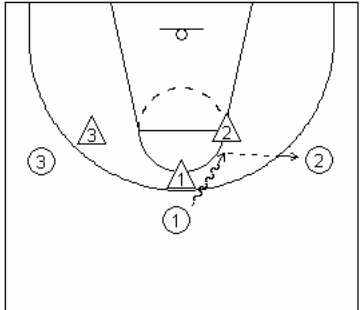
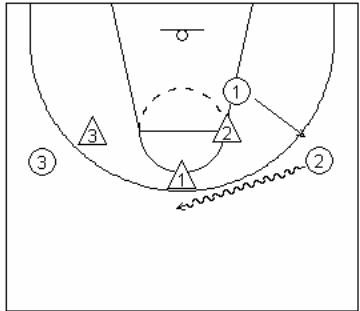
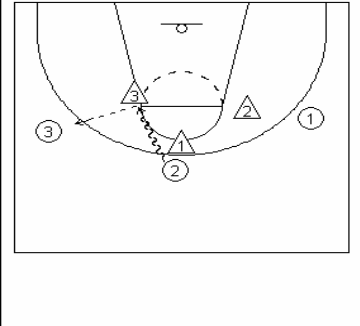
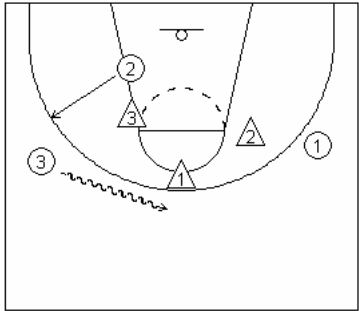


Drill Outline – 3 on 3 Drive and Kick

| Drill Name: 3 on 3 – Drive and Kick Drill | |
|---|--|
| <p style="text-align: center;"><i>Purpose</i></p> | <p>The purpose of this drill is to teach players to attack the defence off the dribble to draw help defence, and push pass to the wing shooters.</p> |
|  | <p>Offensive player 1 drives at defender 1 attacking their hip (Shoulder to hip height).</p> <p>Defender 2 will need to hedge to stop the dribble penetration.</p> <p>If defender 2 does this correctly offensive player 1 push passes the ball to offensive player 2.</p> |
|  | <p>Offensive player 1 cuts through and out to wing. Offensive player 2 dribbles back to the top.</p> |
|  | <p>When back at the top 2 squares up and attacks opposite side and passes to offensive player 3.</p> <p>Again Defender 3 must hedge to help and recover back to the wing.</p> |

| | |
|---|--|
|  | <p>Drill continues till everyone has been through the top.</p> <p>Once both O and D have gone through, make the drill live.</p> |
| <p><i>Transition and rebounding element</i></p> | <p>Once live the defensive players must box out on each shot and fast break to the other end.</p> |
| <p><i>Scoring and timing system</i></p> | <p>Once live; Offensive gets 1 point if dribble attacker beats the help D and gets to the rim for a lay-up. 2 points for a made jump-shot of the kick out pass. In transition if Defenders can force a turn over before the half they get a point, and if offence scores at other end they get a point.</p> |
| <p><i>Player Cues</i></p> | <p>On ball D: Ball Help D: Helps here</p> |
| <p><i>Coaching Cues & Key Teaching Points:</i></p> | <p><u>Offensive:</u> Shoulder to Hip: The height that offence should be targeting to go by the defender. Hands ready: Target hands for the shooters on the wings to receive the pass. Explosive first step: Quick and low first step Catch and shoot: Players should be in triple threat to catch and shoot the ball quickly. <u>Defence:</u> Hedge: Help and recover Close out: Get out to the shooter, Hands up, quick feet movement, low stance Box out: Players must find their man, make contact and move to receive ball.</p> |

Submitted by Dave Mackay