

Drill

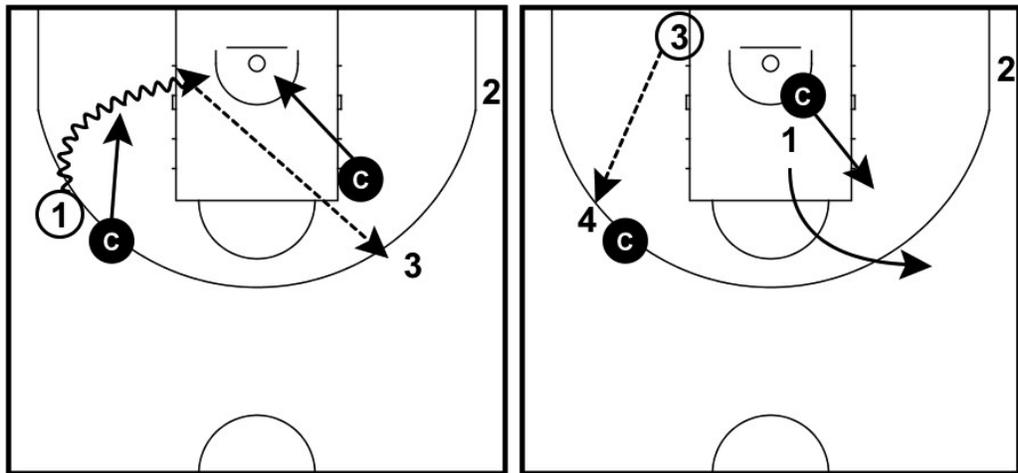
Drill: 3-on-0 Drive and Kick (Weak-Hand Phase B)

Goal: Learning Goal: Read the defense and make a pass with the weak-hand
Points of Emphasis: Dribble into the paint hard to draw the defense, throw the pass on time and on target.

Equipment/# - at least one ball per basket - five
players players per basket - two
needed: coaches/managers per basket

Sketch:

Diagram:



Description: On the left wing, a player receives a pass and dribbles with their non-dominant hand. A coach uses a blocking pad to create contact and force the ballhandler to the left. Two other players are on the opposite wing and in the opposite corner. As the dribble penetration occurs, another coach helps and cuts off one of the passing lanes. The dribbler makes a one-handed pass to the open shooter.

Rotation: The passer follows their pass. The shooter rebounds and passes to the first dribbler on the left wing and goes to the end of the line.

Time: 5 minutes. 5 players per basket. Work:Pause Ratio: 1:2.

Load the drill by adding more complicated ball moves (shot-fake and pull-up, one-dribble to the side of a close-out) or other game situations (such as pass-pass or attack the defense twice). The drill can organize in teams of three and players from the other squad can pass the ball to the non-shooting players so they can get more shots up.

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage (s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie (s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens Shooting
 Static 1 on 1

Phase(s): A B C D

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