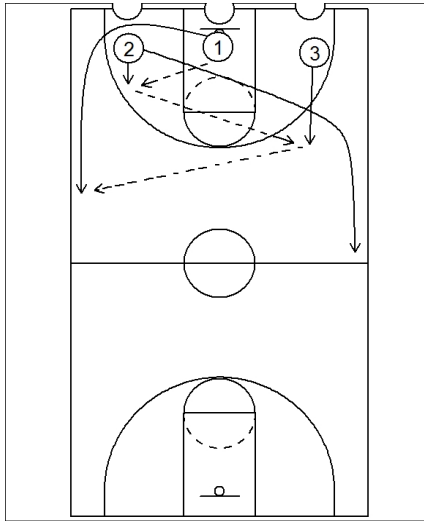




Three-man weave



PASSING & CATCHING: 3-MAN WEAWE

Skills covered

- *passing
- *catching

Alignment

- *Three lines. Middle line starts underneath the basket. Middle line has the ball. The two lines on the side start at the three point line.
- *Players awaiting their turn will fill in behind each of the lines.

Running The Drill

- *The drill starts with the player in the middle line passing to one of the players in the side lines.
- *The general rule for this drill is "Go behind the person you go passed the ball

to" as all three players work their way down the court.

*You will see in this diagram that 1 passed to 2. 1 then ran around 2. 2 then passed the ball to 3, and then ran behind 3. 3 then passed the ball to 1 and ran behind 1. This pattern continues down the court.

*When players reach the other end of the court, they are finished and the next group will begin.

Drill Variations

*Coach can vary how wide the players on the side start.

*Limit the number of passes that are made as the players execute the drill. For example, the lesser the number of passes, the faster the drill goes.

*Instead of going just down the court, have the players go down and back. This requires communication as players fill the three spots before they start back. Have them call out which spot they have, "Right, Middle, or Left."

*Have players shoot a layup when they get to the basket at the opposite end.

*Have players call out the person's name they are passing to. This promotes communication on the basketball floor.