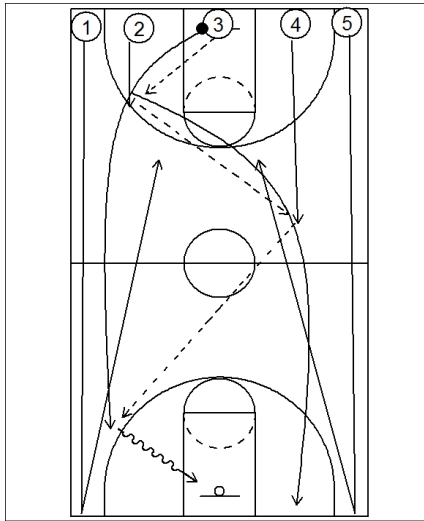




**3 person weave - 5 lines**



**TRANSITION DRILLS: 3 PERSON WEAWE WITH 5 LINES**

Skills Covered

- \*Passing
- \*Ballhandling
- \*Layups
- \*Transition offense
- \*Transition defense
- \*Conditioning

Alignment

- \*Five lines on the baseline
- \*Ball located in the middle line

Running the Drill

- \*Lines 1 and 5 (corner lines) sprint fullcourt, touch the opposite baseline, and

return to play transition defense.

\*Lines 2,3,4 (middle lines) perform a 3-man weave down the floor and finish with a layup

\*After finishing the weave, those three players return in a 3-on-2 fastbreak against the sprinters from the corner lines who are back on defense.

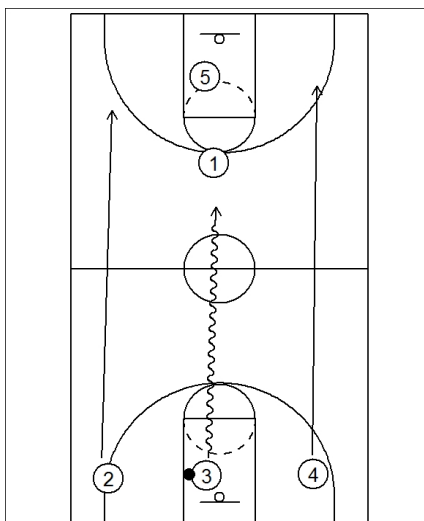
\*Emphasis on defense stopping ball near halfcourt.

\*Emphasis on offense getting to basket in transition.

Drill Variations

\*Challenge the three players in the weave to make the layup after only 3 (or 4) passes. Get down the floor!

\*Can be used as a conditioning drill as it accomplishes the goal of conditioning while working on basketball fundamentals.



This diagram shows what the drill will look like when in the 3-on-2 situation.