

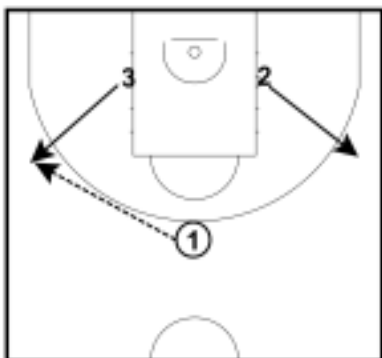


DRILL OF THE WEEK

“3 on 0 Pass & Screen Away”

DRILL PURPOSE

This drill is used to develop timing on cuts and screens, cutting technique, screening 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

- 2 walks their imaginary defender down
- 1 sets the away screen for the 2 the hooks to the ball
- 2 cuts hard to the point
- 3 kicks the ball to the 2 who catches the ball and squares to the basket in triple threat



- 1 cuts out to the wing
- 2 delivers ball to the 1 who squares to the basket in triple threat
- 3 walks down to the low block
- 2 away screens for the 3
- 2 hooks to the ball
- 3 cuts hard to the point

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