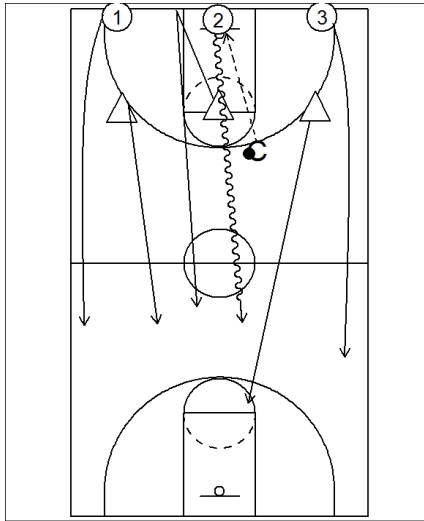




3-on-3 with trailer



TRANSITION DRILLS: 3-ON-3 WITH TRAILER

Skills Covered

- *Passing
- *Ballhandling
- *Transition Offense
- *Transition Defense
- *Communication

Alignment

- *3 lines on one baseline (offense)
- *3 players facing them at free throw line extended
- *Coach stands behind the defense with a ball

Running the Drill

- *Coach throw the ball to an offensive player

- *Defender across the player who caught the ball touches baseline and sprints back on defense.
- *Three offensive players fast break against two defenders until third defender catches up.
- *Emphasis on getting the ball to the middle.
- *Emphasis on getting ball to a guard.
- *Emphasis on looking and passing ahead.
- *Defense must communicate! One defender stops the ball, and the others protect the basket until third defender catches up.

Drill Variations

- *Throw the ball to different players each time, have players switch lines for each repetition.
- *Start the defense closer to the offense to make it more challenging for them to get back on defense.