

U16-U19 Master drills – Leppävaaran Pyrintö

DRILL NAME		3x3x3 Waves						
AUTHOR		Angel de Juan			CONTENT		Defending fast ball handler in transition / 3x3 option quick set	
STAGE OF APPLICATION		U16 – U19						
PHYSICAL LOAD*:Σ	16	<i>TASK TIME</i>	<i>DEGREE OF OPPOSITION</i>	<i>DENSITY OF THE TASK</i>	<i>NUMBER OF PLAYERS</i>	<i>COMPETITIVE LOAD</i>	<i>SPACES</i>	<i>COGNITIVE LOAD</i>
		7'	4	3	2	3	2	2
OBJECTIVES		<ol style="list-style-type: none"> 1. Defending fast handlers 2. Playing 3v3 moves on a quick set 						
GRAPHS							VIDEO	
DRILL DESCRIPTION		<p>On a rotation of offense-defense-rest, we will have 3 players on offense, 3 defenders and 3 behind offense. Offensive players must start 8m from the basket.</p> <p>A 3v3 situation is played and defense must pass to any of the players which are resting. Offense must turn around their heads and play defense.</p> <p>Offense must put the ball in the floor fast and exploit their 1v1 option first. Other two players follow spacing accordingly for the whole play.</p> <p>We may play any option that we want on 3v3 set. Like throwing a diagonal to the block and initiating a transition move, or to break 1v1 from the sides and play weak side action.</p>						
PROBABLE MISTAKES		<ol style="list-style-type: none"> 1. Offense doesn't turn quickly enough 2. Offense when turning into defense, stays in the paint instead of having the courage of go catch them in 3PT line 						
CORRECTIONS		<ol style="list-style-type: none"> 1. Two players load rebound, one stays for the 'transition' 2. Force them to tag and bodycheck on the 3PT line 						

