

U16-U19 Master drills – Leppävaaran Pyrintö

DRILL NAME		3x3 4x4						
AUTHOR		Southern Indiana CES17			CONTENT		Collective tactics, defensive rotation, transition game	
STAGE OF APPLICATION		U16 – U19						
PHYSICAL LOAD*:Σ	20	<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>
		15'	4	3	3	3	4	3
OBJECTIVES		<ol style="list-style-type: none"> 1. Backcourt defensive rotation after baseline drive 2. Attempting to run or playing concept on the run 						
GRAPHS						VIDEO		
DRILL DESCRIPTION		<p>Three backcourt players pairs, first with ball (1), and other two (2, 3) on weak side. Player 1 drives to the rim through baseline with a defender on his back and the limitation that he can only finish with a reverse layup. The other two teammates must work on getting open on the corner and follow spacing according to the defensive help and rotations.</p> <p>They will play a 3v3 attacking the advantages without stopping the ball. If there is a basket or a defensive rebound, we try to run to the other rim, where the bigs (4) defender will go defensive fast-break, and offensive big must round the cone if his team didn't score.</p> <p>Any transition or offense-initiation actions may be played from here</p>						

PROBABLE MISTAKES

- 1. Lack of communication in defensive rotations
- 2. Wrong read of advantage in fast-break which doesn't link properly with the move to be played on half-court
- 3. Offensive players on weak side are not ready to pull the trigger

CORRECTIONS

- 1. Speak. Help side defender of 45 or corner stay lower
- 2. Call open players, quick rim run and heads up
- 3. Give confidence to your shooters!