

# “Utilizing the 3-pt. shot in your Offensive System”

## **Presenter information:**

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## **Presentation objectives**

1. Concepts to consider regarding using the 3-pt. shot.
2. Drills to build players (and coaches) confidence in shooting the 3-pt. shot.
3. Ways to incorporate the 3-pt. shot into all 7 facets of offense listed below.
4. Special situation set plays.

## **Background**

For the past five seasons, King’s College has been one of the top 3-pt. shooting teams in the country in collegiate women’s basketball. During the two seasons from 2006-08, we averaged 7.9 makes per game (ranking us 3<sup>rd</sup> out of 420 Division III schools, and 9<sup>th</sup> out of the 1,000+ NCAA teams), while shooting 35% from the arc. A shooting percentage of 33.3% from outside the 3-pt. arc equates in production to shooting 50% from inside the arc, so we believe that the 3-pt. shot can be the most effective offensive weapon in basketball.

## **Our offensive system**

As with everything in the game of basketball, our ideas regarding our 3-pt. offensive system are not original; what is unique is how they have been arranged. Our belief is that when practiced properly, and utilized at the appropriate time, the 3-pt. shot maximizes a team’s offensive production. We utilize the 3-pt. shot in all facets of our offense, and with all five players on the floor. These points are what make our attack different than traditional offensive systems. We believe that any team can utilize the 3-pt. shot in half-court offense, but to maximize the production of an offense, you must be able to successfully use the 3-pt. shot in all facets of the game, including:

1. Half-court man-to-man offense
2. Half court zone-offense
3. Traditional fast break & Sideline fast break
4. Press break offense
5. Quick hit plays
6. Sideline inbounds play (SIB)
7. Baseline inbounds play (BIB)

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## **Concepts and Thoughts**

1. Thought: “A wide open 3-pt. shot is better than a contested 2-pt. shot”.
2. Thought: “A 3-pt. shot is just a slightly longer FT attempt”.
3. Create and take stand still shots.
4. Transition: get shots for players in front of the break and for the trailer.
5. Utilize flair screens.
6. Utilize Pick & pop action.
7. Utilize Screen-the-screener action.
8. Utilize “Inside-Out” basketball with your interior and perimeter players.
9. Run your favorite set play as a SIB or BIB.
10. Shooters must be good screeners to create help-and-recover situations.

## **Coaching Points**

1. Form shooting: hold the follow-thru for balance.
2. Rhythm shooting: the passer starts the shot.
3. Passing & catching: target hand in the shooting pocket, hit the target.
4. Footwork: Quick-stop vs. 1-2 Footwork.
5. Proper floor spacing.
6. Have 3+ shooters on the floor at all times.
7. Make the additional pass.
8. Impact of the shot clock.
9. “Dagger” 3’s: made 3-pt. shot off of an OReb, or at the end of the shot clock.

## **Drills**

1. 5-spot shooting (*attached*).
2. “W” shooting (*attached*).
3. 5-on-0 transition.
4. Progressive Fastbreak.
5. Olympic shooting.
6. 3-player shooting (5 minute drill).
7. Breakdown shooting drills for your offensive sets.

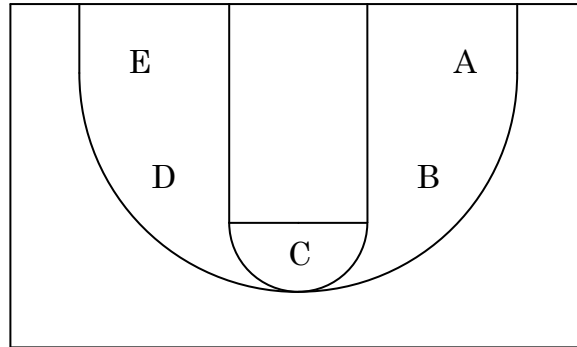
## **Set-Plays**

1. “1-4 High” (*attached*).
2. “3” (*attached*).
3. “Box” (*attached*).
4. “15”.

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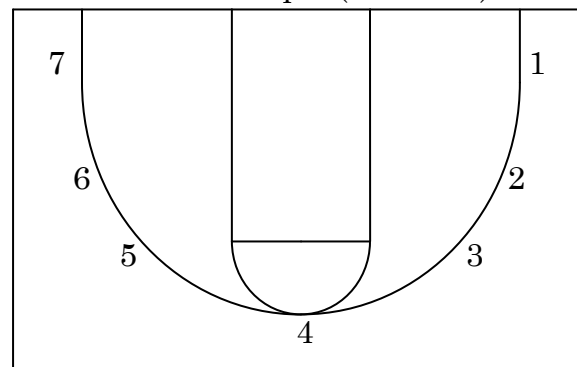
### **5-spot shooting drill**

3 players (1 shooter and 2 rebounders) and 2 basketballs are needed. Shooter begins at location ‘A’, located 15’ from the basket on right baseline. The other two players are rebounders/passers for the shooter. They begin in the lane, and each with a ball. At the start of the clock, one of the non-shooters passes to the shooter. The shooter will remain at location ‘A’ until she has made five shots. After the fifth made shot, she immediately sprints to location ‘B’, and makes five shots. This process is repeated at locations ‘C’, ‘D’, and ‘E’ until the shooter makes all 25 shots or until the clock runs out. Each player will take one turn at shooting at locations ‘A-E’, and then each will take one turn shooting in the reverse direction ‘E-A’. Your score is the time it takes to complete the drill (i.e. 80 seconds). **Variation:** same drill, with all shots being 3’s.



### **“W” shooting drill**

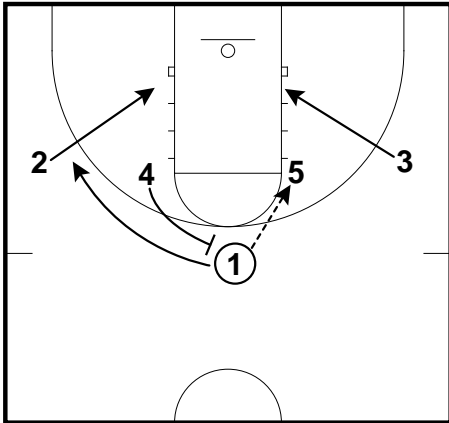
2 players (1 shooter and 1 rebounder) and 1 basketball are needed. Shooter begins at half-court on the right wing. The other player is located in the lane with a basketball, and is the rebounder/passers for the shooter. The shooter will sprint to the right corner, location ‘1’, call for the ball, and shoot a 3-point shot. Make or miss, the shooter will then sprint to half-court, turn and sprint to location ‘2’, call for the ball, and shoot a 3-point shot. The shooter will continue this process for location ‘3’ thru location ‘7’. The drill ends when the shooter makes a shot at the last location, so they will keep shooting and running to half-court until a shot is made. Each player will take one turn at shooting at the seven locations, and then each will take one turn shooting in the reverse direction, location ‘7’ thru location ‘1’. Your score is the number of made shots out of 14 attempts (i.e. 10/14).



# "Utilizing the 3-pt. shot in your Offensive System"

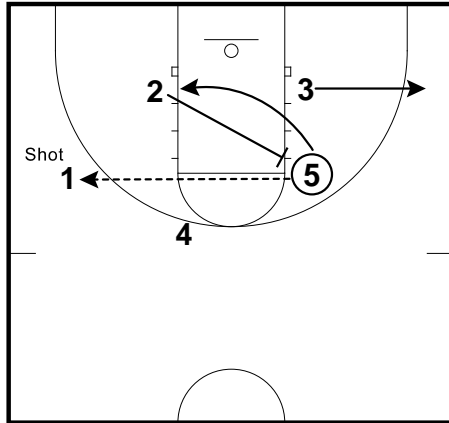
"1-4 High"

Frame 1



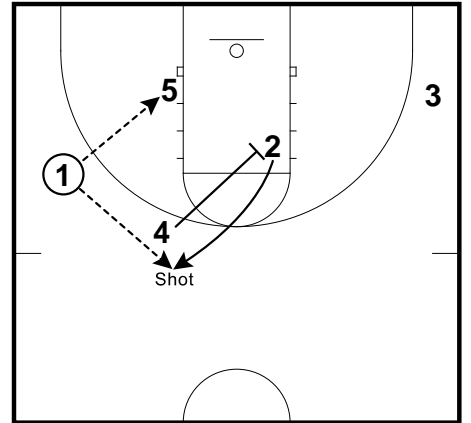
"1-4 High"

Frame 2



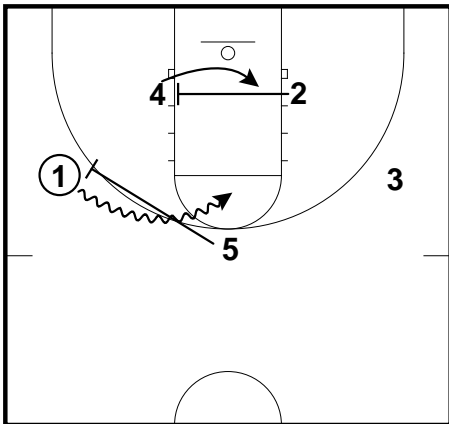
"1-4 High"

Frame 3



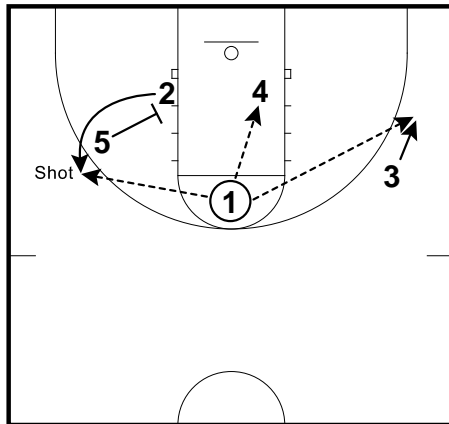
"3"

Frame 1



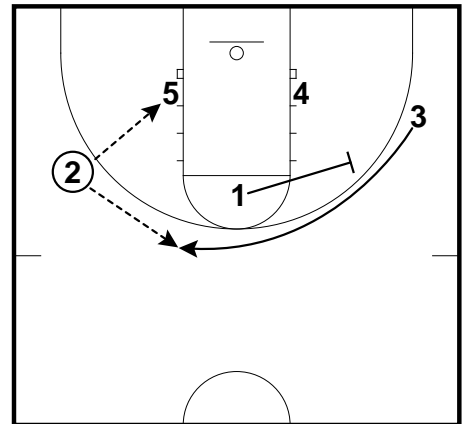
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Frame 2



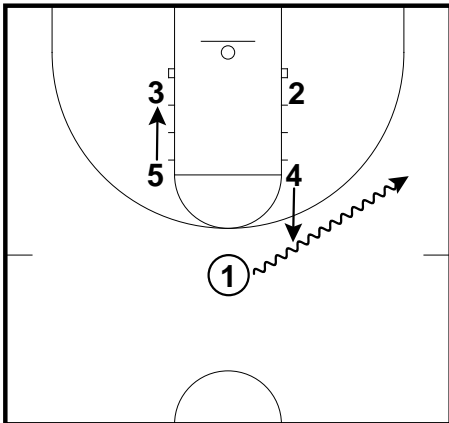
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Frame 3



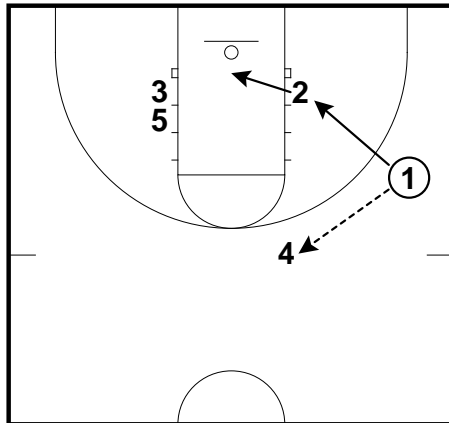
"Box"

Frame 1



"Box"

Frame 2



"Box"

Frame 3

