

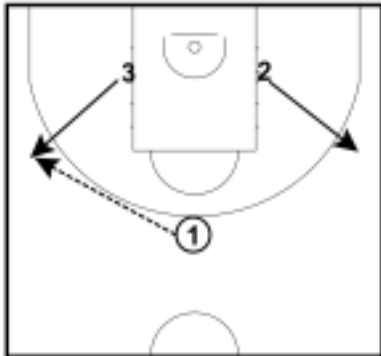


DRILL OF THE WEEK

“3 on 0 Pass & Basket Cut”

DRILL PURPOSE

This Drill is used to develop moving without the ball, timing on cuts, cutting technique as well as correct floor spacing. San Antonio Spurs Head Coach Gregg Popovich recommends using this as a warm up at all training sessions to develop player rhythms in the half court.



INSTRUCTIONS:

- Drill requires only one ball and a minimum of three players
- 2 & 3 lead out simultaneously to the wings
- 1 chooses a side and delivers a pass
- 3 catches ball and squares up to the rim in triple threat

- 1 leads man away from the ball then makes an explosive basket cut back to the ball
- 3 pump fakes the cutter to show respect
- 2 walks their imaginary defender down and cuts to the point
- 3 kicks the ball to the 2 who squares to the basket in triple threat



- 1 empties out to the right side low post
- 3 walks down to the low block
- 3 & 1 simultaneously lead to the wings
- 2 delivers ball to the 1 who squares to the basket in triple threat

This drill continues for a time period or pass target

POINTS OF EMPHASIS:

Coaches must be pedantic that players perform every facet of the drill as instructed for the duration. As time passes, players generally will take short cuts as they would in a game. This is as much a drill of mental strength and building good work habits as it is the development of a skill.

Note: The drill does not need to be performed fast; it needs to be performed correctly and with intent