

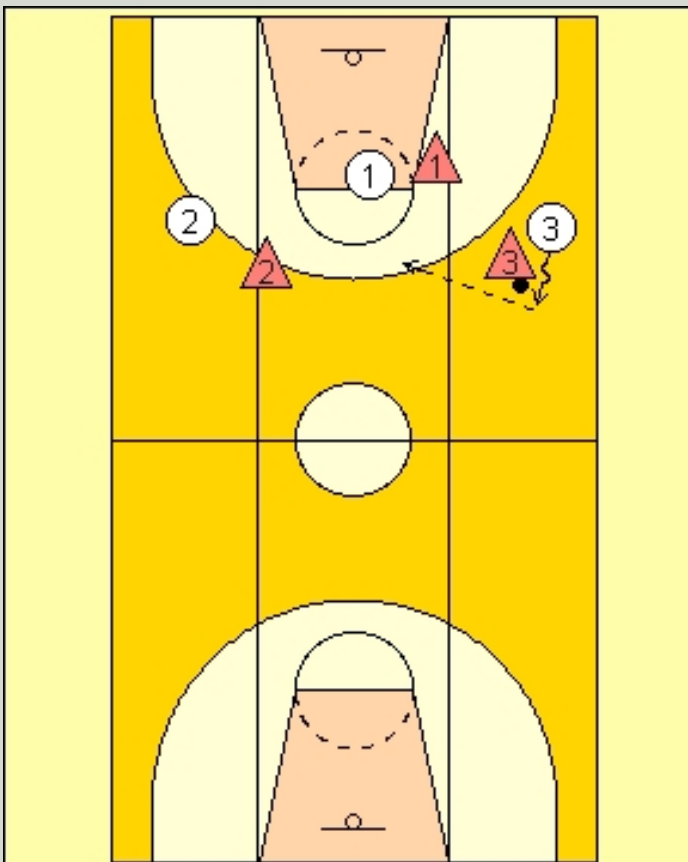
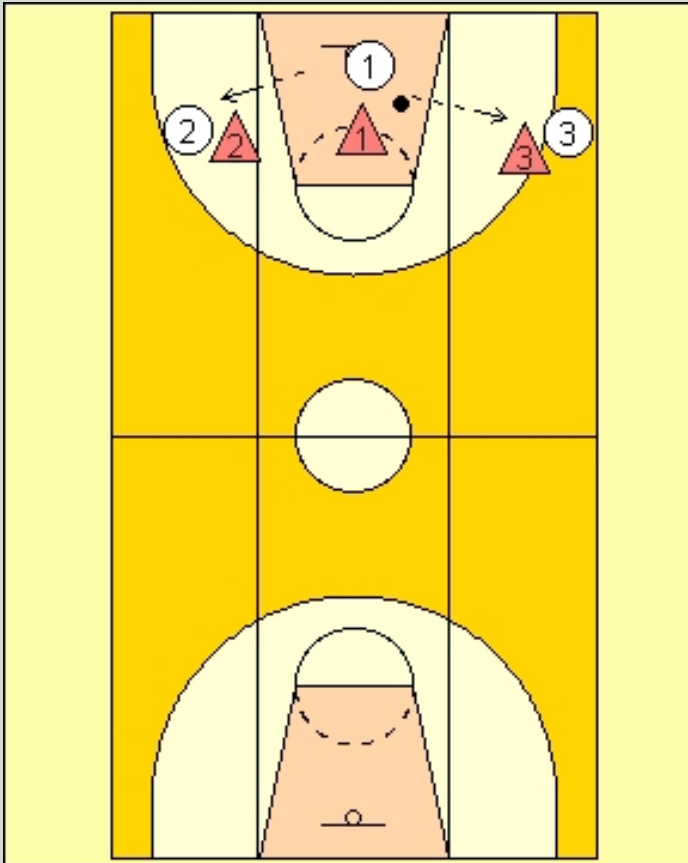
3-3 Corridor Passing

Setup:

This is a full court 3 on 3 drill. Divide the court into 3 corridors. The player in the middle lane has a basketball. The other 2 fill the outside lanes. Each player remains in the same lane the entire drill.

Execution:

You want to advance the basketball against pressure without turning it over. After each catch you're allowed one dribble. You can't use skip passes! You can't use lob passes. Both count as a turnover. If you score you receive 1 point. If you force a turnover you receive 1 point and possession of the basketball. You start over on the baseline. First team to a certain number of points wins. Losers run.



Cont.

Objectives:

Passing, catching & pivoting
Getting open, moving without the basketball
Creating & recognizing space
Reacting with timing
Conditioning, competitiveness & communication
Defensive footwork & positioning

Teaching Points:

Meet the Basketball ("shorten the pass")
Effective use of the dribble
Good passes and use of appropriate type
Pass away from the defender
Body balance
Protect the basketball (circle tight)
Talk on defense: "ball", "help" and "deny"
Defensive stance
Ball pressure with containment

Learn how to [manage your basketball team](#) with TeamSnap or [view more basketball skills and drills](#).