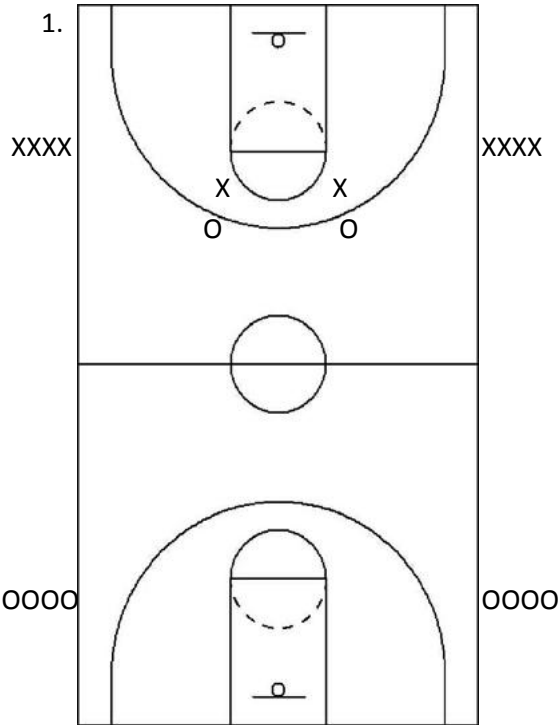


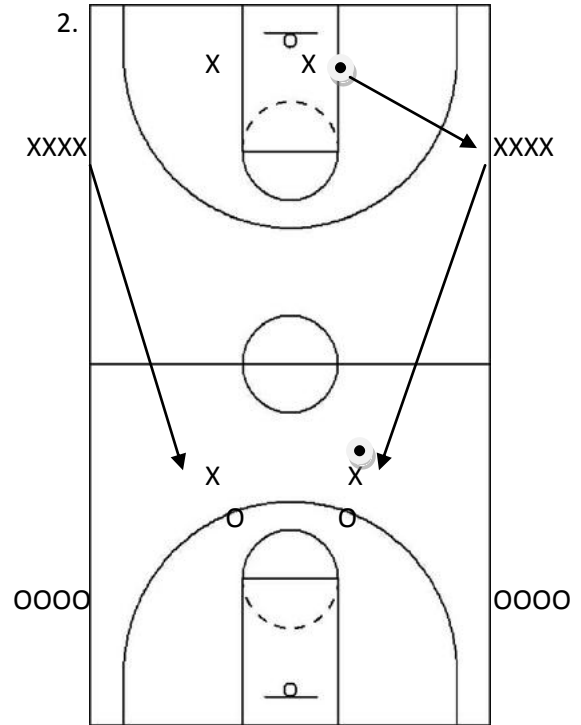
2 on 2 Continuous and 3 on 3 Continuous



O's are on offense – X's on defense.

Play 2 on 2 – foul = 2pts. If O gets rebound, keep playing.

Go from offense, back to defense, then out.

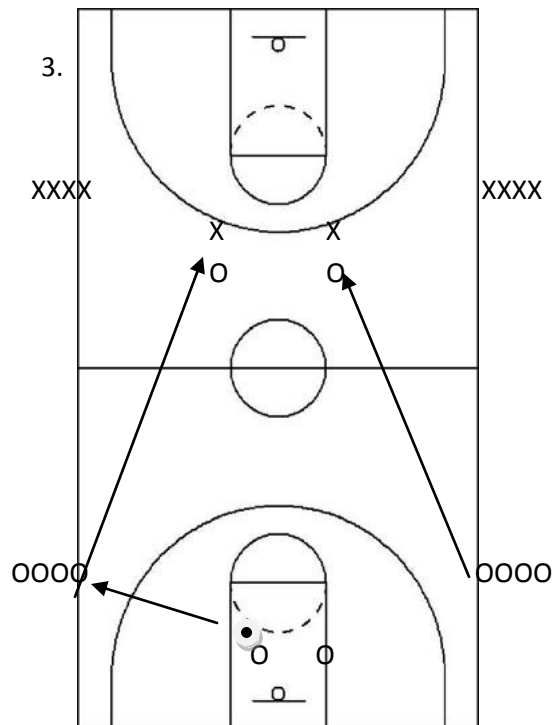


When X gets rebound, outlet it, and join back of line.

X with ball dribbles up, other outlet line joins.

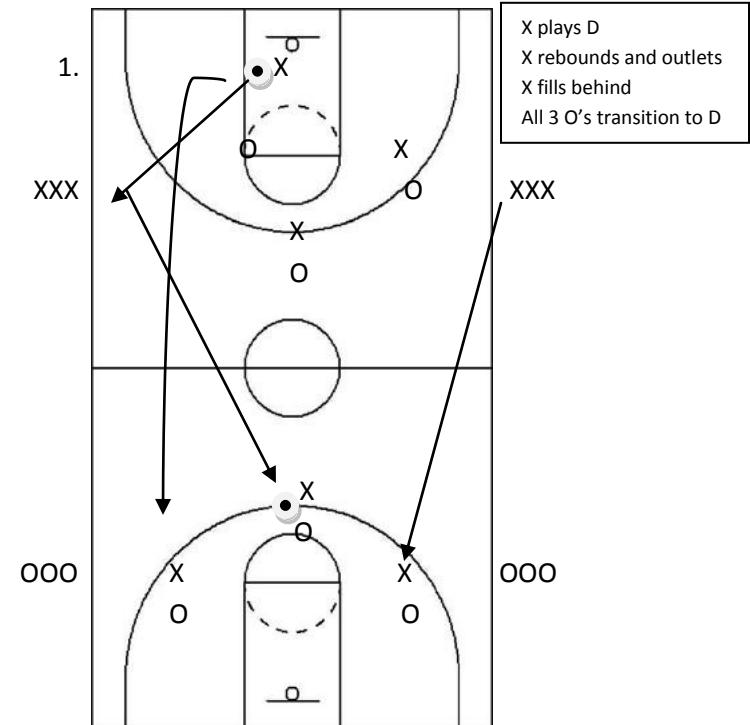
After O missed shot, they run back to play D.

3 on 3 Continuous



O gets rebound, outlets it.

X transitions back to defense.



3 on 3 is the same as 2 on 2 except:

Defense who gets possession of ball (i.e. rebound, steal). outlets it, and is the 3rd player going the other way, along with each outlet line.

2 on 2 Continuous and 3 on 3 Continuous

Primary Break Concepts

3 on 2

- Ball in the middle of floor.
- Get front defender to guard you.
- Wings run a good angle; Don't float to baseline, it's a bad shot in transition.
- Do not over pass; It's the number one mistake made on primary break; We should get a great shot after 1 easy pass, certainly no more than 2 passes.
- If it's a good shot in our ½ court offense, it is a good shot in a 3 on 2 situation.
- Do not throw the ball away trying to thread the needle on a wing to wing pass; Jump stop and pass back to the point for a shot if you don't have one.

2 on 1

- Split the floor; Ball on a side: NBA rail.
- Each player on a rail.
- Get ball to best handler ASAP.
- Get defender to play you if they don't dribble to block and jump stop and score lay in or drop to open player.
- If you don't have the ball, stay on rail so 1 player can't guard both you and the ball at basket.
- Stay slightly ahead or behind ball to make it an easier pass to you.
- We want lay ins or possibly open 3 from right player; Must be a special 3 point shooter.
- No mid range jump shots on 2 on 1.

Drill:

- 2 on 2 on 2 Continuous
- 3 on 3 on 3 Continuous

- We don't like drills like 3 on 2 -2 on 1 or '3 on 2 Blitz' because the defense stands back waiting on you. It's not game-like.
- Also, we like the drills listed above because they teach defensive transitions. You go from offense, to defense, then out- not the other way around.
- Scoring situations are very game like in these drills.