

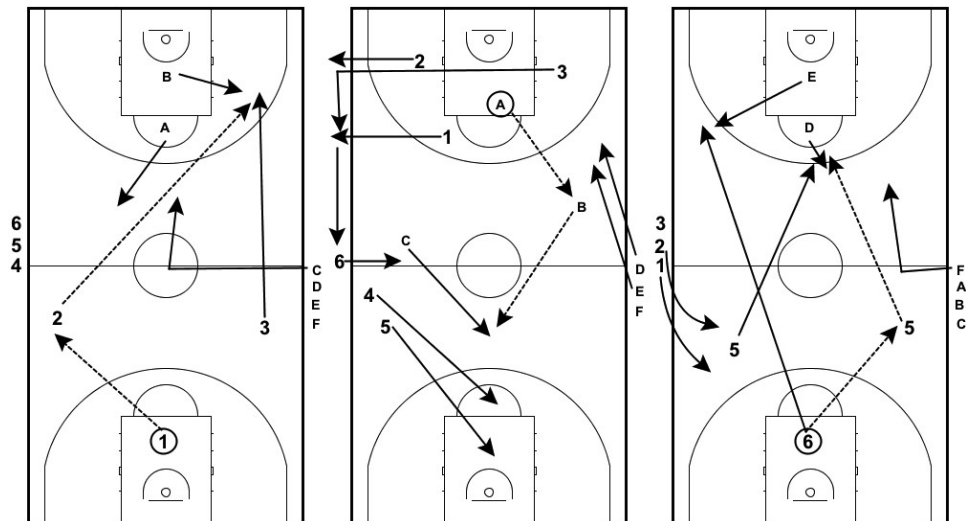
# Drill

**Drill:** **3-on-2 Continuous (Transition Phase D)**

<b>Goal:</b>	Learning Goal: Finish on the fast break. Point of Emphasis: Attempt a high-percentage shot.	<b>Equipment/# players needed:</b>	- 10-15 players - 1 basketball - shot clock set to 12 seconds
--------------	---------------------------------------------------------------------------------------------	------------------------------------	---------------------------------------------------------------

**Sketch:**

**Diagram:**



**Description:** A competitive & enjoyable drill that can often serve to raise the intensity level in practice if it is lacking. The drill forces the athletes to play & make decisions so there are many repetitions & learning opportunities.

Two teams form lines at midcourt on opposite sidelines. Three players on one team begin on offense & attack two defenders. When they cross half, a third defender runs to the midcourt circle & joins the play. Meanwhile, two defenders from the offensive team get read to play defense. After the possession, the three offensive player are off & go to the end of the line; the defensive players attack the new defenders 3-on-2 & a trailer joins the play when the ball crosses midcourt. The drill is continuous.

Progression: The coach can call quick two & three player actions (Drag, Fist, Pistol, etc.) or instruct the athletes how to initiate these plays & force them to make the calls. Use a twelve second shot clock to force the action. Encourage guards & forwards to play all spots on the floor.

Time: Play to 7 baskets or a 7-10 minute game with 2s & 3s. If there is a foul, count the basket. Work:Pause Ratio: 1:2

---

**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

---