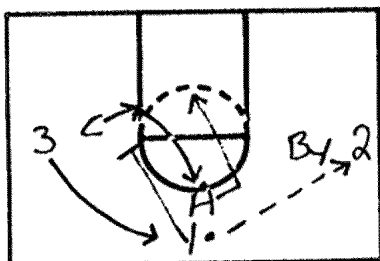
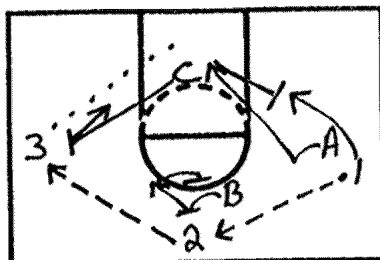


DEFENSIVE DRILLS - THREE ON THREE

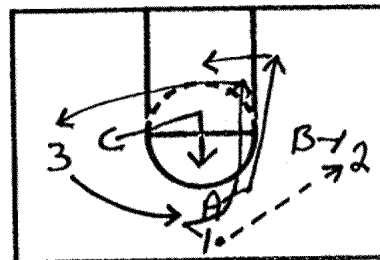
Diagrammed below are nine three-on-three defensive drills for use in building a total team defense.



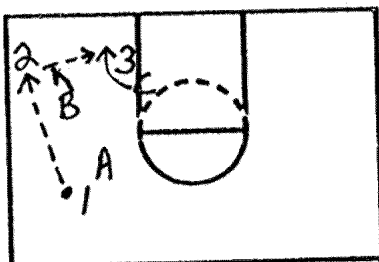
"Screen Away" - #1 passes to #2 and screens away for #3. #3 comes off screen to the top. #A drops to the middle. #C gets through screen.



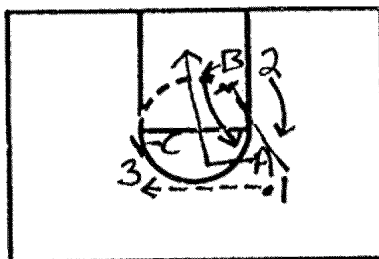
"Helpside Rebounding" - #1 passes to #2 and #2 passes to #3. #A drops to help position. #B jumps to help. #C defends #3. #3 shoots. #A, #B, and #C block out their man.



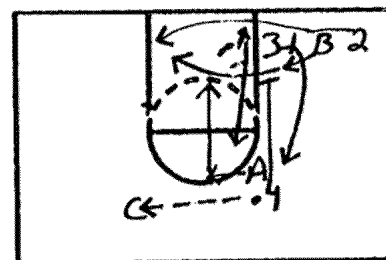
"Front Cutter" - #1 passes to #2 and cuts to the basket. #3 comes to the top. #A jumps and fronts #1. #B comes from helpside to defend #3. Offense rotates.



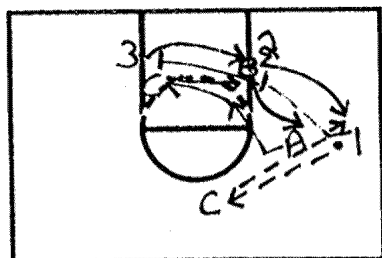
"Post Defense" - #1 and #2 are on perimeter. #3 on block. Defense is defending. #3 attempts to pin #C. #1 and #2 look to pass to #3.



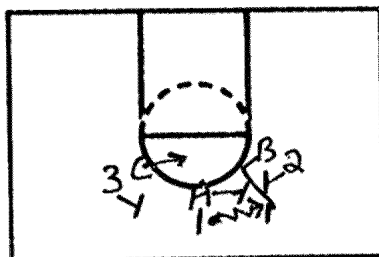
"Down Screen" - #1 passes to #3. #1 down screens for #2. #2 comes off screen. #A jumps to ball and lets #B get through. #B comes out on ballside.



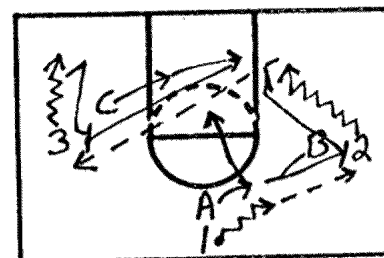
"Flex Screen" - #1 passes to C. #2 cuts off #3 and #1 down screens for #3. #3 comes to elbow. #B gets over #3 and #A and #C defend the down screen.



"3 Man Screening" - #1 passes to C and down screens for #2. #2 pops to wing. #1 continues to screen for #3. #A, #B, and #C defend accordingly.



"Screen On Ball" - #1 has ball. #2 and #3 set screen. #1 dribbles off either screen. #B and #C step out to stop #1. #A fights to force #1 away from screen.



"Penetrate And Pitch" - #1, #2, and #3 play 3 on 3 with emphasis on penetrating and pitching. The offense attempts to drive as much as possible.