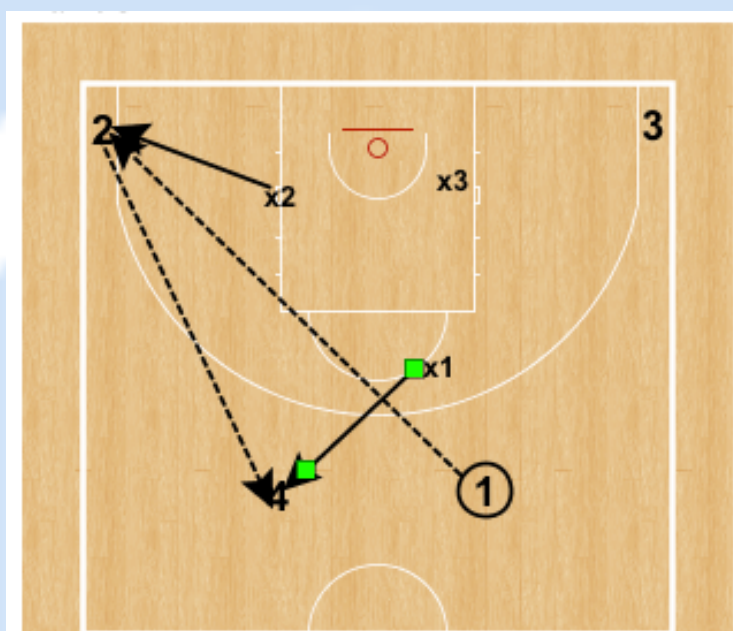


Drill 4: 4v3 Overlap Shooting



Purpose:

- Using ball movement to create closeouts
- Reading and attacking closeouts
- Reacting to penetration and creating space
- Recognising what is a 'good' shot and what is a 'great' shot

Description:

- 4v3 Drill – Offence starts with the ball and a 4v3 advantage. They cannot drive the ball until they have made 3 passes. Offence can only score with *uncontested* 3pt shots, *uncontested* layups or a dunk (either contested or uncontested). No contested shots or mid-range shots are allowed. Defenders cannot guard the ball twice in a row. Every pass should make the defenders rotate.

Teaching points:

- Ball movement – “Fast passes = slow rotations”
- Shot selection - “Good to great”

Variations:

- Dribble limit - ALL players on the catch have only 2 dribbles.
- Time limit – either a short shot clock, or a 4th defender can run in after x number of passes or x time limit
- Players can stay spaced outside the 3pt line (unless they are driving) OR they can cut and move (no post up)
- Play 3 out 1 in with an inside receiver (Not posting up)
- One or two of the offensive players has to cover the backcourt on each shot (for floor balance)