DRILL NAME		SPACING 3C0 baseline						
AUTHOR		Julian Landaluce Machuca			CONTENT	Spacing, passing, finishing, shooting, jumpstops		
STAGE OF APPLICATION		>12						
PHYSICAL LOAD*:∑	144	TASK TIME	DEGREE OF OPPOSITION	DENSITY OF THE TASK	NUMBER OF PLAYERS	COMPETITIVE LOAD	SPACES	COGNITIVE LOAD
		10 - 15 min	1	2	2	1	2	4
OBJECTIVES		1. Automatise spacing from the drive						
		2. Work in passing, finishing, shootin						
GRAPHS								
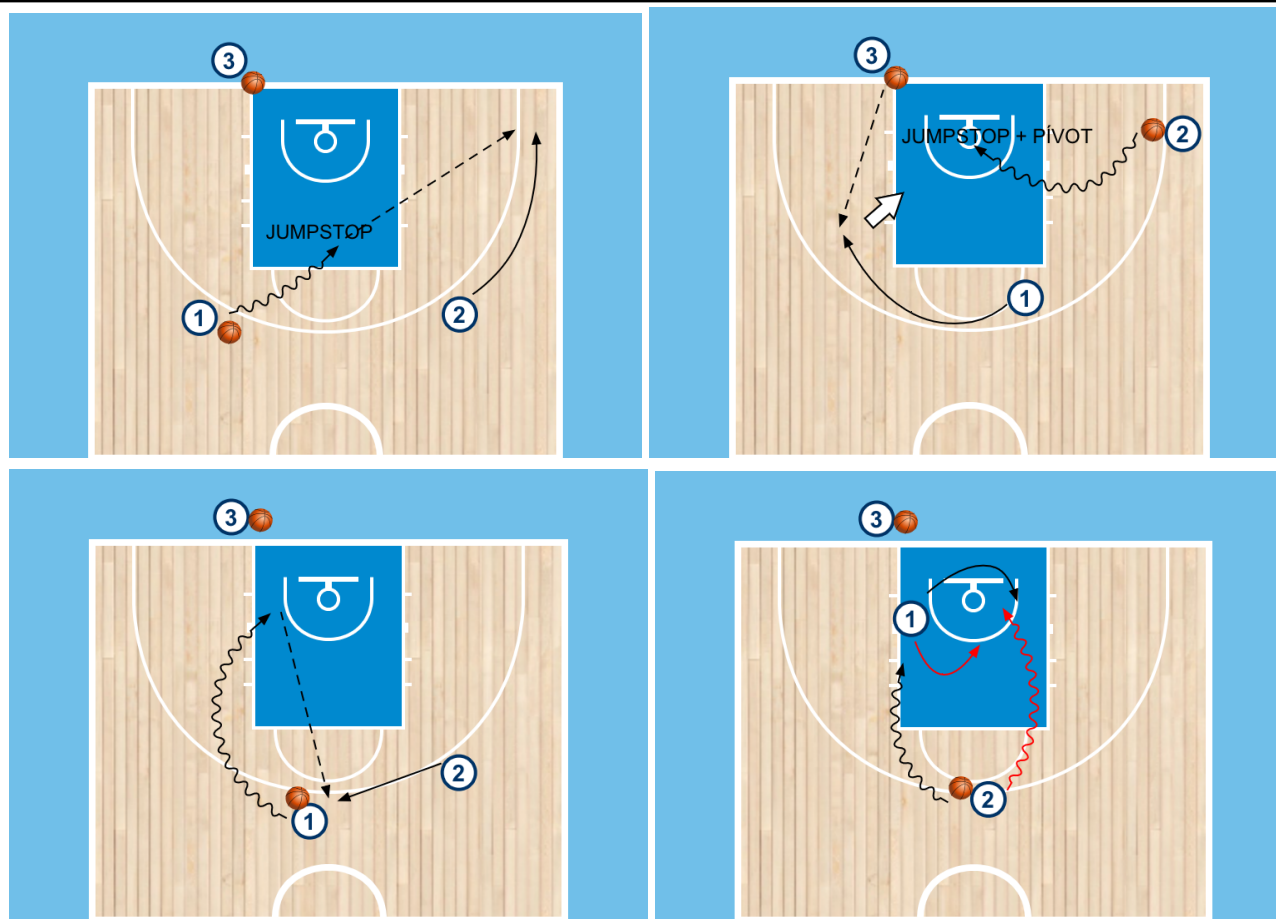
DRILL DESCRIPTION	1 can drive either towards the baseline or towards the middle, 2 must move accordingly to it.
	Driving middle:
	● **2 fills corner and she drives**
	○ **Baseline → Reverse layup**
	○ **Middle → Jumpstop & step through**
	Driving baseline:
	● **2 lifts to top key and she drives**
	○ **1 is in the low post now, she moves accordingly.**
	3 is passing the ball to the last passer
PROBABLE MISTAKES	1. **Bad spacing**

	2. Bad passing 3. Bad thriple threat 4. Poor finishing skills
CORRECTIONS	1. We should focus on one thing per training and work in the specific skill before this drill (Example: I want to focus on passing, so I should do 5 minutes passing drill)