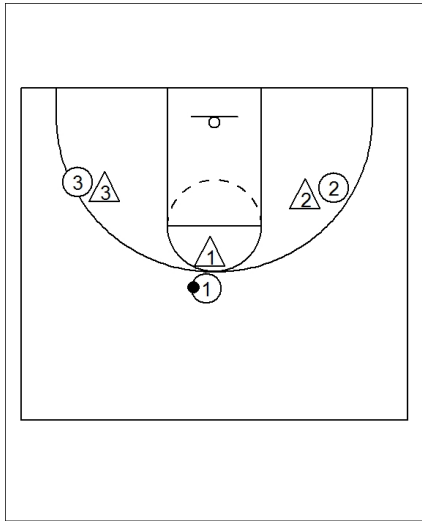




3-on-3 dead ball drill



DEFENSE DRILLS: 3-ON-3 DEAD BALL DRILL

Skills Covered

- *Deny defense
- *Pivots
- *Passing

Alignment

- *Three offensive players start with one player on the point, and one on each wing.
- *Defender on the ball gives ball pressure. The wing defenders are in full deny position.

Running the Drill

- *Offense cannot dribble. They are not shooting either. They must use pivots to create space so they can make passes.

- *Defense denies their person the ball the entire time.
- *Drill goes for 30 seconds. Offense can use the entire halfcourt area. Do not go out of bounds.
- *Offense plays keep away from the defense while the defenders are denying every pass.
- *If the defense gets a turnover, or they tip the ball out of bounds the rep is over.
- *If the offense goes the duration of the rep (30 seconds) without a turnover or tipped pass, they win. Defense will do pushups or run.

This is an exhausting drill, but it reinforces the mentality a defender must have to be successful.