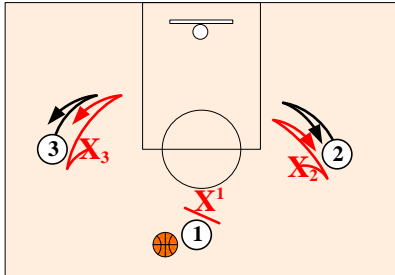


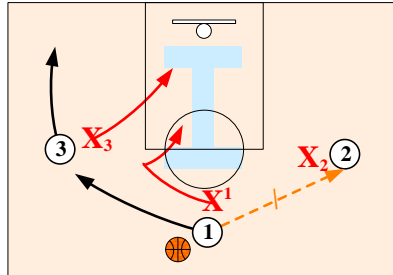
Helpside Support & Closing Out – 3-on-3 Drill

This 3-on-3 drill is designed to teach and refine Helpside support reads and rotations along with quick closeouts on ball reversals. Demonstrate and have player walk through options and rotations. Then go live.

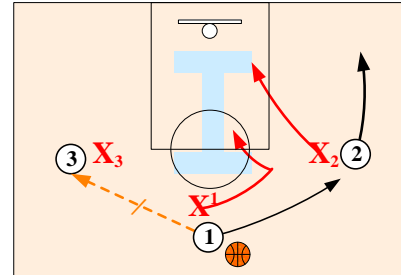
Phase 1. Establishing Helpside Support



This three-on-three combination drill begins with On Ball pressure by defender X1 and first pass denials on wings by defenders X2 and X3.

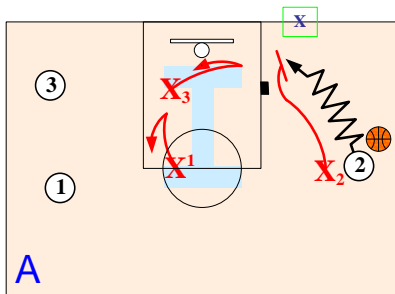


When O1 passes to wing O3, O1 goes to opposite wing and O2 drops to corner. Defenders X1 and X2 assume Helpside I positions.

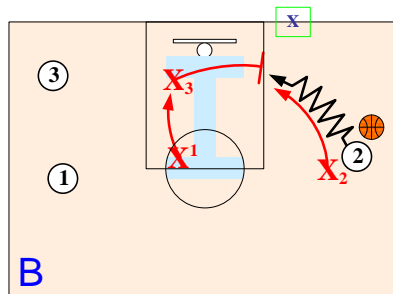


When O1 passes the ball to wing O2, O1 goes away and O3 drops to corner. Defenders X1 and X3 assume Helpside I positions.

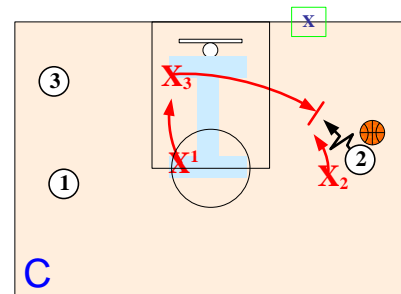
Phase 2: Baseline Dribble Penetration - Reads and Rotations



When O2 drives along the baseline, defender X2 forces O2 to corner or baseline pushpoint. Low Helpside I defender X3, shows to help discourage baseline drive and then recovers when O2 picks up dribble or turns back.



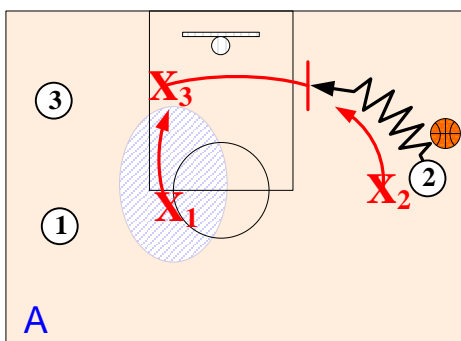
If O2 beats X2 or penetrates above the "Block" low Helpside I defender X3 steps out and takes a charge. Defender X1 drops to protect the basket.



If/when X2 is mismatched against O2, Helpside I defender X3 leaves early (on first bounce) and traps O2 with X2.

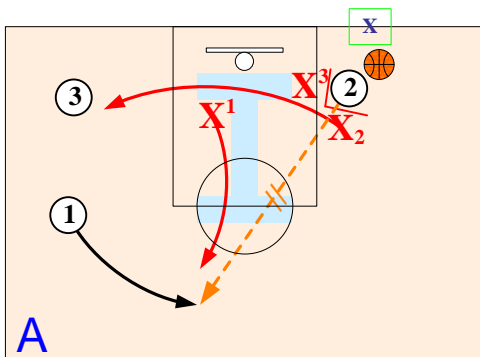
“Help the Helper” Drop

Working on getting beat off the dribble is something that coaches would prefer not to have to practice. However, for successful help rotations to take place they must be constantly practiced and refined. One of the most key elements of successful help side support, but often over-looked and neglected, is the “Help the Helper” drop.

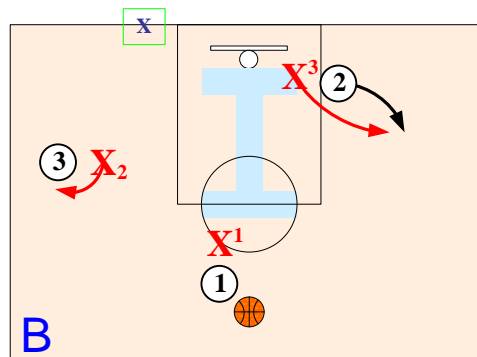


Defender X2 allows dribble penetration. Helpside low defender X3 rotates and helps. X2 helps on the baseline drive by O2. Defender X3 “Helps the Helper” by making a quick drop anticipating the baseline pass.

Phase 3: Quick Close out Rotations



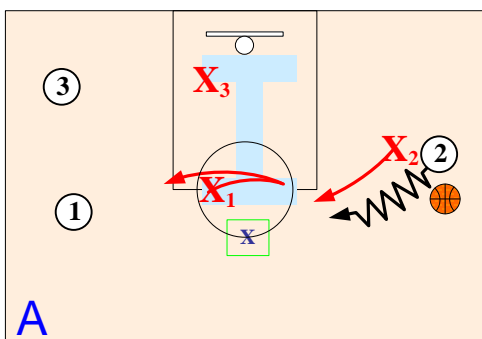
On pass out of trap, near player close outs begin as the ball leaves the passer's hands. Defender X1 takes the first pass and closes out to an On Ball position taking away middle dribble penetration. X2 closes out to O3 and X3 assumes a Helpside I position against O2.



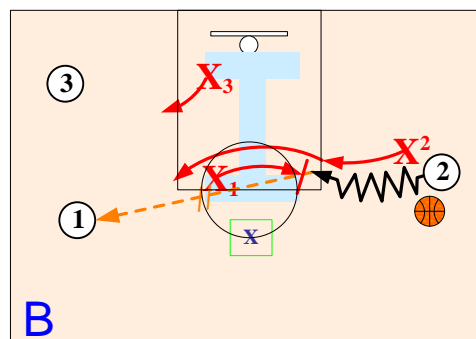
On pass out of the trap, defenders close out as ball leaves passer's hands. Drill is repeated. Be sure to use both sides of the court.

Phase 4: Middle Dribble Penetrations

Once the baseline rotations and closeouts are mastered, then you can add the middle penetration rotation options. Demonstrate and walk through options and rotations then go live.



On middle dribble penetration, defender X2 protects the "Elbow." X2 blocks and turns O2 back to the sideline or pushes O2 above the elbow to the top of circle pushpoint. Helpside defender X1 shows to discourage O2's dribble penetration and then recovers back to O1.



When O2 beats X2 or penetrates below the Elbow, Helpside defender X1 steps over and takes a charge. On a kick out pass, x2 and X1 cross switch with X2 going with the pass closing out on O1 taking away the middle. X1 and X3 assume first pass denial positions on O2 and O3.

Once middle penetration options are practiced, go live and allow wings to drive in either direction.