three offensive players are passing the ball around the perimeter. The defence is in the passing lanes but does not touch the ball



When the coach raises his/her fist, this signals the player with the ball to penetrate.



The players then play 3v3 using the Find Use Create rules of play

It is suggested that you add transition to the drill. Allow the players to go 3v3 in the other direction