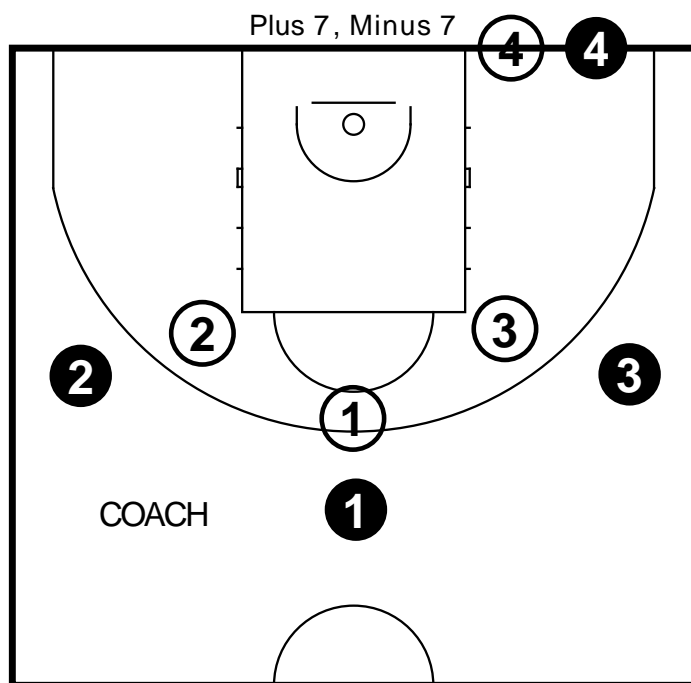


# Plus 7, Minus 7 - 3-on-3



**Plus 7, Minus 7.**

Points can be scored on BOTH offense & defense. You STEAL points off the other team by winning the possession.

3-on-3.  
Play through different situations.

### Point Scoring - O

- Score inside the key = + 2 (-2 for D)
- Score outside the key = + 1 (-1 for D)
- Offensive rebound = + 1

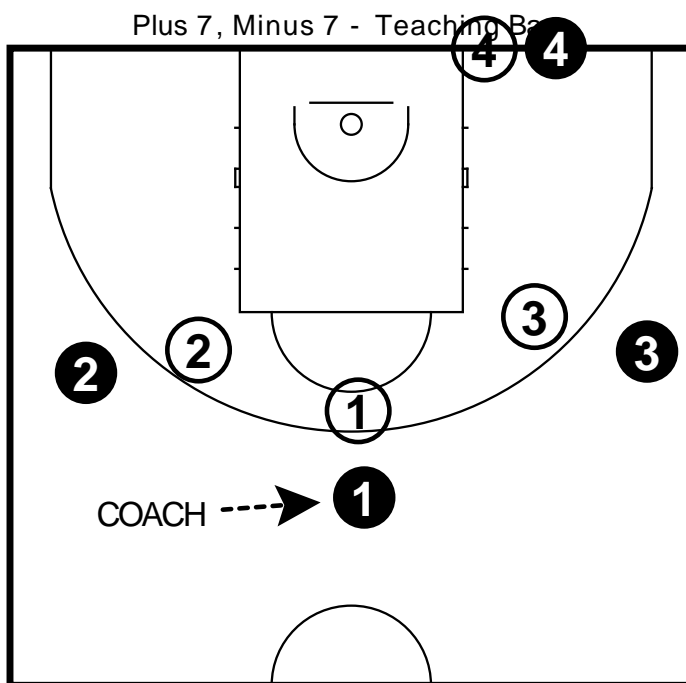
### Point Scoring - D

- Execution of rules (regardless of score) = + 1
- Steal or Block = + 2 (-2 for the O)
- Defensive rebound = + 1

### First team to + 7 wins.

If a team gets to - 7 before one team gets to +7, then they lose (punishment set by other team).

Score on O = Play O again.



**Coach starts with the ball.**

Passes to one of the O players.

### The D players MUST:

- Closeout
- Jump to their HELP positions

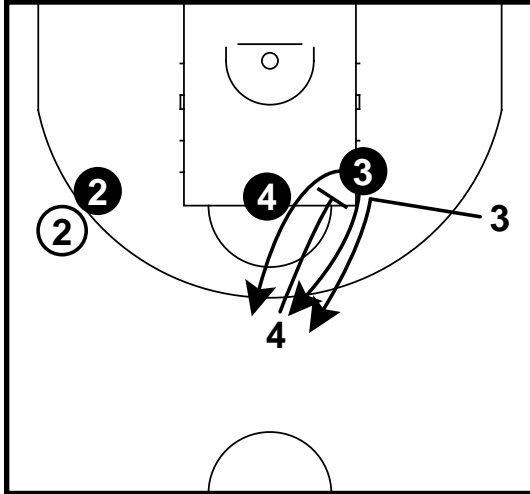
### The O players MUST:

- pass the ball to one another (holding for a 3 count so the D can adjust to the right spot) until coach blows the whistle.

On the whistle the ACTION that the coach has told the O to run MUST happen BEFORE they can shoot it.

# Plus 7, Minus 7 - Teaching Base - Pindown / Floppy Screen

Plus 7, Minus 7 - Teaching Base - Away Screen

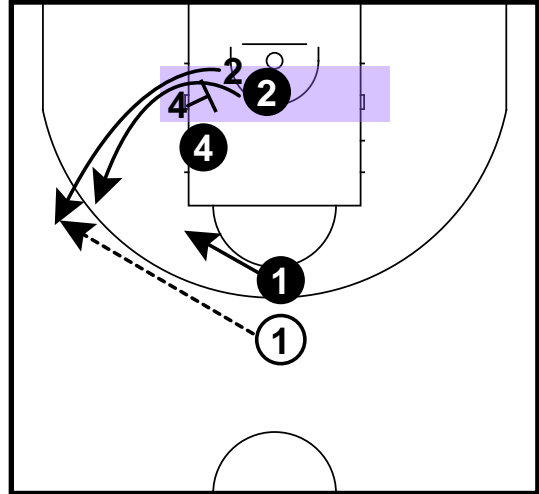


(X2) - Ball pressure - No easy passes.

(X4) - Jump to the ball in GAP position - Extend the screen - Hands high - No loose curls - Extend out on the pass.

(X3) - Fake one way & go the other - Avoid the screen - The direction you go depends on where the screen is set.

Plus 7, Minus 7 - Teaching Base - Pindown / Floppy Screen



(X2) - Lock in to O2 - Be physical - Force him wide off the screen (BLOW IT UP).

### If Separation

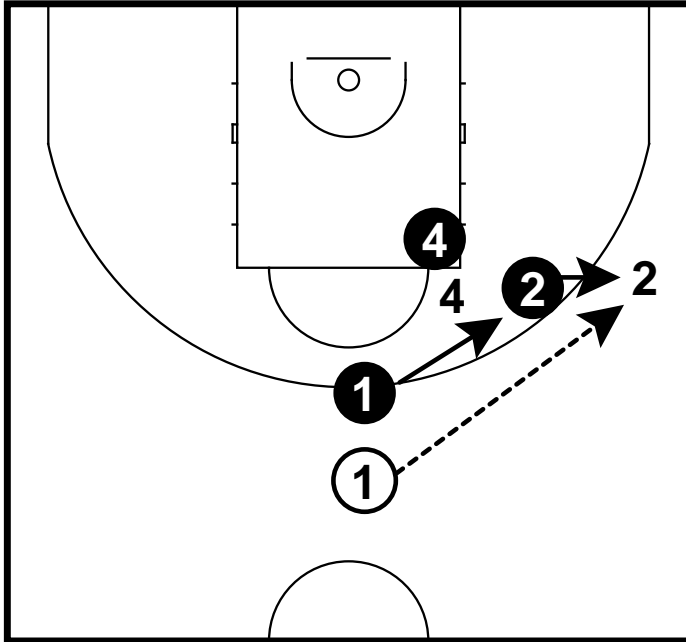
Fake one way go the other.

(X4) - Extend screen - No tight curls - Hands High.

**DO NOT GAMBLE**

# Plus 7, Minus 7 - Teaching Base - UCLA Cut #2

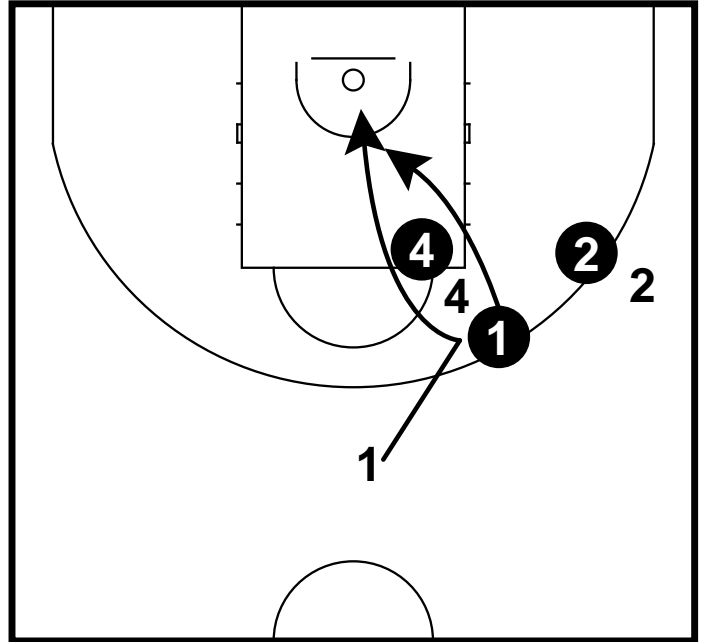
Plus 7, Minus 7 - Teaching Base - UCLA Cut #1



(X1) - Jump to the ball with pass - GAP.

(X2) - Jump to the ball with pass - Ball pressure - No baseline drive.

Plus 7, Minus 7 - Teaching Base - UCLA Cut #2

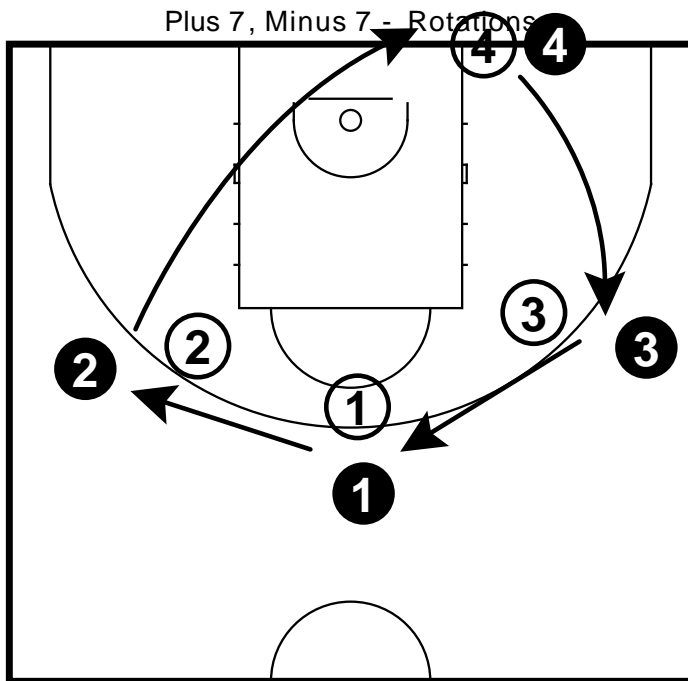


(X2) - Ball pressure - No direct pass inside - No baseline drive.

(X1) - If separation: Get around screen - Hands high - DON'T GET SCREENED.

(X4) - Hands high to disrupt pass.

# Plus 7, Minus 7 - Rotations



## Rotations

At the end of the drill all groups move one pair around.