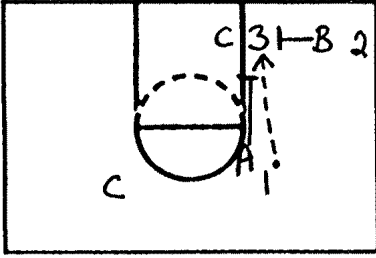
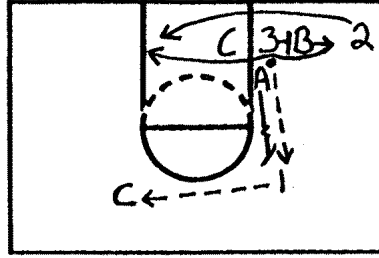


3 ON 3 DEFENSIVE DIVE AND SCREEN DRILL

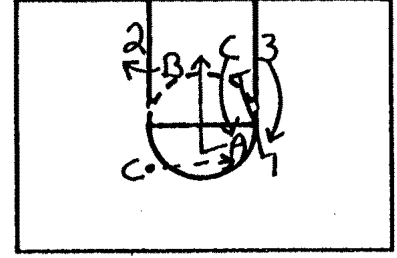
The following drill is designed to teach diving on the ball and defending the baseline and downscreen. The drill is ideal to use in preparing for teams which use the Flex offense. Key teaching points are diving in on the ball and jumping in the direction of the pass.



#1 passes the ball inside to #3 (#C allows pass). Immediately #A and #B dive in on #3. #A and #B are active and prevent #3 from scoring.



On the pass out, #A and #B close out on the ball in proper stance. The ball is reversed to C. #3 sets screen and #2 cuts off the ball. #B must get over the screen and deny #2. #C steps low to slow #2.



#A jumps to the ball on the pass to C. #1 sets a downscreen for #3. #A opens up and allows #C to get through #1's screen. C makes pass to #3. #C must deflect the pass.