

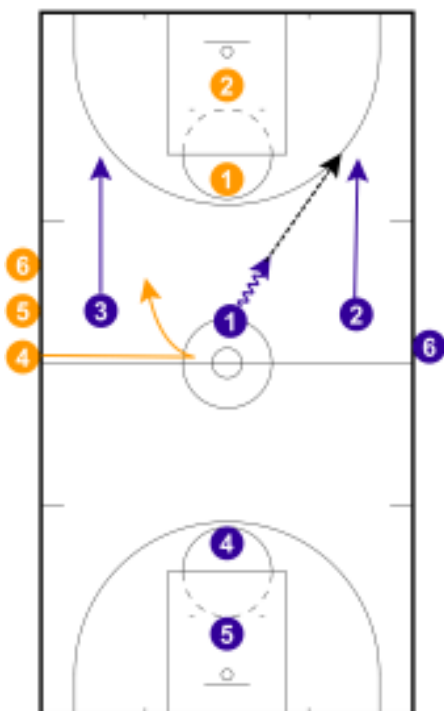


# DRILL OF THE WEEK

## “THREE ON TWO + 1 TRANSITION DRILL”

### DRILL PURPOSE

This is a drill that emphasises the need for players to take advantage of scoring quickly whilst having a 3 on 2 advantage or holding up the ball defensively 2 on 3 until help arrives.



### INSTRUCTIONS:

1. Drill requires two teams, minimum of 5 players each
2. Blue starts on offense with three players in the middle of the floor with a basketball
3. Two Orange defenders with a third defender ready to join the scrimmage at half court
4. As soon as the ball crosses half court, third Orange defender must get a foot in the middle circle then join the fray
5. Blue should try to score whilst they have the 3 on 2 advantage
6. If Blue score, Orange take the ball out of bounds and blue can defend the half court
7. Orange advance the ball and take on Blue at the other end 3 on 2
8. As soon as the ball crosses half court, third Blue defender must get a foot in the middle circle then join the fray
9. Continue drill until basket target or time dedicated to drill lapses.

### POINTS OF EMPHASIS:

1. Defense must communicate "ball" and "first pass"
2. Offense must attack through the elbows creating safe passing angles
3. Third trailing defender must work hard to join the contest.