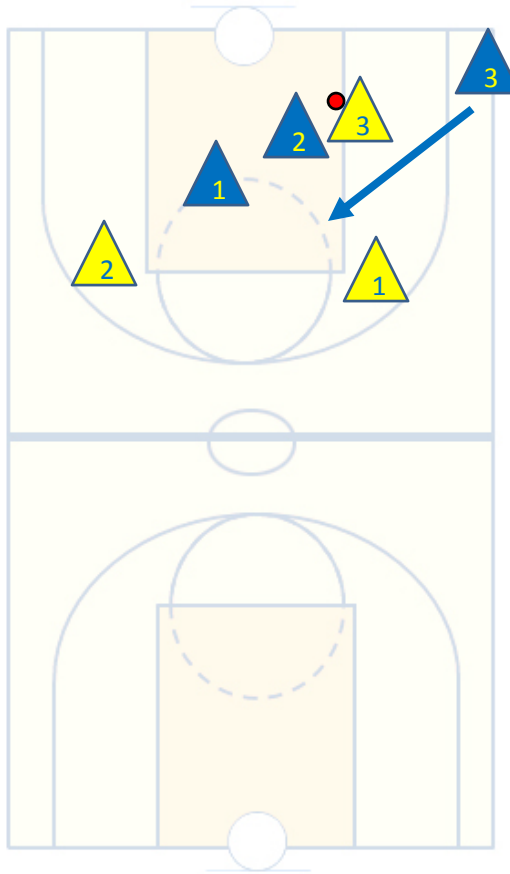
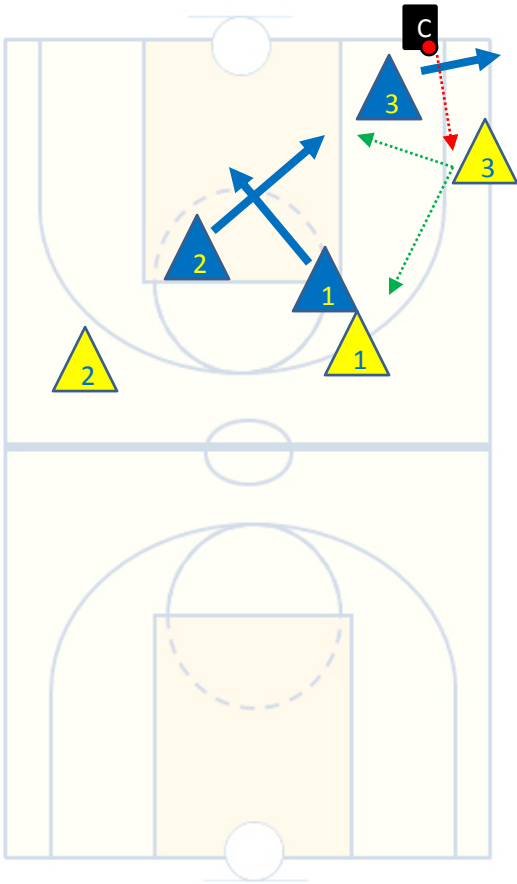


# Help and Recover

A 3-on-3 drill using the man-to-man defense. It teaches rotation and help-side defense and encourages players to work together, talk with each other and pick up the open man near the basket.



## **SETUP:**

- Put 3 offensive players on the wings,
- 3 defensive players on the inside

## **EXECUTION:**

- Coach passes to Offense Player 3
- Defender 3 “misses the pass,” and must slap the sidelines to get out of the play
- Player 3 creates a 3-on-2 situation, either dribbling inside or passing to Player 1
- Defender 2 must “help” and close out on the wing Offensive Player 3 on the block.
- Defender 1 sinks to cover cuts from Offensive Players 1 or 2
- Defender 3 works to get back into the play to cover the open man

## **COACHING POINTS:**

1. Communicate! Defense must talk it up.
2. Help side teammate must react quickly
3. Recover as early as possible.
4. Rotate from offense to defense.