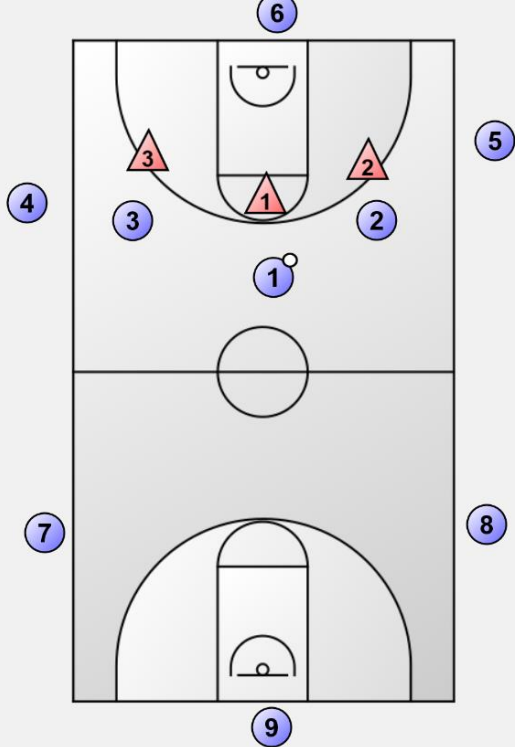
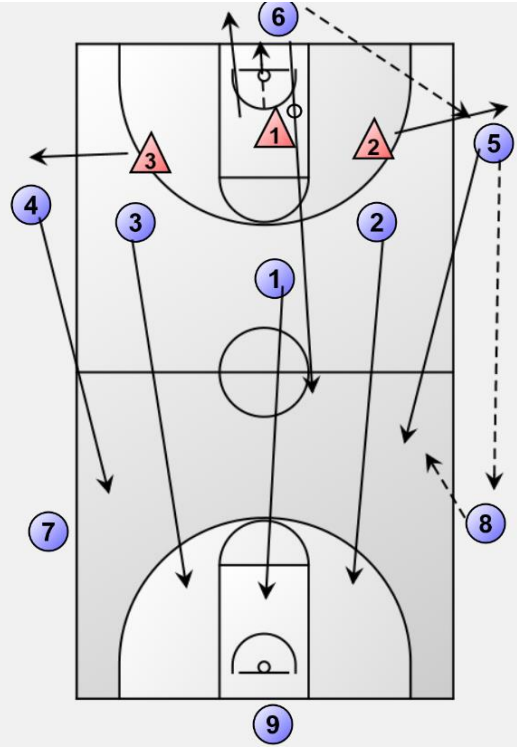


### U16-U19 Master drills – Leppävaaran Pyrintö

|  |    |   |                             |                            |                          |   |                                     |                       |  |  |  |
|--|----|---|-----------------------------|----------------------------|--------------------------|---|-------------------------------------|-----------------------|--|--|--|
| <b>DRILL NAME</b>  |    | 12-man Fast-break   |                             |                            |                          |   |                                     |                       |  |  |  |
| <b>AUTHOR</b>  |    | Angel de Juan   |                             |                            | <b>CONTENT</b>           |   | Multi-option drill on 3v3 situation |                       |  |  |  |
| <b>STAGE OF APPLICATION</b>  |    | U16 – U19   |                             |                            |                          |   |                                     |                       |  |  |  |
| <b>PHYSICAL LOAD*:<math>\Sigma</math></b>  | 18 | <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> |  |  |  |
|  |    | 10'   | 4                           | 3                          | 2                        | 3   | 4                                   | 2                     |  |  |  |
| <b>OBJECTIVES</b>  |    | <ol style="list-style-type: none"> <li>1. Defensive fast-break</li> <li>2. Any concept you want to have on a 3v3 setup</li> </ol> |                             |                            |                          |   |                                     |                       |  |  |  |
| <b>GRAPHS</b>  |    |   |                             |                            |                          | <b>VIDEO</b>  |                                     |                       |  |  |  |
|  |    |   |                             |                            |                          |  |                                     |                       |  |  |  |

|                                 |   |
|---------------------------------|---|
| <p><b>DRILL DESCRIPTION</b></p> | <p>Drill starts with a 3v3 situation. On both ends, there must be a player on the side of the free throw line on both sides, and a player behind the baseline under the basket.</p> <p>A 3v3 situation must be played and on the defensive fast break, defense will pass the ball to either of the three players on the wait, offense players run the defensive fast break, and defenders will cover the three resting positions (offense-defense-rest)</p> <p>Optional cue: When the offense comes to the other end, they must pass the ball to any of the players on the side on the resting team, and then they'll work to receive.</p> <p>Then... Play any option you want. This drill is good to have an easy familiarized setup for your players to get into a drill with certain rotations, certain rules and a 3v3 situation in less than a 15" setup. Then, work any concept you want to do that week.</p> |
| <p><b>PROBABLE MISTAKES</b></p> | <ol style="list-style-type: none"> <li>1. Poor defensive fast break.</li> <li>2. Guarding passers on the side (useless).</li> <li>3. Lack of defensive communication on the defensive run (tagging)</li> </ol>  |
| <p><b>CORRECTIONS</b></p>       | <ol style="list-style-type: none"> <li>1. We may tell the defense to only give the ball to the player below the basket so the offense does not build up that quick</li> <li>2. Forget pass to the side and play right away</li> <li>3. Talk!</li> </ol>   |