3X3 Tracking Form

3X3 Tracking Form - for coaches

Tracking Actions, Concepts, Style of Play,
Technical Skills & Rules

Actions	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Notes
Pass & Cut									
Pass & Get									
Penetrate & Kick									
Dribble Hand-off (DHO)									
Dribble Attack--in a Double Gap (B1-E2)									
Backdoor Cut & Backdoor Pass (bounce pass)									
Slip Cut--looks like a Get or a DHO cut but instead, cutter blasts to the basket									
Multiple Actions									

Concepts	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Notes
ROB Shot									
REP'ing									
Spacing: Single Gaps & Double Gaps									
Actions & Dominoes									
Debrief & Pre-brief									
NBA--know your Next Best Action and immediately get into it									
PVAD									

Global Player									
Style of Play Pace									
Explode, Explore, Execute									
Attack the Rim & Attack the Paint									
Shot Priorities (4-6)									
Dynamic 1v1 (B1-E2)									
Transition									
Disruptor--Problem-Solver on Defence (Preventer, Fixer, Eraser)									
Variety of offensive Actions--avoid being predictable (debrief & pre-brief topic)									

Technical Skills	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Notes
BRAD Shot									
Pivots									
Shooting Form									
Rebounding--Blocking Out									
Passing--On Time & On Target									
Fake a Pass, Make a Pass									
Change of Direction Moves: cross-overs, jabs, deception									
Stance--Offensive & Defensive Movement									

3X3 Rules

Rules of the Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Notes
8.1.1									
8.1.2									
8.1.3									
8.1.4									
8.1.5									
8.1.6									
8.1.7									
8.1.8 - Review									