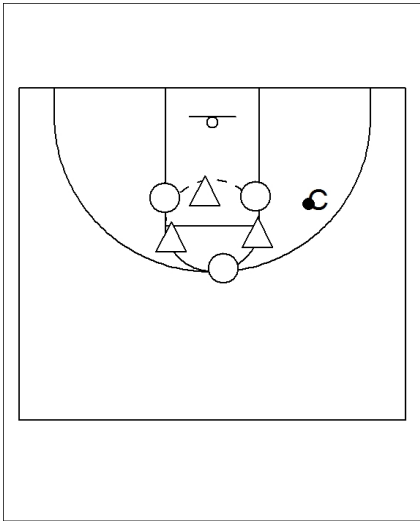




**3-on-3 circle drill**



**REBOUND DRILLS: 3-ON-3 CIRCLE**

Skills Covered

- \*Rebound anticipation and timing
- \*Blocking out

Alignment

- \*Three offensive players and three defensive players line up in a circle around the free throw line area. They must alternate so they each player is inbetween a member of the other team.
- \*Coach has the ball on a wing.

Running the Drill

- \*When the coach says "Go!" all six players start walking in a circle.
- \*Coach yells "Shot!" and shoots the ball.
- \*All six players look to block out the nearest player on the other team, and go

get the defensive rebound.

- \*The team that gets the rebound, gets a point.
- \*First team to 8 wins.
- \*Coach should shoot from various spots on the floor.

Drill Variations

- \*Instead of playing to 8 rebounds, the winner can be the first team to get 3 consecutive rebounds.
- \*Start the drill the same way, but when the team gets a rebound they try to score. If they score they get an extra point.