



3 on 3 Rotation Drill (Defence)

Drill starts in a 3 on 3 situation.

Offense has a player with the ball on the wing, 2 players without the ball on the opposite wing, and opposite post block.

The defender guarding the ball starts with their back turned to the offense, and the offense starts the ball glued to the defenders back. The defender is a 'statue' until the offensive player takes the ball off their back. It is best practise for the offense to drive baseline for the drill to work.

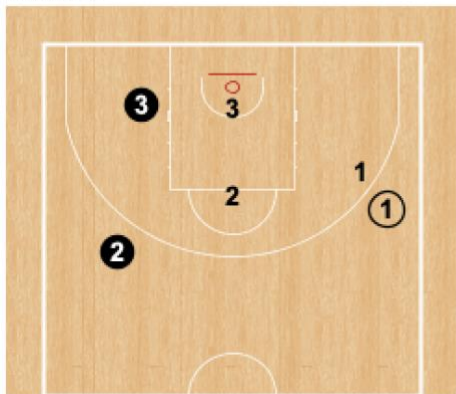
When the offense goes the drill is live, the post defender should come and 'help' on the ball, and the wing defender should 'help the helper' (crash in on the offensive post to stop an easy pass). This should force a pass to the perimeter for a lower percentage shot).

Then swap offense and defence and rotate positions.

Points Of Emphasis

- Defensive Talk "Help" "Split line"
- Defensive Rotations. Help defender (3) must meet dribble penetration outside of the key

Frame 1



Frame 2

