

3 Man, 2 Ball

The focus is to take as many good shots as possible, but rebounding and outlet passing skills are put to the test as well

WHY USE IT

Every shooting drill you run needs to have a main goal of getting as many shots as possible. Do not run a shooting drill where several players are standing still. The 3 Man, 2 Ball Drill has constant movement.

SET UP

Divide your team in groups of three. Each group is stationed at a basket and has two basketballs. Put four minutes on the clock.

HOW TO PLAY

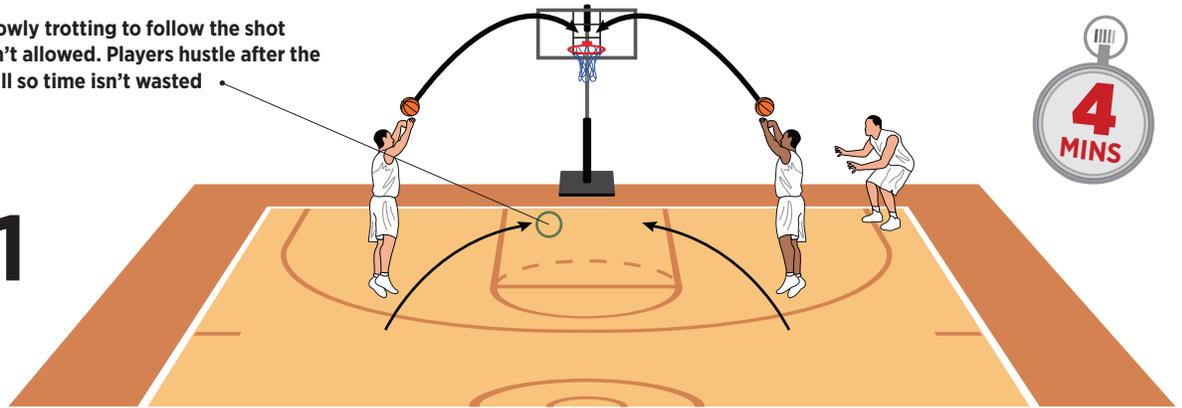
All three players start outside the 3-point line. The two with basketballs shoot and follow their shots [1]. Upon grabbing the rebounds, one of the initial shooters passes to the third player and relocates to a different spot on the floor. The other rebounder passes to the relocating player [2]. The two players with basketballs shoot and follow their shots. The player without the ball relocates and waits for a pass as the cycle continues for four minutes [3].

TECHNIQUE

This is a fast-moving drill. Players run hard after their shots and fire outlet passes. All movements must be game-like so the shots have more of a purpose.

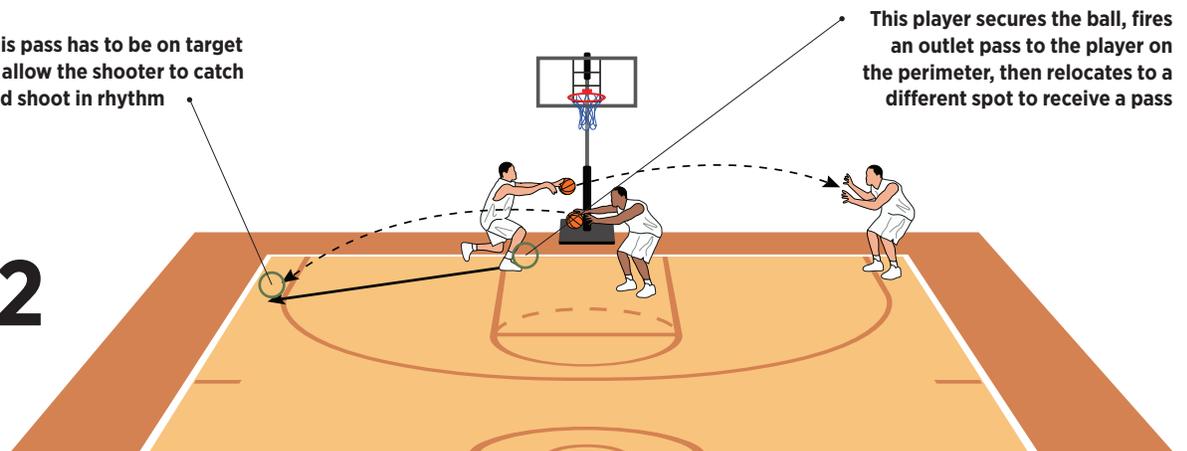
Slowly trotting to follow the shot isn't allowed. Players hustle after the ball so time isn't wasted

1



This pass has to be on target to allow the shooter to catch and shoot in rhythm

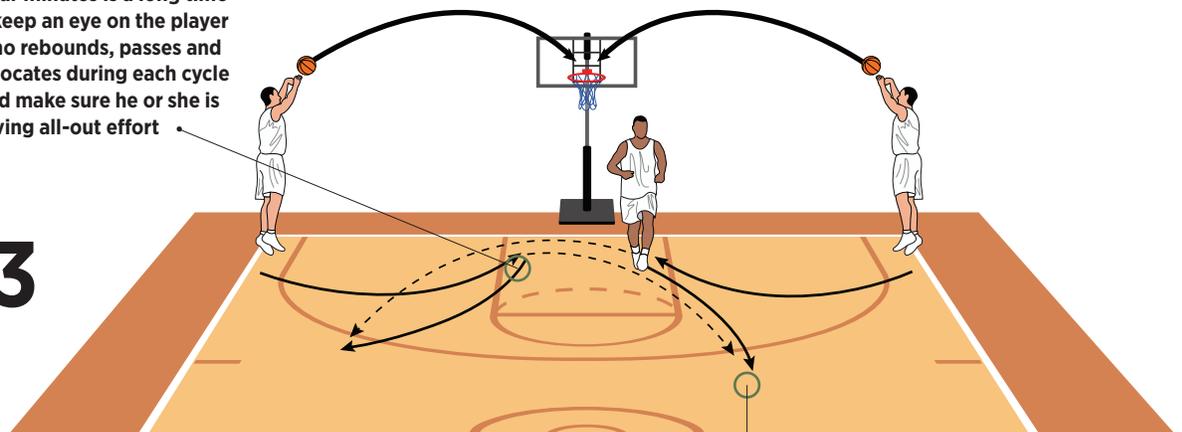
2



This player secures the ball, fires an outlet pass to the player on the perimeter, then relocates to a different spot to receive a pass

Four minutes is a long time – keep an eye on the player who rebounds, passes and relocates during each cycle and make sure he or she is giving all-out effort

3



The player who didn't shoot in the previous diagram hustles to the perimeter – again being in a shooting rhythm is key

Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →